

# Rocky Hill Parks & Recreation

## Fall Soccer - U7 Division

### Grades

Kindergarten and First

### Ball Size: 3

### Schedule – Wednesdays 5:30-6:30 pm

(Coaches should arrive by 5:15 pm to establish team location.)

- 5:30 - 6:00 pm – Team practice
- 6:00 - 6:30 pm – Scrimmage

### Location

Rocky Hill High School, Auxiliary 1 & 2

Teams will practice on the same section of the field that their scrimmage is scheduled for. Left or right side is decided on a first-come first-serve basis.

### Scrimmage Format

- Each team will split in half and form two separate 3v3 games versus the team across the field (see separate schedule).
- Scrimmage will consist of (4) 6-minute quarters with kids being subbed in every 3 minutes with 5-minute half time.
- Pop-up goals and cones will determine the field.
- There will be no goalie, no referee, and no score kept.
- Coaches will be on the field helping to direct the players.
- Players will be subbed often, with all players playing at least half of the game.
- When the ball goes out of bounds play should continue by coaches saying play on. If the ball goes way out of bounds, the coach should retrieve the ball and roll it back in.

#### Field Set up

Aux 1 A  
Aux 1 B  
Aux 1 C  
Aux 1 D

Aux 2 A  
Aux 2 B  
Aux 2 C  
Aux 2 D

# Rocky Hill Parks & Recreation

## Fall Soccer - U8 Division

### Grades

Second

**Ball Size:** 3

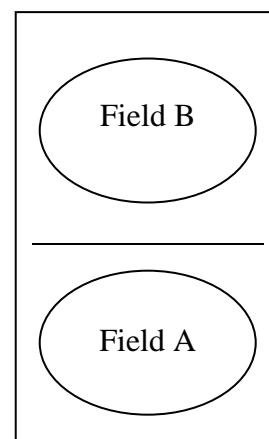
### Schedule:

Practices: Wednesdays 5:15-6:45pm at Sunny Crest

Scrimmages: Saturdays at 10:00am/12:00noon at West Hill (see game schedule)

### Scrimmage Format

- Games will be played 4v4 plus a goalie
- The field will be layed out width-wise across the field (see diagram), with two games played simultaneously.
- Portable goals and cones will determine the field.
- No score will be kept, with no referees.
- Coaches will be on the field helping to direct the players.
- Game will be four 10-minute quarters, with 3-minute breaks.
- Offsides will not be called.
- Players will have two attempts at throw-ins.



# **Rocky Hill Parks & Recreation Fall Soccer - U10 Division**

## **Grades**

Third and Fourth

## **Ball Size: 4**

## **Schedule**

Practices: One weekday evening determined by coach based on field availability.

Games: Saturdays at 2:00pm or 4:00pm (see game schedule)

## **Practices**

Coaches will schedule practice time with Recreation Dept. by calling 258-2772. Teams will practice once a week.

## **Location**

Practices: To be determined by each team

Games: West Hill School

## **Game Format/Rules**

- Teams will be given a 10-minute warm-up prior to the start of the game
- Games will be played 7v7 plus a goalie.
- Games will be played full-field.
- No score will be kept.
- One referee will be used.
- Coaches will coach from the team sideline.
- Game will be four 15-minute quarters, with 5-minute breaks after the 1<sup>st</sup> and 3<sup>rd</sup> quarter; a 10-minute break will be given at the half.
- Offsides will be introduced with a grace period until the end of September. It will be enforced in the month of October
- Players will have two attempts at throw-ins until October, at which point they will have one attempt.
- All penalty kicks are direct free kicks.
- Yellow/Red cards are not used – referees work with coaches as necessary.

# **Rocky Hill Parks & Recreation Fall Soccer - U12 Division**

## **Grades**

Fifth and Sixth

## **Ball Size: 5**

## **Schedule**

Practices: Weekday evenings determined by coach based on availability.

Games: Saturdays, times vary (see game schedule)

## **Practices**

Teams may practice up to twice a week.

## **Location**

Practices: As assigned

Home Games: Sunny crest 2/Auxiliary 2

## **Game Format/Rules**

- Games will be played 11v11 or 8v8 (rules changing) including a goalie.
- 2-3 Referees will be used, with yellow/red cards issued.
- Coaches will coach from the team sideline.
- Game will be four 15-minute quarters, with 5-minute breaks.
- Offsides will be called.

# **Rocky Hill Parks & Recreation Fall Soccer - U15 Division**

## **Grades**

Seventh, Eighth and Ninth

## **Ball Size: 5**

## **Schedule**

Practices: Weekday evenings determined by coach based on field availability.

Games: Sundays and Mondays, times vary (see game schedule)

## **Location**

Practices: As assigned

Home Games: Sunnycrest 1/Auxiliary 2

## **Game Format/Rules**

- Games will be played 11v11 including a goalie.
- 2-3 Referees will be used, with yellow/red cards issued.
- Coaches will coach from the team sideline.
- Game will be four 15-minute quarters, with 5-minute breaks.
- Offsides will be called.