



FUQUAY-VARINA

# 4U/5U Soccer Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources Department

Adam Hairr

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**Inclement Weather Information**

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

*Select "Facility Status" under the sports icon*

*If your facility is CLOSED your activity is CANCELLED*

**Weather Hotline: 919-552-2698**

**Sign up to receive text alerts online!**

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends  
by 8am*

## **Mission**

To provide diverse recreational opportunities and facilities that enhance social development and community well-being through welcoming parks, public spaces, facilities, organized activities, cultural resources, and special events.

## **Vision**

Participation in youth sports provides children with an opportunity to gain many valuable life skills and develop an appreciation for physical fitness, all of which can lead to a lifetime of healthy activity.

This can only occur, though, when organized sports programs are designed and administered to ensure a safe, positive, fair and fun environment for everyone.

## **Philosophy**

- Provide a safe and positive environment for youth to participate in sports programs.
- Provide each child with the opportunity to play regardless of skill level.
- Teach participants the skills and fundamentals of the sport they are participating in.
- Encourage sportsmanship, team-play and leadership
- Winning is *not* the ultimate goal; giving your best effort and displaying sportsmanship no matter the outcome is! Losing is not failure, it's a chance to learn and develop your skills and character.

### **I. General Information**

- a. The Town of Fuquay-Varina's soccer league administered through the FVPRCRD will focus on providing a recreational, fun, safe option for players to learn and enjoy the sport of soccer. Good sportsmanship and skill development should be the main goal of all coaches. Winning is secondary to having fun and learning the game.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All team activities must be supervised by an approved head or assistant coach.
- d. No unsanctioned activities are permitted. Unsanctioned activities include practices held away from town owned/leased property; practices/activities held outside of the team's schedule provided by FVPRCRD.
- e. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to being assigned a team and participating in the program. Any game that a non-

registered player participates in will be ruled a forfeit and the coach may be suspended or subject to removal from the league.

## **II. Coaches and Assistant Coaches**

- a. No team shall have more than three (3) coaches. They are designated as Head Coach and two (2) Assistant Coaches.
- b. Head coach appointments are to be made by the FVPRCRD for one (1) season. All coaches will be evaluated following each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in the future.
- c. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Parks, Recreation & Cultural Resources Department.
- d. All Assistant Coaches may be selected by the Head Coach after the teams have been determined, pending approval of the Recreation Department. Assistant Coaches must submit a formal application and background check.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department. All coaches must be approved by the FVPRCRD. Any coach not carrying out these duties and responsibilities will be subject to dismissal.
- f. Head Coaches are required to hold a preseason parent meeting to discuss rules, conduct, responsibilities, etc.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should always conduct themselves accordingly.
- h. Only the Head Coach and their Assistants will be allowed in the player area during the playing of an official game.
- i. Coaches are responsible for reporting players who have dropped from their team. If a spot opens FVPRCRD will fill the opening with the next player available on the wait list. If no players are on the waitlist the roster spot will remain open.
- j. All coaches must wear their FVPRCRD issued coaches shirts and wristbands to all team activities. No coach will be permitted in the bench area that is not in uniform.
- k. Coaches are responsible for leaving the field/sideline area clean after their game. Please pick up any trash, equipment or items before leaving.
- l. Coaches must remain in their team's designated area during play. Assistant coaches must remain on the bench during play.

### III. Communication

- a. **24 HOUR RULE:** Parents sometimes disagree with a coach's decision or coaching style, especially when it involves their child. Parents must understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE," which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. This rule also applies to coaches and parents contacting the recreation department.

**Contact Info: *Primary Contact : 4U – 7U -Adam Hairr 8U – 17U -Sid Peterson***

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### IV. Weather Updates

- a. Decisions are made weekdays by 4pm and Weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email coaches so that they can communicate with their parents any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting 'Field Status' icon. If your facility is listed as "CLOSED" then your activity is cancelled. Coaches and families may also check the town's **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. If space/time allows, rained out practices may be rescheduled at the discretion of the FVPRCRD. Coaches may not request to change game times once schedule has been posted.

## Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
  - Hover your mouse over the “Sports” tab, which will bring down a list of links. From there, you will find the “Alerts from PRCR” link on the left-hand side; click the link to go to the Alerts page.
  - Or click the “Sports” tab, which will take you to the main sports page. From there, you will find and click the link labeled “Alerts from PRCR”.
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled “**Notify Me** ®”
4. Click the “Notify Me” link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled “Email Address” and click the button labeled “Sign In”.
6. For text message alerts, check the 2<sup>nd</sup> box that reads “***I would like to be able to receive text messages on my mobile phone***” and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 
  - To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply “Y” to opt into the service. Once you reply “Y” you will receive a text confirming that you are signed up to receive text alerts.

## V. Uniforms and Equipment

- a. Shirts will be provided by the FVPRCRD. Parents may be required to purchase additional equipment.
- b. Teams shall NOT alter the uniforms that are distributed to players in any manner (including adding names to shirts, cutting sleeves, changing colors). Parents will be responsible for the cost of replacing a modified uniform.
- c. No jewelry, including earrings, shall be worn by any player. Hair clips must be soft, elastic ties and may not be metal/plastic.
- d. All players are required to wear protective shin guards during all practices and games.
- e. Coaches will be issued a shirt and wristband that must be worn to all practices and games. Once a coach has been approved (both assistant and head) they may come by the Community Center and pick up their shirt and wristband.

- f. All coaches will be issued soccer balls, cones and pinnies. All town-owned equipment must be returned at the conclusion of the season. Any equipment that is damaged during the season must be returned to FVPRCRD immediately.
- g. All players are required to wear solid black shorts and closed toe athletic shoes or soccer cleats.
- h. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.

## VI. Playing Rules

### a. All Divisions

- i. All rules are governed by The United States Soccer Federation Rules (USSF) unless otherwise specified in the local league rules listed herein.
- ii. The Fuquay-Varina Parks, Recreation, and Cultural Resources department reserves the right to make changes to any rules based on registration numbers.
- iii. Heading: Is banned for divisions 12 & under and below.
- iv. Beginning the Game:
  - 1. 6U and Below: The game will begin with a mid-field kick off by the home team. Opponents must be 3 yards from the center spot while kick-off is in progress. A kick-off will also start each quarter. The team who kicks off will alternate each quarter (Away team kicks off in 2<sup>nd</sup> quarter, Etc.).
- v. Scoring is defined as the ball completely going over the goal line into the goal.
- vi. Officials:
  - 1. 6U & Under: Coaches are referees
- vii. Slide tackles are **NOT** allowed in **ANY** age group.
- viii. There are unlimited substitutions at any stoppage of play.
- ix. Playing Time: Players must play half of the scheduled game time.
  - 1. 6U and under – 16 Minutes
- x. Offsides will **NOT** be called in 10U and younger divisions.
- xi. Punts and Drop Kicks - **NOT** allowed in 10U and below.

### b. 4U & 5U

- i. The 4U & 5U divisions are introductory divisions which main purpose is to focus on body control, skill development, fun and learning. As players first learn to develop body control, they can begin to implement the rules of the game. This program is designed to start slowly, introducing players

to basic ball handling, striking, and scoring. Children at this age must be taught to work cooperatively in a team setting. The first 5 weeks of the season will be pre-set team practices. Each coach will be provided with each week's practice plan. After 5 weeks of training, teams will play 5 weeks of games. The format of each game is loosely bound by rules and regulations and more oriented to be fun and engaging. Players must touch the ball often and never be made to sit out of the game for extended periods of time.

1. Ball Size: 3
2. Games will be four 8-minute quarters. There will be a five (5) minute half time. Games are complete when time has expired. No overtime periods.
3. If a penalty occurs within 3 yards of the goal place the ball on the six (6) yard line for a free kick.
4. Use a throw-in for any ball that goes too far out of play on the sideline for play to resume.
5. Use a kick-in for any ball that goes too far out of play on the goal line for play to resume.
6. Coaches are allowed on the field during games – 2 coaches max.
7. Coaches are encouraged to guide players on the field to their correct goal. If an infraction occurs, coaches must stop play, explain the rule and continue. Parents are also encouraged to help keep players inside the field of play.
8. In the event of an injury, all play must stop until the injured player has left the field of play. In the event of an emergency, dial 911.

## **VII. Awards**

- a. FVPRCRD provides individual awards for all players. Coaches are responsible for passing out individual awards to each player. If an award cannot be given to a player, please return it to the Fuquay-Varina Community Center and notify the parent that they may pick up their award there.

## **VIII. Code of Conduct**

- a. Any coach, player or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled game. Suspensions may be longer depending upon the severity of the offense. All suspensions are at the discretion of the FVPRCRD. Multiple Ejections/suspensions in the same season may lead to removal from the league.

- b. No coach, player or parent shall berate, belittle or taunt opposing team player, parents or coaches. Any unsportsmanlike conduct will not be tolerated. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. If ejected the offender must leave the premises immediately. All judgement calls are final.
- c. No coach, player or parent may harass or continually argue with umpires, scorekeepers, or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, players or parents that have been ejected from an official game will be required to vacate the premises and escorted out by a staff member immediately. **Failure to abide by this will result in forfeiture of the game.**
- e. Drugs and alcohol are prohibited at all games and practices. Violations will result in a minimum one (1) game suspension.
- f. In accordance with the new Town ordinance Section 8-12003, smoking and use of vapor products are prohibited in any Town building, on any Town grounds, and on any Wake County School property (Banks Rd, Ballentine, and South Lakes Elementary).
- g. Pet owners are asked to leave pets at home for town sanctioned athletic events. (Practices, games, & special events)
- h. No spectator (non-coach) may enter the field of play to argue or discuss an on-field issue. Violations will result in an immediate ejection.
- i. Coaches may not intentionally run up the score.
- j. No coach or player may deliberately or intentionally try to injure or harm another player or coach. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- k. Coaches who do not meet their minimum playing time requirements will receive a warning for the 1st offense and will be suspended for three (3) games for any subsequent offense. Protests for not meeting minimum playing time requirements will be considered on a case-by-case basis. The intent of the protesting coach will be considered when ruling on playing time cases.
- l. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any coach, parent or player found to be violating the mission, vision or philosophy of the department.