



SOCCKER RULES

3 YR OLDS

One Goal Sports soccer is designed to provide a platform for introducing young impressionable boys and girls, their families and friends to the GLORY of Jesus Christ. As an OGS coach, you have adopted our ambition to set aside your personal pursuit of glory in hopes of celebrating and honoring the magnificence of God Almighty.

Ways to celebrate and honor the magnificence of God Almighty through soccer:

1. Focus on player and individual growth (physically and spiritually) more than the score or final outcome
2. Always build EVERYONE up with your words (*Colossians 4:6*) and by your actions (*Hebrews 12:14*)
3. Continually ask yourself this question in practices and games, "To what end am I making this decision?" (*1 Corinthians 10:31*)

Your involvement as an OGS coach is by no mistake. God has strategically placed you in this role to:

1. Unveil your need for HIM as your Savior (*Isaiah 53:6*) (*Psalms 14:2-3*) (*Romans 3:23*)
2. OR expose fruitless deeds of darkness (*Ephesians 5:1*)
3. OR conform you to the likeness of Jesus Christ (*Romans 8:29*)
4. OR all of the above

Primary Coaching Objectives for 3 year old Soccer:

1. Glorify God!
2. Teach Dribbling!
3. Teach Throw-ins!
4. Teach Running!
5. Glorify God!

When you teach these things while framing it with God's glory, the by-product will always be FUN!!!

I. GENERAL

- 1.01 **Practices/Warm up** – 3 year olds will NOT have regularly scheduled weeknight practices. However, all 3-year-old teams will have a 15-minute practice/warm up session before the scheduled game (*Example* – if your team is scheduled for a 9:00am game, your team will warm up from 9:00-9:15 followed by a 30 minute game).
- 1.02 **Game Days** – All game days will be played on Saturdays unless otherwise noted on your schedule.
- 1.03 **Game Time** - Games will consist of four (4) seven (7) minute quarters (time kept by referee). Teams will have one (1) minute for player substitutions during quarter breaks.
- 1.04 **Halftime** – Play will not pause for halftime. Game quarters will be in succession.
- 1.05 **Players** - *Teams typically consist of no more than 6 players.*
- 1.06 **Players on the Field** - Each team will play three (3) players on the field at a time.
- 1.07 **Positions** – There will be NO required or enforced positions by OGS or any OGS coach for this age division.
- 1.08 **Goal Keepers** – There will be NO goalkeepers during game play. This will provide maximum opportunities for players to score and experience the thrill of a goal.
- 1.09 **Timeouts** - No timeouts, except for injury or other irregular, extended stoppage of play.
- 1.10 ***Coaches** –
 3 yr. olds – **Only One (1)** coach per team is allowed on the field during game play.
- 1.11 **Ball Sizes:** Size 3 ball.
- 1.12 **Player Attire-**
- Jerseys tucked in before play begins - All jerseys need to be tucked in during games. NO modifications to team shirt (jersey). Do not cut off sleeves or alter team uniforms in any way.
 - Approved jerseys only - Players **MUST** wear approved One Goal Sports' team jerseys for the current season. Any player with an unapproved team jersey may be removed from the field of play, unless otherwise approved by OGS staff. **Players MAY NOT switch jerseys during the game.** *If you need to reorder a jersey it will cost \$20.*
 - No jewelry – Earrings, bracelets, necklaces, rings and all other jewelry cannot be worn during game play.
 - Glasses – Prescription sunglasses and prescription eyeglasses may be worn during game play for medical reasons ONLY and if accompanied with a doctor letter to the OGS coach to be presented to the OGS referee. The head coach may keep a copy of the letter in his/her coach folder throughout the season for easy access. These glasses **MUST**

have straps attached to them in case they fall off. Otherwise, only wrap around prescription or non-prescription goggles may be worn.

- 1.13 **Player Attire (Shin Guards)** - Shin guards are required during play. Any player without shin guards will be removed from field of play. Player's socks must cover all shin guards at ALL TIMES. Exposed shin guards may also result in removal from game play until the issue is corrected.
- 1.14 **Player Attire (Coats/Jackets)** - Players are NOT allowed to wear a coat, jacket, or any type of clothing over the team jersey. If it's cold, have your child/players wear multiple layers underneath his/her jersey.
- 1.15 **Player Attire (Hats/Gloves)** – Players may wear form-fitting hats such as toboggans, beanies etc. Baseball hats and all other hats that protrude from the head or have hard materials are prohibited. Goalkeeper gloves and winter gloves may be worn if necessary.
- 1.16 **Physical Play** – Soccer is a contact sport. As a coach, it is your duty to educate parents and yourself how to manage such contact. Shouldering and minor pushing is part of the game and coaches as well as referees are encouraged to monitor a healthy level of physicality during play.

II. GAME PLAY

- 2.01 **The Initial Start** – The referee will select a team to start the game. The game will begin with a throw-in at midfield by a player from the selected team on the referee's whistle. The defending team may not impede the throw-in.
- 2.02 **Throw-Ins** – Coaches should teach “basic” proper throw-in technique. While standing out of bounds the player should, with two (2) hands, grasp the ball firmly and raise it completely above the head. While keeping both feet on the ground, the player should, in one continuous motion and direction bring the ball forward to the front of the head or face and release the ball.
- 2.03 **NO HEADING** — If a player voluntarily heads the ball, a direct free kick will be awarded to the other team at the spot of the foul.
- 2.04 **Quarter Ending** – Each quarter will end promptly when the referee's time has reached the full seven (7) minute length regardless if the ball is in play or not.
- 2.05 **Resuming Play After a Goal** – Once a goal is scored, play will resume with a throw-in at midfield by a player from the opposite team.
- 2.06 **Resuming Play (Ball Out of Bounds)** – Regardless if the ball goes out of bounds at the sideline or touch line (goal line), all play will resume with a throw-in at the specified point determined by the referee. A ball is out of bounds at the point in which it completely crosses over the boundary line whether in the air or on the ground.
- 2.07 **Penalties/Fouls** – Any foul/penalty called by the referee that occurs on the field and during game play will result in a free kick at the spot of the foul. Goals may be scored resulting from a free kick (fouls may include, holding, tripping, ill-advised kicking, pinching, pushing in the back,

deliberate handball, slide-tackling or any other form of unsportsmanlike conduct).

III. PLAYER PARTICIPATION

- 3.01 ***Playing Quantity*** - Each player will play at least half of the game (2 full quarters). A player cannot play 3 quarters unless all players have played 2 quarters or are playing in their 2nd quarter. A player cannot play 4 quarters unless all players have played 3 quarters or are playing in their 3rd quarter.
- 3.02 ***Substitutions*** - Substitutions will ONLY be made at the conclusion of each seven (7) minute quarter unless otherwise specified by the referee due to an injury or an unsportsmanlike matter.
- 3.03 All substitution rules are subject to the individual player's willingness to play (Encourage your players to play, but don't force them)
- 3.04 ***Medical Substitutions*** - Substitutions may be made for health related concerns. Please notify the referee if such a change should occur.

COACHING PRIVILEGE

Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc.), please calmly notify the referee. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field. If at the end of your game, you do not feel the situation was resolved, please see the Director or nearest Field Assistant.

INJURY PARTICIPATION

CASTS AND/OR BOOTS – Children required to wear a cast or medical boot for a broken or fractured limb will not be allowed to participate in OGS practices or games. Bubble wrap is not an option.