



Reminders

➤ Pre-game

- Inspect players for:
 - Toe cleat
 - Shin guards under socks
 - Jewelry
- Put up corner flags if you are the first game

➤ Post-game

- Take down and put away corner Flags if you are the last game
- Thank the coaches

➤ Lightning

- If lightening is spotted, stop play immediately.
- **The 30/30 Rule**
All players, coaches, game officials, and spectators at FSC should understand the 30/30 rule of lightning safety. **30 seconds:** From flash to sound of thunder, if the time from seeing the flash to when it is heard is less than 30 seconds the source is within 6 miles and players are at risk. **30 minutes:** Once lightning risk is present, all personnel should seek shelter and NOT resume play until 30 minutes after the last lightning strike.

➤ Basics Rules:

- Subs at any stop, not on-the-fly
- A do over is allowed at your call
 - Multiple at U6
 - One at U8 and U10
- Explain your call
- All fouls are direct free kick

➤ Game Times and number of players

- U6: 4 quarters (8 min each), 2 minute breaks, 5 minute halftime
4 players (one is goalie)
No PK's
Players 4 yards from free kick
- U8: 4 quarters (12 min each), 2 min breaks, 5 min halftime
5 players (one is goalie)
Players 4 yards from free kick
- U10: 2 halves (25 min each), 5 min half time
6 players (one is goalie)
Players 8 yards from free kick
- U12: 2 halves (30 min each), 5 min half time
8 players (one is goalie)
Players 8 yards from free kick