



## **Freedom Optimist Soccer Rules and Policies**

Adopted 07-22-2021 to Standard Operating Procedures

### **Player Eligibility**

- FOS does not allow players that are actively participating on a travel team to play in our Rec League. Whether the player is carded or not does not matter. If a player is playing in tournaments and/or games with a travel or club team, then they are not eligible to participate in FOS.
- No player is allowed to participate that has not gone through FOS registration. For example, you may not pull a player from an outside Rec league to play in a game because a team is short on players.
- All players must play in their current grades division unless approved to play up a division by the Commissioner or an Assistant Commissioner.
- FOS does not allow players to play down a grade level. Exceptions may be made under special circumstances and approved by the Commissioner or an Assistant Commissioner.

### **Uniform and Equipment use**

- All players must wear the current year regulation uniform jersey and matching color socks
- No alterations of uniforms are allowed
- All teams must wear matching socks to their jersey color
- Any alterations to a uniform must be approved by the Commissioner or Assistant Commissioner
- Cleats with a center toe cleat are not allowed. The parent of the player may choose to cut the toe spike off in order for their child to participate, or have the player wear a pair of sneakers. If the parent or player refuse to cut the toe spike or switch shoes, then the player may NOT participate in that game.
- All players must wear shin guards during practice and games. No exceptions.

### **Practices**

- Teams are only allowed to practice on FOS assigned fields and on their designated practice day.
- Coaches are not allowed to have an official practice on unassigned fields.
- Coaches are not allowed to hold formal practices prior to the practice start date announced by FOS
- If a team's practice is canceled due to inclement weather, or field usage, the team will NOT be given another night or field
- Practices may not be longer than 90 minutes for Grades 5 through Highschool
- Practices may not be longer than 60 minutes for Grades Pre-K through 4<sup>th</sup> grade
- All practice fields are shared with another team. You may not have a full field to your

**Coaching**

- All Head coaches and assistant coaches must be registered with FOS and assigned to their team
- Volunteers may not “help” out at consecutive games and/or practices per Carroll County Rec and Parks policies
- An active and approved background check must be obtained for all coaches in order to be on the field with the children
- Your volunteer badge must be worn at all practices and games

**Games**

- During regular season play if teams do not have enough players to field a full team and have 1 sub; divisions that play 11v11 may play down to 9v9, divisions that play 9v9 may play down to 7v7, and division that play 7v7 may play 5v5. This is to be talked through and agreed upon by both coaches and the refs are to be informed.
- During Play-Offs, there is no playing down. Teams are to field the correct number of players. If a team does not have enough players, then they must play down.
- Game times and locations may not be switched or traded with another team. The game schedule must be played as written
- If your team is up by 4 goals you must remove a player from the playing field to allow the other team and advantage.