

2026 Soccer Handbook



“To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.”

PURPOSE & MISSION

The **LeFlore County FC** League aims to provide a **safe, fun, and inclusive environment** for youth players to learn soccer, develop sportsmanship, and build teamwork skills, regardless of skill level. The league offers two participation levels:

- **Recreational Division (Ages 3-15):** Focus on fun, skill building, and teamwork.

Team Formation & Registration Teams are formed based on age groups and skill levels. Efforts are made to balance teams to ensure fair and competitive play. All players must be registered through the Boys & Girls Club prior to participation.

1. AGE DIVISIONS

<i>Division</i>	<i>Age Range</i>	<i>Format</i>	<i>Ball Size</i>	<i>Level(s) Available</i>
<i>U4</i>	<i>3-4 years</i>	<i>3v3</i>	<i>Size 3</i>	<i>Recreational</i>
<i>U6</i>	<i>5-6 years</i>	<i>4v4</i>	<i>Size 3</i>	<i>Recreational</i>
<i>U8</i>	<i>7-8 years</i>	<i>7v7</i>	<i>Size 4</i>	<i>Recreational</i>
<i>U10</i>	<i>9–10 years</i>	<i>7v7</i>	<i>Size 4</i>	<i>Recreational</i>
<i>U12</i>	<i>11–12 years</i>	<i>9v9</i>	<i>Size 5</i>	<i>Recreational</i>
<i>U15</i>	<i>13–15 years</i>	<i>9v9</i>	<i>Size 5</i>	<i>Recreational</i>

2. PLAYER ELIGIBILITY

- Age is determined by the player's age by **August 1st**
- Each player must have a **completed registration form, proof of age, and signed waiver**. *Please submit forms on the Boys and Girls Club of LeFlore County website or in person.*

Age Division	Birthdate Range
4U	August 1, 2022 – July 31, 2024
6U	August 1, 2020 – July 31, 2022
8U	August 1, 2018 – July 31, 2020
10U	August 1, 2016 – July 31, 2018
12U	August 1, 2014 – July 31, 2016
15U	August 1, 2011 – July 31, 2014

3. RULE MODIFICATIONS BY AGE

- **Offside's are enforced** for the U8 division.
- **No headers** allowed for players under U15 and below.
- **Goalkeepers** introduced at U8 level.
- **No slide tackling** for U4–U12 divisions.
- **Equal play time** encouraged for all players up to U15.
- Coaches should emphasize **skill development over competition** for younger divisions.

4. LEAGUE ADMINISTRATION

- **The Activity Director(s)** oversees scheduling, rosters, disputes, and safety compliance.
- **Referees** handle communication, score reporting, review red cards and conduct violations. Referees have the ability to eject coaches, players, and parents.

5. SUBSTITUTIONS

- Allowed during stoppages with referee approval (e.g., goals, injuries, throw-ins, goal kicks).
- For younger ages (U5–U9), **free substitutions** are permitted

6. EQUIPMENT

- Shin guards **required** under socks.
- Cleats **recommended** (no metal spikes).
- Team uniforms should include **matching shirts, shorts, and socks**.
- Goalkeepers must wear a **distinct jersey**.
- Straps are recommended for players wearing eyeglasses.
- Each player is encouraged to bring a ball MARKED WITH THEIR NAME ON IT.

- Please bring water in a non-breakable container.
- League jerseys are to be worn at all times. In cold weather, game jerseys must be worn outside all other clothing. (Gloves are a good idea on cold days.)
- Shoes – Turf shoes are the best for young players. Soccer cleats are allowed – BUT NO SCREW-IN CLEATS.
- Players shall not wear anything which is dangerous to themselves or to another player – including jewelry of any kind (earrings, watches, rings, necklaces, etc.)
- Players with a hard cast or splint will not be allowed to play.

7. COACHING & CONDUCT

- Coaches must complete **background checks** and **youth safety training** (e.g., SafeSport).
- Positive coaching only — **no yelling at referees or players**.
- Players, coaches, and spectators must follow the **league code of conduct**.
- Ask parents to let you know if a player will be absent from a game. Be sure parents know to bring appropriate equipment for their players.
- Have a parent/team meeting before the first game and introduce yourself and explain your expectations and share with them the information you learned at the coaches meeting.
- Organize the practice sessions before each game.

8. SCORING & STANDINGS

- **U4–U6:** No official scores or standings; focus on development and fun.
- **U8–U15:** Scores may be kept, and standings may be maintained for tournaments or playoffs.
- **Mercy rule:** If a team leads by 5+ goals, encourage substitutions or position changes.

9. REFEREEING

- U4: Coaches may act as referees.
- U6 and up: Coaches may act as referees.
- U10 and up: two referees on the field
- Referee judgment is final — no protests on judgment calls.
- Referee pay is 14-18 year olds \$15 and 18+ \$20.

10. SAFETY & WEATHER POLICY

- Games canceled for **lightning, thunder, or unsafe field conditions**.
- Players must remove jewelry and unsafe accessories.
- Hydration breaks allowed in hot weather.
- First aid kits should be available at all fields.
- There will only be ONE make-up weekend, otherwise games will be forfeit.
 - Makeup games will be held the Friday and Saturday before the End of Season Tournament
 - In case that teams want to play during the week, coaches are responsible for scheduling and obtaining their own referee.

11. SPORTSMANSHIP

- Pre- and post-game handshakes encouraged.
- Teams and spectators must maintain **respectful behavior**.
- Violations of conduct may result in **warnings, suspensions, or removal** from the league

12. END OF SEASON TOURNAMENT RULES

- Regular season team = Tournament team
- If forming new teams, players must be already registered.
- Referees have the final call and no protesting referee calls.
- Tournament games are held on one day only
- Game times may vary based on the progress of tournament play
- All regular season rules still apply unless otherwise stated
- A grace period of 10 minutes will be allowed before a forfeit is declared
- If a game ends in a tie during bracket play, teams will proceed to
 - a. Penalty kicks
 - b. Sudden death penalties (if needed)