DYNAMO REMINDERS 2025

PREGAMES TALKS - especially early in the season, we need to be very thorough with our talks. Players per side, halves vs quarters, where, when, if to sub, and equipment and hair inspections. Take your time!

Players - shin guards go against the skin. Check at U6 & U8 especially.

Soft-billed headwear is acceptable. Hard-billed caps and a big knot on a bandana - are not allowed!

No jewelry - no earrings, bracelets, rings or watches. If it is religious or medical, have them tape it down. If it is not religious or medical, it must be removed. CAN NOT BE TAPED!!

No casts may be worn.

Players wearing glasses - if you feel they are unsafe, then the player cannot wear them.

No metal in the hair. Hard plastic balls that sometimes are on hair scrunchies are not allowed.

U6	5V5 NO keeper	4 x 8 min quarters	Sub on the fly	
U8	7V7 w/keeper	4 x 10 min quarters	Sub on the fly	
U10	9V9	2 x 25 min halves	Sub on any stoppage at your discretion	
U12	11V11	2 x 30 min halves	Sub on any stoppage at your discretion	
U15	11V11	2 x 35 min halves	Sub on any stoppage at your discretion	

U6 & U8	No slide tackling	No heading	No offside	No cards to players
U10	No slide tackling	No heading	Offside	Cards can be issued
U12	Slidetackling	No heading	Offside	Cards can be issued
U15	Slidetackling	Heading	Offside	Cards can be issued

U6 DETAILS

- Do not switch sides at half-time.
- All goal kicks will be taken from anywhere on the goal line.
- The goal box on the pitch serves no purpose for U6.
- No penalty kicks.
- All kicks are Indirect Free Kicks.
- **U8** throw-ins give one do-over. Change possession after 2nd failed attempt.

The Trounce Rule

- **U6** one player may be added at a goal differential of 5, 6, 7.
- **U8** one player may be added at a goal differential of 5, 6.
- **U10** one player may be added at a goal differential of 5.
- **U12 & U15** the trounce rule is not in effect.

If a player receives a yellow card, they must be substituted until the next appropriate stoppage.

Get to the goal lines with either dynamic play or the ball, whichever is closest to the goal.

BLOW YOUR WHISTLE! BE LOUD AND PROUD! TAKE CHARGE!

No ball chasing - we are not ball people!! When you go get the ball, you take your eyes off the players.

Yellow card and red card reports - I need them within 24 hours. Please text/call then email me.

No clock stoppage for any reason other than serious injuries.

Start games on time and do not end games early.

Use proper mechanics at all times. It is a great practice! Stack those wins!

Keep the parents back from the touchline on their side. Parent lines are a must!

Handling restarts in the field of play are direct kicks.

Handling restarts by the keeper outside the penalty area are direct kicks.

Handling restarts by the keeper inside the penalty area are indirect kicks and not cautionable.

U6/U8 - when setting up a wall, the wall must be 5 yards from the ball.

U10/ U12 - when setting up a wall, the wall must be 8 yards from the ball.

U15 - wall must be 10 yards.

Lightning/thunder policy

Inform the coaches you have suspended play and they need to leave the field immediately. DO NOT WAIT OR TRY TO GET THEM TO LEAVE! Get to a place of safety ASAP! You must wait 30 minutes from the last flash of lightning or sound of thunder to restart.

Remember - there are video recorders on virtually every phone. Are you being recorded?

Emergency cancellations

Call one of us, if no answer, leave a message. If no response in 15 minutes, try again. Below are the phone numbers for Kevin, Kyle and Larry. I recommend creating a group chat with you and us. This will be beneficial for time-sensitive issues.

Kevin Cathelyn: 630.669.7081 Kyle Downar-Clark: 708.577.8718 Larry George: 815.382.0449

Proper uniforms

Long black socks- always pulled up. Shirts tucked in. Spikes or tennis shoes. NO BASKETBALL SHORTS. Stopwatches on your wrist. NO PHONES. Make your hat black if you wear one.

Here are a few areas of frustration on the pitch I am hoping we can get ahead of:

- **1. HANDLING** If the ball plays the hand, and the hand is in a natural position **for what that player is doing**, it is not handling....with the exception of the ball going in for a goal or creates a scoring opportunity.
- 2. OFFSIDE (there is no "s" on that word btw!) A player is considered offside when a player engages or interferes with the ball or an opponent. The restart is where the engagement or interference takes place. A player is not considered offside just because they are in an offside position.
- **3. DROP BALLS** drop balls are uncontested. Opponents must be 4 yards away. The ball is live when it touches the ground. The receiver of the drop ball may retain possession and dribble. They cannot score; similar to an indirect free kick. Any drop ball that occurs inside the penalty area results in a drop ball to the keeper and the keeper is able to pick that ball up and play it.
- 4. RESTART IN THE PENALTY AREA for all restarts that result in the ball coming out, the ball is in play, as soon as it is kicked and clearly moved. The attacking team must be outside, and off the penalty area line IF THE DEFENDING TEAM IS WAITING FOR CLEARANCE. If a team takes a kick with the attacking team in the penalty area and it appears to the referee that the attackers are retreating and not lingering, then that team forfeits that additional space, and play continues.

5. SLIDE TACKLING

U6 & U8 - not allowed. If no contact, the player is initially warned, then called for a foul and the restart is an IDFK. If contact is made, then a foul is called the first time.

U10 - not allowed. If no contact, the player is initially warned, then called for a foul and the restart is an IDFK. If contact is made, then a foul is called the first time. If a slidetackle with contact occurs in the Penalty Area, the restart will be a PK.

U12 & U15 - is allowed when performed properly.