



Five Goal Differential Policy

The Folsom Lake Soccer League enforces a five goal differential rule in recreation soccer. The policy applies to game play U9-U14. Failure to recognize the five goal differential policy will result in a head coach warning by the Club's Manager. If a head coach has more than one policy violation during a single season, the head coach will be disciplined, which may include suspension and/or an appearance in-front of the League's Honoring the Game Committee.

As a reminder, recreational soccer is for youth players who play for fun each week. A lop-sided game can potentially become embarrassing or frustrating for a youth player that can have a lasting negative impact.

WHAT TO DO: Any time a team scores three goals in a short amount of time, it is safe to say you're the stronger team and scoring mitigations are necessary to prevent a lop-sided game. Here are some restrictions to help control the scoring and outcome of the game:

- As a coach you know your players' strengths and weaknesses; therefore, switch your stronger players with your non-dominant players
- Try to ensure that no one player scores more than two goals in a game
- Put restrictions on your players such as one-touch passing or 10 touches before taking a shot
- Play down a player(s)

WHAT NOT TO DO:

- Never yell "DO NOT SCORE or any type of negative statement to your players where the opposing team can hear, they have feelings too
- Playing keep away (4 Passes) style is NOT always the answer. Sometimes this can be worse than scoring goals

Please make sure at all times your intentions are relayed to both the referee and opposing coaches to avoid any misunderstanding of the scrimmage conditions.

While the final score may be greater than a five goal differential, as long as you have taken the steps detailed above, there should not be a problem. For example, if you had 6 or 7 different scorers and used restrictions.