



RYSC Coaching Manual

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RYSC Coaching Manual

Introduction

Thank you for coaching a team for the Roseville Youth Soccer Club. Volunteering for the youth of Roseville is a great way to enjoy the World's Game and is a terrific way to give back to your community.

Roseville Youth Soccer Club has more than 300 soccer coaches. The players and their parents look to you to provide a fun and educational experience during the soccer season. They also look to you for an understanding of the Club's rules and procedures. This manual is designed with that in mind. Having a good understanding of how things work also helps avoid misunderstandings and/or conflicts with your fellow coaches.

Coaching Manual

You should print out this manual and keep it with you at practice and all games. We suggest that you create a binder and include the following items:

- Cal North Membership Applications for your players (with the medical release)
- Club-Issued Team Roster
- Team Contact list (with home and cell phone numbers for all players & parents)
- Practice Field Permit
- Game Schedule
- Laws of the Game
- Game Cards
- Emergency Game Cards (a photocopy of the game card in case of emergency)

This manual does NOT tell you how to coach your team. Coaching is an individualized matter dictated by your team's age group and the skills and abilities of your players. If you need assistance teaching soccer to your players, the Club has invested in coaching videos and books (see the Coaching Resources section below), we have a coach mentor program, and we encourage coaches to attend coaching clinics.

We hope this manual helps you navigate the club's rules, procedures and guidelines so you can focus your attention on coaching your team. Like any other guide of this type, we may have missed something you feel is important. If you have suggestions for other topics, please send them to one of the Directors of Coaching.

Important Dates and Information

(Watch the RYSC website for details and dates each year)

- RYSC Coach Meeting and Team Roster disbursement- Late July
- Equipment Disbursement-Early August
- Field Allocations – TBD by the Roseville Park Dept
- Practice Starts – Early August
- Team Manager Meeting – Late August
- First Match – Generally first Saturday following Labor Day
- At-the- Break Tournament – Weekend between week 5 & 6 of the league season
- District Cup and Soccer Fest Tournaments – Generally early December

Emergency Calls to Roseville Police

Mobile phone callers reporting emergencies in Roseville should dial **916-786-6444** for fastest response. Calls to this number go directly to Roseville Dispatch. All coaches should program this number into their cell phones.



A. Team Formation

1. Who We Are

The Roseville Youth Soccer Club (“RYSC” or “Club”) is a volunteer organization that operates one of the most successful recreational soccer programs in the area. In 2013, our Club had more than 4,700 participants. The Club is managed by 21 volunteer officers and directors; the names and contact information for the officers and directors is included in **Appendix A**.

The Club’s board members are unpaid volunteers. Most of the board members are life-long soccer fans and experienced soccer coaches. We all have regular jobs, families, and other personal commitments. We all try to make ourselves available to help our coaches, our players and their families; however, if you try and reach one of us and we are not immediately available, it is likely because we are attending to those commitments, and we ask for your patience if on occasion we are difficult to reach.

Likewise, we appreciate that our 300+ coaches are also volunteers. We try not to overburden our coaches with meetings, paperwork and the like. However, the paperwork and meeting requirements set forth by the Club are important, and in most cases are mandated by Cal North. Your cooperation in meeting these requirements is appreciated.

The Club’s coaching programs are administered by **Tarik Eldin, Director of Coaching U6-U8, Sean Espley, Director of Coaching U10-U14, and Tony Favro, Director of Coaching U16-U19.**

2. Team Calls & Team Meeting

Coaches are expected to call every player on their team roster within **10 days** of the Coaches Meeting. This is VERY important, because the players and their parents are anxiously waiting for this phone call. If you do not make your calls in a timely fashion, the parents flood the Club with phone calls. If you have vacation plans during this time, find someone else to make the phone calls. If you know that you will be out of town for an extended period during this time, please notify your respective Director of Coaching so we can notify your team on your behalf.

The Club strongly recommends holding a team meeting at or before your first practice. It gives the parents and your players a chance to meet you, and it gives you a chance to recruit your team manager and your assistant coaches. This is also a good opportunity to go over your team rules for attendance, and to set your expectations for your sideline’s behavior.

A checklist of things to consider for discussion at your team meeting is attached to this Manual as **Appendix B**.

Questions regarding your team meeting should be directed to your respective Director of Coaching. Questions regarding team formation should be directed to the Club’s Registrar.

3. Team Manager Duties

Coaching a team can be a lot of work, but your Team Manager can alleviate some of the burden on you if properly utilized. Use your Team Manager to help with scheduling, creating the roster and other written documents, team communications, party planning, ordering trophies, banners, etc.

Culture Keeper. We encourage coaches to establish a culture of good sportsmanship for their team (including players, parents, and fans). During a match, the coach’s attention is usually focused on the players, so it is easy for someone to misbehave on their sideline without being noticed. Someone other than the coach should be appointed as the “culture keeper” for the team. The culture keeper is someone who can remind the spectators (or even the coach) to calm down or to show good sportsmanship. This is a good duty to assign to your Team Manager.



The Club holds a Team Manager meeting (similar to the coach's conference) where a great deal of information of interest to the Team Managers is discussed. The players' practice shirts and some club documents are distributed at this meeting. Coaches are welcome to attend, but you should make sure your Team Manager attends.

Questions regarding Team Manager Duties should be directed to the club's Team Manager Coordinator.

4. Team Names

Team names are assigned by the Club in the spring. A team name will typically stay with a coach as long as he or she coaches for us. We can only use each team name once, so there will only be one team called the Galaxy, one United, one Cobras, etc.

For record keeping purposes, coaches may not change their team name without the Club's permission. Requests for new team names should be directed to the Registrar in the spring. Coaches should supply a list of at least ten desired names (remember, we have more than 300 teams, and we can only use a name once). The Registrar will let you know if any of your suggested team names are available.

5. Assistant Coaches and Registration

Coaches are encouraged to seek out assistant coaches to help with their teams. Assistant coaches do not have to attend CAL NORTH licensing courses, but we welcome them if they choose to advance their coaching education. There is no charge to attend coaching courses if they take the course from one of the PYSL clubs.

All assistant coaches must fill out an online CAL NORTH coaching application (See **Appendix I** for information and direction) and submit to fingerprinting. If they are coaching at U10 and above, a 1" x 1" color head shot (no hats or sunglasses) must be sent to the Club Registrar.

6. Parent Guide

The Club has published a Parent Guide in an effort to better educate the players and their families about how our soccer program works. The Parent Guide contains much of the same information that is in this Coaching Manual, but it is written in a Question & Answer format.

Coaches are responsible for downloading the Parent Guide from the Club's website or the Coaching Document Depository and distributing it to their players' families via email. Better informed parents will make your job easier.

7. Communications

Communications From The Club. Most communications from the Club during the season are via mass email, and many of the documents we give you are in electronic format. If you do not have email access, you should consider getting it or designate someone from your team to receive email on your behalf. It is very important that you provide your email address on your coaching application so you do not miss any important communications. You should endeavor to check your email regularly.

Club-Wide Email Etiquette. We use mass email to communicate important club business (e.g. to announce field closures, release of schedules, reminders, etc.). We do our best to respect your time and only communicate information that we feel is important.



When issuing all-coach emails, it is the Club's practice to address the emails by using the "bcc" field. However, there are occasions when we inadvertently use the "to" field (which discloses the email addresses of all of our coaches). In the event that you receive an email that contains the email addresses for all coaches, please respect your fellow coaches and DO NOT use the email addresses for unrelated purposes. The other coaches do not want to hear your political views, they do not want to buy products from you, nor do they want to know when tryouts for the underwater basket weaving team are being held.

Communicating With Your Team. It is a good idea to regularly communicate with the parents of your players. We recommend sending a weekly email to your team reminding them where you're playing, when to arrive, and what color jersey to wear, etc. Good communication helps alleviate the lost or late players and it keeps the games starting on time, and the parents appreciate the information. Team communication is something that can be delegated to your team manager.

Communicating With Opposing Coaches. We strongly suggest that the coaches exchange an email or phone call during the week before the match to confirm game time, location, and what color the visiting team is wearing (see Uniform Color Policy). These communications should be initiated by the home coach, but the visiting coach can also do it. The phone number and email address for the coaches in your division are located on <http://www.teamsideline.com>

8. Code of Conduct

All coaches are expected to abide by the PYSL Code of Conduct. A copy of the Code of Conduct is on the reverse side of the RYSC Coaching Application, or it is available on the Club's website and it is reprinted in **Appendix C**.

9. Complaints

The Club is called on to deal with a variety of complaints over the course of a season. The complaints involve coaches, players and parents, and typically consist of the following:

- **Coach Ejections** related to coaches' own sideline behavior. If a coach is ejected from a match, he or she is subject to disciplinary action (likely a suspension). Coaches must self-report ejections to the Directors of Coaching and Director of Referees within 24 hours of an ejection. Failure to promptly self-report will result in an increased penalty.
- **Coach Ejections Based On Failure To Control Spectators.** Coaches are responsible for the behavior of their assistant coaches, their players, their parents and the spectators from their team. If someone from your side is not behaving, the coach should ask them to quiet down or leave the field. If the behavior persists, the referee may intervene, which could result in a caution or ejection to the coach, the person causing the problem, or both.
- **Playing Time.** Every player must play a minimum of one-half of every game, unless they are being disciplined (see Disciplining Players), or if there is a medical reason.
- **Failure To Hold Regular Practice.** Coaches should set a practice schedule and stick with it as much as possible. If practice must be cancelled, make sure everyone receives notice.
- **Failure To Communicate With Team.** Coaches should promptly contact their team after the coach's conference, and they should remain in communication throughout the season.
- **Unfair Discipline of a Player.** See Disciplining Players section.
- **Disrespect Toward Referees or Opponents.** Coaches and spectators shall not address players from the opposing team unless it is to deliver a compliment. No one but the head coach or team captains should address the referees.

In investigating such complaints, someone from the Club will usually initiate contact with the coach by email, and the email will include the complaint and a request for a response from the person against whom the complaint has been lodged within a reasonable time.



The Club will consider the response and any additional witness statements obtained. Depending on the findings and severity of the issue, discipline can include warnings, reprimands, suspension, or removal. After a determination has been made on how to deal with the complaint, the parties will be notified. All parties have appeal rights pursuant to the PYSL and Club bylaws.

In recent years, organized sports have seen a sharp increase in violent behavior, disrespect to officials, and poor sportsmanship, and RYSC has had its share of problems. Disrespect, violence, threats and other similar behavior will not be tolerated.

B. Practicing

1. Practice Sessions

Practice days, times and locations are determined by the coach, within certain parameters determined by the Club.

Permits. Coaches will receive a list of fields and fields permit prior to the first week of practice. You should keep these papers in your bag and have them with you at practice. You will need to present your permit to the Roseville Park Police upon request. If you are found at a park that you are not permitted for, they will ask you to terminate your practice and vacate the park immediately. **YOU MAY NOT HOLD PRACTICE UNTIL FIELD PERMITS ARE ISSUED. NO EXCEPTIONS!**

Location: The club assigns different age groups to different fields. We do not want an Under 8 team practicing along side an Under 19 team for obvious reasons. At the coach's conference, every coach is provided with a list of parks for their age group. You may only practice at parks on this list. If a park is not listed on your permit, you may not use it.

At the beginning of the year, many parks will seem overly congested during peak hours. Adjusting to an earlier or later start time may alleviate some of this problem. If congestion continues to be a problem, we suggest that you send a team parent out while your team is practicing to scout alternate locations assigned to your age group.

Sharing Field Space: Some of the parks get fairly congested, so please be accommodating of your fellow coaches. You do NOT need 1/2 of a field to practice. Older teams can hold a good practice on 1/3 of a field; smaller teams can work within a space equal to 1/4 of a field.

Coaches should work cooperatively and share the field space. Just because you've used a field for 3 or 4 consecutive weeks doesn't mean it's "yours" for the whole year. Also, if the same are three coaches are vying for the same turf space, work together and rotate so all three teams get equal time using the goals.

Days/times: The dates and times for practice are determined by the coach. The club STRONGLY recommends setting a regular practice schedule and sticking with it all year. Your players' families often have to juggle multiple demands on their time and it helps if you stick to a regular schedule.

Length: Practice duration is up to the coach, who should use common sense in setting practice length. For the younger age groups (U6 & U8), 45 to 60 minutes once or twice a week is sufficient. U10 to U14 practices should last between 75 and 90 minutes twice per week. Under 16 and Under 19 teams should probably practice 90 minutes twice per week.

Cancelling Practice. If you have to give short notice to cancel practice, don't send an email *hoping* everyone will read it. Call everyone, or assign your team manager the task of making the calls, or set up a phone tree.



Ending Practice. When your practice is over, make sure all of your players are picked up before you leave. If you have to leave, designate another parent to stay in your place.

Questions regarding field allocations should be directed to our club's Director of Fields.

2. Scrimmages

Scrimmages are a great way to get ready for the season but due to limitations on field space, the club does not schedule or arrange scrimmages. Coaches wishing to scrimmage should arrange them with in cooperation of other coaches practicing around them, and they should be held only on a field for which the coaches have a permit. Additionally, the fields at the Cherry Island Soccer Complex can be rented for a nominal charge. The contact information is available at <http://www.d6soccer.org/cherry-island/cherry-island.htm>.

3. Parks/Fields

Permits. The City of Roseville grants the Club permits for specific park facilities. We do not have a permit for every grass area in Roseville. At the City's direction, the Club assigns park areas to different age group, so big kids and small kids are not practicing on the same fields.

This year our permit to use the City fields does not begin until August 1, 2016. Recreational teams are not authorized to begin practice before August 1st.

Many parks assigned to us have more than one field, which sometimes causes confusion among the coaches as to which field they should be on. To alleviate this problem, the Club has prepared a series of park maps identifying every park that contains more than one soccer pitch. The park maps are attached as **Appendix D**. Again, the maps in this appendix on are only the facilities where there is more than one field. A complete list of every field is found on our website.

Alcohol. Section 1:13 of the CAL NORTH Constitution states that, "The use and/or consumption of any alcoholic beverages or controlled substances, immediately before, during or immediately after the playing of any youth soccer game, is expressly prohibited."

In addition, consumption of alcohol is prohibited in most parks. The City's Municipal Code (Section 8.02.280) states that no person shall consume any alcoholic beverage in any park. Violation of this section may be charged as either an infraction or misdemeanor at the discretion of the City Attorney.

Pets. Roseville's Municipal Code (Section 8.02.240) states that it is unlawful for any person to bring, have, allow, suffer, or free any animal within the perimeter of any city park or golf course, including but not limited to, any dog, cat, horse, fowl, bovine or other domestic animal, or any reptile or other wild animal. This section does not apply to programs authorized or conducted by the city or to the proper use of a guide dog or assistance animal, nor does it apply to Roseville's dog parks. In addition, dogs are allowed on the walking path area around Maidu Park, but they are not permitted in the field area.

Pets are also prohibited at all CAL NORTH-sanctioned matches or events. Referees may suspend or terminate any match if pets are found and the owner refuses to remove the pet from the area.

4. Goal Post Safety

Most of the goal posts on Roseville's soccer fields are not permanently buried in the ground (they are, however, anchored). Because of that, it's possible for them to tip over if kids are climbing on them. This is a serious safety concern. If you see kids climbing on or swinging from the goals, please ask them to stop. If you notice that a goal is not securely anchored, please notify the Director of Fields immediately.



5. *Spare-The-Air Days/Excessive Heat*

Spare-The-Air Days. On days when the air quality is bad due to smoke or air pollution, you should check the Sacramento Regional Air Quality District website (www.sparetheair.com) to determine if holding practice is appropriate. A copy of the air quality scale is incorporated as **Appendix E**.

If the Air Quality Index is between 101 to 150 range, coaches are encouraged to cancel practice, or at least hold a light workout focusing on elements that do not include heavy exertion, such as set plays. If the Air Quality Index exceeds 150 coaches should cancel practice.

Excessive Heat: If the temperature is greater than 100 degrees, you should dial back your practice intensity and take more water breaks. Consider working on elements that do not require as much running, such as free kicks, corner kicks, penalty kicks, etc. If the temperature exceeds 105 degrees, you should cancel practice.

Please remember that your players are just kids, and exposing them to a 2-hour practice when the air is significantly polluted or if it's 105 degrees out is doing more harm than good. Parents are encouraged to keep their children home if they are concerned that attending a practice or game is detrimental to their child's health.

Game Days: We do not usually have Spare-The-Air days on weekends, but the heat doesn't take the weekend off. There are lots of things coaches can do to help their players in the heat. During games, make sure your players are drinking plenty of fluids. Have someone bring a pop-up to keep over your bench. Fill an ice chest with ice water and wash cloths so they can cool off their face and necks. Bring a spray bottle with cold water. Check your players for disorientation, and if a player starts showing signs of heat exhaustion or heat stroke, DO NOT let them play further and seek medical attention. If there is any question about their condition, get their parents involved.

On especially hot days, talk to the referee before your match starts about taking a very brief water break at the mid-point of the half or quarter. During these mini-breaks, the clock does not stop and players on the field should stay on the field (they come to the sideline and someone hands them their water).

6. *Disciplining Players*

Coaches should be patient with their players and remember that they are kids. However, there are circumstances when discipline is appropriate. Violent behavior, disrespect, and prolonged absence from practice and games are the usual reasons for considering disciplinary action. Coaches experiencing problems with a player should speak to the child's parents early, and everything should be documented. Parents of children who are acting out should be encouraged to stay at practice and observe. Before taking any disciplinary action, coaches should consult with one of the Directors of Coaching for guidance. The Club strongly suggests that you talk to the parent of a problem player early so they are aware that you are having issues with their child.

If a player fails to attend practice for the week but shows up for the game, the player must play one-half of the game. Coaches may NOT discipline players just because they missed a week of practice. Often failure to attend practice is caused by a parent, so the child should not be punished for the parent's lack of commitment.

C. *Preparing for the First Game*

1. *Scheduling*

PYSL schedules matches for all five PYSL clubs (Under 14 and younger) using a website called Team Sideline (www.teamsideline.com). Schedules for Under 16-19 are published by the Community Playing League sponsored by District 6. The schedules can be found on the District 6 website (<http://www.d6soccer.org>).



Because of the size of the league, the schedules are not usually available until 7 to 10 days before the beginning of the season. Scheduling is a very time consuming task. If the schedules have not been released, please be patient and do not bombard us with emails. If we have to respond to emails about the status of the schedule, it means we have to divert attention from working on the schedule, and the schedule will be that much later.

All coaches will receive email notification when the schedules are ready, and they should distribute the schedule to their families. Players' families can access the schedule on the Team Sideline website.

At the beginning of the season, we only publish the schedule for the first five weeks. During the break between halves, we look over the game results and make adjustments to the divisions to create more balanced and competitive matches. The second half schedule will be published around 5 days prior to the start of the second half. The re-seeding/re-scheduling is a time-intensive process. Questions regarding our schedules should be directed to the Director of Scheduling.

2. Game Cancellations & Rescheduling

The Club does not reschedule matches. In the event of rainouts, inclement weather, field closures, or other acts outside the Club's control, unplayed games will not be rescheduled. We do not have the field space, referees, or other resources to rearrange or reschedule matches. The season will not be extended to make up for rain-out dates or any other cancellation.

3. Field Equipment

The Club maintains field equipment for all RYSC fields. The equipment is available only for games. For each field, the Club maintains an equipment bag that contains nets, Velcro straps, stakes, corner flags, a hammer, and a step ladder. For U6 fields, we also have portable goals.

The equipment will be stored at **Maidu Park, next to field #4**. Pick up hours are Friday night from 6:00 p.m. to 8:00 p.m. and Saturday morning between 6:00 a.m. and 8:00 a.m. Equipment should be returned no later than Sunday evening by 8:00 p.m.

If you pick up equipment, please make sure you are taking the correct bag for the field you'll be playing on. If you have tear down duty, please make sure you return all of the equipment to the Club. If you forget to tear down the field, you will receive a reminder phone call and we expect you to go back to the field to retrieve the equipment. Equipment left overnight is frequently stolen, so please be attentive to your duties.

Each equipment bag will have a plastic tag affixed to one of the handles. If you find that a piece of equipment is broken or missing, please make a notation on the tag. This will help us quickly identify any problems.

4. Coaching Credential

Beginning in 2010, PYSL required that all coaches in the U9 and older age groups be issued a Coaching Credential (also known as a Coaching Pass). To receive a Credential, all head and assistant coaches must complete an online CAL NORTH Team Official Registration & Risk Management Disclosure Form (information found in **Appendix I**). Additionally, a 1"x1" color photo (no hat or sunglasses) must be submitted to the club registrar, who will issue the credential.

The coaching credential should be placed on a ring with your player passes. The passes must be given to the referee before the match begins. The player and coach passes will be returned by the referee after the match. In the event a coach or player is ejected from the match, the referee will confiscate that person's pass and turn it in to the Club in accordance with club procedure (See "Red Cards/Ejections" elsewhere in this manual).



5. **Player Passes**

The Club prepares player passes for every player in U9 and above. The Team Manager or Coach should laminate the passes and place them on a ring. The player passes must be given to the referee before each match. The referee will use the passes to verify the players on your team. The player passes will be returned by the referee after the match. In the event one of your players is red carded during the match, the referee will confiscate that player's pass and turn it in to the club in accordance with Club policy (see Red Cards/Ejections elsewhere in this manual).

6. **Uniforms**

RYSC uniforms can be purchased from Kombat Soccer, 916-865-6469 or 916-391-3788. For the U9-U19 ages, uniform consists of two jerseys, one white, one green, solid black shorts and socks. For the U6-U8 ages, a reversible jersey is still available just as we used last year. For recreational teams it does not matter if more than one player has the same uniform number. Unique uniform numbers are required for players on competitive teams. For more information on team uniforms, contact the Director of Team Equipment.

Player names, pins, patches or other accessories may not be added to the official club uniforms.

Footwear. Although running shoes are permissible, players should purchase soccer-specific cleats with molded studs on the bottom. Screw-in or metal cleats are not permitted, nor are cleats designed for baseball, softball or American football (those with a toe-cleat on the bottom). Cleats can be purchased at any sporting goods store.

Socks. CAL NORTH enforces the matching socks rule. Both socks a player wears must match. Many teams enjoy wearing two different color socks in a game - that practice is no longer permissible per CAL NORTH. All Roseville players must wear matching black, green or white socks. (RYSC club colors, no exceptions)

Visible Undergarments. Any undergarments that extend beyond the uniform must match the uniform. If your players wear sliders or compression shorts, they must be black to match our uniform shorts. Any long sleeve shirts that extend beyond the short sleeve uniform must be the same color as the jersey. Thus, in Roseville, the sleeves of any long sleeve undershirt must be green or white (depending on whether your team is wearing green or white). Players not in compliance with these rule changes may not be allowed to play until the offending undershirt or shorts are removed.

Shin Guards. Players must wear appropriately-sized shin guards at all practices and games.

Questions regarding our uniform policy should be directed to our Director of Team Equipment.

7. **Uniform Color Policy**

RYSC's recreational uniforms are reversible; green on one side and white on the other. Pursuant to CAL NORTH and PYSL, the following guidelines determine which team wears which color.

Under 6 & Under 8 Teams: The home team wears white and the visiting team wears green.

Under 9s & Older Teams: The visiting team gets to pick their jersey color, and the home team must adjust in the event of a color conflict. As stated elsewhere in this manual, we strongly recommend that the coaches communicate with each other a few days before the game to find out what color the visiting team intends to wear so the home team can adjust accordingly.

If the referee determines that the two teams are wearing colors that are too similar, then the home team must reverse (or change) their jerseys. If both teams show up for a match wearing a dark jersey, the coach should



ask the center referee for an early determination if there is a color conflict so there is plenty of time for the home team to switch colors.

We encourage coaches to communicate with each other the week of the match to determine which colors should be worn.

8. *PYSL Modified Rules*

The FIFA Laws of the Game dictate the rules of the game for adults. At the local level, the Laws of the Game are modified to create a more enjoyable game for kids. Certain aspects of the game change as the children get bigger. The ball gets bigger, the field of play gets bigger, more kids are put onto the field, and the games get longer. The particulars of these changes are found in the **PYSL Modified Rules**.

In addition, there are rule modifications regarding when substitutions may be made, how fouls and misconduct infractions are assessed, how long matches are, etc. Having a good knowledge of the PYSL Modified Rules is very important.

The PYSL Modified Rules are attached as **Appendix F** to this manual.

9. *Other Clubs' Rules*

Each of the other local soccer clubs have their own rules and procedures, most of which are the same, or very similar, to RYSC's rules. You will sometimes encounter occasional rule conflicts when you are visiting other clubs' fields. If you are visiting another club, you should respect the rules of the other club.

For example, Eureka Youth Soccer Club has a rule that both teams (players and coaches) must stay on one side of the field and the parents/spectators must stay on the opposite side. You and your families should respect these rules.

10. *Under 6 Age Group Specifics*

Refereeing. The club does not assign referees to cover U6 matches. Both teams are responsible for designating a person to serve as a referee. The person can be the coach, a parent, or other person with a basic knowledge of soccer. Each person is responsible for refereeing the entire match on one half of the field (there should be one person from each team covering one-half of the field).

Assembling Goals. The goals used in U6 are portable and need to be assembled. The goals are made out of interlocking metal pipe. Each pipe section has a strip of colored tape near the end. There should be another piece of pipe with a matching color tape. Match up the other pipe with the same colored tape and the pipes should click together. Once all of the pieces click together, hang the net using the Velcro tape.

Scorekeeping. We do not keep score for U6 matches and game cards are not needed. We want the kids to have fun and learn the basic framework of soccer. The score doesn't matter to the players.

11. *Under 8 Age Group Specifics*

Refereeing. The Club does not assign referees to cover U8 matches. Each U8 team must designate one or more parents to serve as that team's match referee. The Club provides free training to these referees. For each game, both teams must supply one person to referee one half of the field.

Questions regarding this program should be directed to the Director of Special Projects.

D. *Game Play*



1. **Game Day Procedures**

Home/Visitor Duties. The home team is responsible for field set-up, supplying a game card and three properly inflated game balls. The home team picks the side of the field they want, and the visiting team goes to the opposite side. The visiting team calls the coin toss. The winner of the coin toss elects which side of the field they will defend. The other team will begin the game with kickoff.

Net Duty. The home coach for the first match of the day is responsible for picking up the equipment bag for their field and setting up the field at least 30 minutes before kickoff. The last home coach of the day is responsible for taking down the nets and corner flags and returning the equipment (see Field Equipment). If you are the last coach of the day (home or visitor), please look around and pick up any garbage.

How do I know if I have net set-up or take-down duty? When reviewing your schedule online, you will note an arrow pointing in an upward position next to your team name if you are responsible to pick up and set up nets. A downward arrow indicates that you are responsible to take down the nets and return the equipment.

See the Field Equipment section for the location of the equipment.

Pre-game Warm-Ups. Unless you are the first game of the day, you should warm up in an area away from the field so errant balls do not interfere with a game in progress.

Game Cards. The home team coach is responsible for supplying a game card. Each coach will receive a supply of game cards before the season starts. The home coach should fill out the player portion of the card and the basic game information (date, time, field, team names). 30 minutes before kick off, the home coach should give the card to the visiting coach so they can add their player's names to it. The visiting coach should give the completed game card to the center referee at check-in.

Game cards are distributed at the coaches meeting or at the team parent meeting (depending on when we receive them). If you run out during the season, we usually have an extra supply available. In a pinch you can use a photocopy. The center referee will retain the card after the match and return it to the Club.

Check the Nets. We recommend that the coaches check the nets before each match, looking for loose nets or gaps. Make sure the nets are secure and if there are big gaps between the net and the post, move the Velcro straps or use some duct tape to make repairs (we recommend that you have some duct tape in your bag for such occasions).

Post-Game. We recommend that you ask to take a quick look at the score card to ensure that the score was properly recorded.

After the hand-shake, quickly move your team and gear away from the sideline so the next coach can get set up for their game. Don't pass out post-game snacks in the technical area. A good technique to move your players out quickly is to have the person who passes out snacks set up away from the sideline.

Make sure you pick up any garbage left on your sideline. Garbage cans are available at all fields.

Make sure you record your match score on the scheduling site promptly.

2. **Jewelry & Hair**

Before every match, the referees will check each player's hair, jewelry and equipment. No jewelry is permitted on the field. Coaches should not allow their players to wear jewelry at practice.



You should encourage your parents to avoid piercing your players' ears during the season. If the referee notices pierced ear rings, the player may not be allowed to play if they cannot remove the piercing. Tape or band-aids over the piercing still represent a danger to the player and are not acceptable.

Hair bows are acceptable provided they are not too big. You should encourage your players wear their hair pulled back and out of their eyes.

3. Technical Area

The area along the touch line (sideline) that is 10 yards from the center line is called the Technical Area. All coaches and substitute players should remain in the Technical Area during the match. Do not station assistant coaches or parents around the perimeter of the field to give directions to the players. All coaching should occur from within the Technical Area. Coaches should not be running up and down the length of the field yelling instructions at their players.

4. Red Cards/Ejections

For Players. In the unfortunate event that one of your players receives a red card in a match, here's what happens. The referee will confiscate the player's pass. After the match, the referee will complete a "24-Hour Send-Off Report" where the offense is described. The player pass and 24-Hour Send-Off Report are given to the PYSL Penalty and Discipline Committee. The PAD committee will meet and discuss the offense and determine the appropriate suspension. The coach will be notified of the player's suspension.

If you have a player who receives a red card, contact the appropriate Director of Coaching for a "Non-Participation Report" form. The coach will fill out the form and the suspended player must attend every game for which they were suspended. Before the match begins, the coach and suspended player must report to the center referee with the Non-Participation Report. After the match the center referee will sign report certifying the suspended player did not play. Once the suspension has been served, the coach must make contact with the PAD Committee representative so they can exchange the fully completed Non-Participation Report for the player's pass.

For Coaches. If a coach is ejected from a game, the coach must surrender his/her Coach Credential to the referee. The coach must immediately self-report the incident to the appropriate Director of Coaching. The same process described for players is followed, except that the suspended head coach is not permitted to attend any match for which he or she was suspended. The team's assistant coach must present the Non-Participation Report to the referee.

If the ejection is for referee abuse, the coach will receive an automatic, mandatory four game suspension from the PYSL PAD Committee.

The Board of Directors reserves the right to review the 24-Hour Send-Off Report for any coach ejection and to assess further disciplinary action against a coach, including removal from their team, depending on the severity of the infraction they committed.

5. Referees

The Club supplies paid referees for all age groups except Under 6 and Under 8 (see Under 6 Age Group Specifics and/or Under 8 Age Group Specifics). All Club-assigned referees are certified USSF referees (usually Level 8 or 9). The Club attempts to evaluate our referees regularly but it is difficult to see everyone.

In recent years, the Club has had many problems with coaches and spectators yelling at, being disrespectful or abusive to referees. As a result we have a very high turnover rate for referees, which means we have a lot of new or inexperienced referees. New/inexperienced referees make more mistakes than experienced referees. Coaches, particularly in the youngest age groups, are advised to be patient with the



referees and to refrain from yelling, arguing or criticizing the referees. If the referees are treated respectfully, they will return the following season and they will improve.

During the match, the only persons who should address the referees are the coach and the captains. All communications should be friendly and professional. Yelling, arguing and criticizing the referees will not be tolerated. CAL NORTH and RYSC have a zero tolerance policy for referee abuse. "Abuse" includes verbal communication (yelling, criticism, arguing, threats and other public displays of disrespect), or actual violent behavior. This type of behavior is not acceptable. **Please review the District 6 "Zero Tolerance Policy at the following link:**

http://www.d6soccer.org/PDF/Referee/2016/2016_district_6_zero_tolerance_policy.pdf

Any coach sent-off (ejected) for referee abuse will automatically receive a four game suspension (see CAL NORTH Constitution, 4:08:02(B)(2) (up to 2-game suspension for foul and abusive language) and 4:08:06 (2-game additional suspension for coaches over and above suspension for players).

Coaches need to be aware that all calls made by the referees on the field are final; there are no appeals or disputes. If you have an issue with a referee's call(s), you send the details in an email to our Director of Referees. Include the date, time and location of the match, and give a detailed description of the problem. Well thought-out comments are the most useful and can be used as a teaching aid - comments like "the referee was terrible" do not help. We do not need the names of the referees – we can figure it out from the date/time/location of the match. In fact, the referees are instructed to decline to give out their names to coaches or spectators.

The coach is also responsible for the behavior and comments from his or her team's family members and spectators, so the coach should be listening for parents making such comments. The Club encourages coaches to emphasize these rules to their families before the first match of the year.

What To Do When The Referees Don't Show Up. Despite the Club's best efforts to assign referees to every match, sometimes some or all of the referees don't show up. If this happens to you, please do whatever you can to get your match started on time. Find a parent to serve as a linesman, if there is another field nearby with a full referee crew, ask if one of them can serve as your center. It's very important to keep the games starting on time, so don't sit around hoping someone is going to show up. Do whatever you can to get the game started. The kids do not care who is refereeing – they just want to play.

Questions regarding our referee program or the Laws of the Game should be directed to the Director of Referees.

6. *Rain Outs*

The City of Roseville determines whether or not to close the fields in the event of rain or other inclement weather. The Club will post an announcement on our website if we are given enough notice. If it begins to rain late in the afternoon, the City may send out personnel to close the parks. If you are asked by City personnel to terminate practice, please do so immediately. Also, please use good judgment in the event the weather turns bad while your team is on the field. The safety of your players should be your first concern.

On game days, the above rules hold true if you are playing in Roseville. However, please be aware that the other PYSL clubs have different field closure guidelines, so contact your opposing coach and find out if the fields are open. If there is any doubt, show up for your game.

If it begins raining during a match, the referees will decide whether or not the games should be suspended or terminated. If you are playing in Roseville and your game is terminated due to rain, assume the rest of the days' matches will be cancelled and take down the nets and return the field equipment.



7. Runaway Scoring

Coaches should attempt to limit runaway scoring. The goal differential in any match should not exceed six goals. When the differential reaches four goals, the coach should take steps to slow down scoring, such as moving stronger players to defense, requiring a set number of completed passes before shots can be taken, requiring scoring by head balls only, or removing a player from the field and playing short-handed. The Club considers winning by an excessively large margin to be a display of poor sportsmanship by the coach. Coaches found consistently running up the score may be subject to disciplinary action as this is a violation of the Coaches Code of Conduct.

8. Tournaments

Recreational teams are permitted to participate in tournament play. Several area clubs host tournaments during the year. A schedule of tournaments is available on the CAL NORTH website (www.CalNorthnorth.org) in the tournament area. Recreational teams can only play in tournaments that are for “Division 4 teams.”

RYSC hosts the “At The Break Tournament” during the midseason break. This tournament is open to all Under 12 through Under 19 teams. Participants play three shortened matches and the top four teams in each age group play a fourth match to determine first through fourth place. These finishers will receive a trophy or medal. All participants receive participation pins.

There are two post-season tournaments held the first weekend of December, the District Cup and SoccerFest. More information on these tournaments can be found at www.d6soccer.org.

If you decide to enter your team in a tournament, you’ll need to make sure you have a complete set of player passes for your players AND coaches. Don’t wait until the last minute to request passes. If you are considering participating in post-season play, make sure you request your passes early. Contact the Club Registrar if you have any questions about player passes.

9. Scorekeeping

Coaches of teams in Under 7 through Under 14 must self-report game scores using the Club’s scheduling system, Team Sideline. Both coaches must report the score within 24 hours of the matches’ completion. The scores are important because we use them for seeding purposes. We do not keep scores for the Under 6 age group.

Coaches will receive an automated email from Team Sideline with a coded link back to the scheduling website. The coaches should click the “Score This Game” link embedded in the email. A new browser window will open and the coach simply needs to enter the score, then click on the “Score” button.

Both coaches must report the same score. If both coaches enter the same score, the game result will be marked as “final.” If different scores are entered, the game will not be considered final until the league sorts out the discrepancy. Both coaches should attempt to sort out the disputed score. If they cannot agree on the score, the score from the game card will be used.

Certain club officials have rights to enter game scores. If you log in and see that results have already been marked as final, it means that a club official has already entered the score.

Screenshots for the scorekeeping process are shown on **Appendix G**.

Scorekeeping for the Under 15 and Under 19 age groups is different and will be covered the people who run the Community Playing League at the CPL’s annual coaches meeting.

Questions regarding scorekeeping should be directed to the Director of Scheduling.



E. Important Club Information

1. Coach Licensing

CAL NORTH requires that all recreational coaches attend at least one coaching clinic, the “F License Clinic,” before the start of their second season of coaching. The clinics are held in the spring and early summer. The schedule is published on the club’s website and on the Coaching Forum in March or April. The Club usually hosts 5 or 6 clinics between late May and early August.

The F Clinic is a 5 ½ hour field session usually held on a Saturday morning. The attendees also have to watch a short video and review the course outline before the field session. The clinics are conducted by Cal North-approved instructors. There is no cost to attend, provided you take the course from a PYSL club. If you take the course from another club, the fee will be reimbursed if you provide the club with a receipt and a copy of your license. In any event, you need to provide our Registrar with a copy of your license so we know you took the course.

Additional advanced coaching courses are offered as well. A description of the courses can be found at www.CalNorthnorth.org. RYSC also hosts a Goalkeeper Coaching Clinic each spring. A schedule of the regional courses can be found at this link: <http://www.d6soccer-stats.org/district/coaching/coach-clinics.cfm>

Questions regarding CAL NORTH licensing should be directed to the appropriate Director of Coaching. Also, there is additional information about these clinics in the Coaches Corner on the club website.

2. Coaching Resources

The Club has invested in a number of resources for our coaches.

Coaching Videos & Books. In 2007, the Club donated the following coaching DVDs to the Roseville Library that can be checked out at no cost:

- Tactical Training – The 4-4-2 System
- Soccer Drills for 11 to 14 Year Olds
- Success in Soccer: Playing & Practicing with 5 to 6 Year Olds
- Youth Soccer Drills and Small Sided Games
- NSCAA Soccer Coaches Guide for Young Players 5 to 7 Years Old
- NSCAA Soccer Coaches Guide for Young Players 8 to 12 Years Old

Coaching books are also available at the library or for purchase at most larger bookstores or from online retailers.

Mentor Program. The club sponsors a mentor program where, upon request, an experienced coach will be paired up with a new coach. The mentor will be available for email or phone consultation, or they may be willing to visit your practice. Our mentor program is managed by the Director of Player Development.

Coaching Websites. There are numerous free websites that focus on soccer coaching, and many have animated drills or drill diagrams. Many have free newsletters that you can subscribe to. A list of some good, free websites is included as **Appendix H**.



3. Equipment

Each year the club provides our coaches with some basic equipment at the annual coach's conference. It will not be everything you need, but it's a good start. The equipment changes from year to year, and is for you to keep – it does not need to be returned at the end of the season.

Equipment Recycling. Next year if you don't plan to return as a coach and you have some of this equipment, consider recycling it to another coach rather than just throwing it away or letting it gather dust in your garage. Also, if you're moving up to an age group that uses a bigger ball, consider bringing your old soccer balls to the coaches meeting and give them to a coach who can use them (U6 & U8 use a #3 ball, U10 & U12 use a #4 ball, and U14 & Up use a #5 ball, which means U10 and U14 teams move up to a bigger ball). If you have any balls that are too small for your age group, consider donating them to another coach!

Questions regarding equipment should be directed to the Director of Equipment.

4. Fingerprinting/Background Checks

PYSL and RYSC require that all head coach candidates be fingerprinted before they can receive their rosters. For the convenience of our coaches, our fingerprint vendor will be set up at the annual coach's conference. If coaches are not able to attend the coach's conference, the coach must make individual arrangements with our fingerprint vendor to be fingerprinted.

Assistant coaches must also submit to fingerprinting. The Club will hold one or two sessions where Assistant Coaches can come for fingerprinting. If they are unable to attend those sessions, the Assistant Coach should contact the Club vendor to make individual arrangements.

The fingerprinting records we collect are used to conduct a Department of Justice background check on every coach. All coaches must be fingerprinted once for the benefit of RYSC, even if you have been fingerprinted in connection with your occupation. There are no exceptions to this policy. This policy is in place for the protection of the children we serve. If you were fingerprinted by the Club last year, you do not need to do it again

Questions regarding the Club's fingerprinting policies should be directed to the club's Registrar.

5. Fundraising & Sponsors

Team sponsorships allow individual teams the opportunity to raise money to purchase banners, equipment, shirts, sweats, etc. In addition, our competitive teams incur costs for tournament fees, professional trainers, and have greater equipment needs. Sponsorships can offset some of those costs.

Coaches, team managers and parents are authorized to seek out sponsorships to cover some of those costs. If the potential sponsor does not want to receive a tax write-off for the donation, whatever arrangement the team and sponsor make is at their discretion. However, some sponsors will want to utilize the Club's non-profit status and receive a tax write-off for the donation. In that event, the following procedure applies to all teams.

The Club's current sponsorship policy is to keep 10% of the sponsorship funds (to a maximum of \$200) and return 90% to the individual team who solicited the sponsor(s). If you receive a \$200 sponsorship, the club will keep \$20 and send \$180 to the team. All teams that receive sponsorship funds shall be responsible for purchase of sponsor plaques at the end of the season. Sponsor checks are to be made out to RYSC and the club will reimburse the team the appropriate amount. Teams can have multiple sponsors. Once the \$200 cap has been reached, no additional funds will be held back.

For sponsors to write off their donations using RYSC's non-profit tax ID, the funds may only be used for team purposes such as:



- Tournament fees
- Banners or flags
- Team equipment
- Player equipment bags

Funds may not be used for individuals or individual families such as hotels and meals for out of town tournaments or to purchase alcoholic beverages.

If a team secures a sponsor that wants to use the Roseville Youth Soccer Clubs Tax ID number for tax purposes the guidelines are as follows:

1. The sponsor will make the check payable to "Roseville Youth Soccer Club."
2. The 2010 Sponsorship Application must be filled out.
 - a. The tax ID number will only be sent to the Sponsor, not to the team being sponsored.
3. The check and sponsorship application must be mailed to the Roseville Youth Soccer Club, Attn: Sponsorship, PO Box 355, Roseville, CA 95678.
4. Roseville Youth Soccer Club will keep 10% of the money sponsored (up to the \$200 cap). The Roseville Youth Soccer Club Treasurer will write a check to the team sponsored for the amount less 10%.
 - a. Make sure to indicate where to send the check and whom to make it payable to.
5. A minimum of a three week turn around time must be given from the time the sponsorship check is mailed to the Roseville Youth Soccer Club.
6. A letter will be mailed directly to the sponsor with the Tax ID information.

The Club's sponsorship form can be downloaded from www.rosevillesoccer.com.

6. Competitive Soccer Program – Roseville Premier Soccer

RYSC has a competitive soccer program for players looking for a higher level of competition. Play begins in Under 9s. Players must try out for the competitive teams in March and April. Competitive teams require a greater level of commitment from both the players and their families. Competitive soccer has a longer season and the teams compete in tournaments all around the Northern California area. The cost to play on one of these team is higher, typically between \$300 and \$800, not including uniforms and registration.

Questions regarding our select soccer program should be directed to the Director of Competitive Program.

7. Team Seeding

In the past, we seeded teams before the season started using information from the previous season. Five games were played, then teams were re-seeded for the second half. Seeding in a recreational soccer program with 4,500 kids is an inexact science. As we all know, players come and go, rosters change, and past success is not a guarantee of future success.

This year, for the first time, the Club will be seeking information from the coaches as part of the seeding of teams. Within the first couple of weeks of the practice season, all U7 to U14¹ coaches will receive an email containing a link to a survey designed by the Director of Recreational Competition.

The survey designed to ensure that teams are evenly matched. Most of the questions in the survey have been assigned point values and those values will be used to determine the seeding of teams. We hope

¹ We will not be seeding U6 team prior to the start of the season, but they will be re-seeded at the half. U15 and older teams are seeded by their playing league and will not be seeded by the Club.

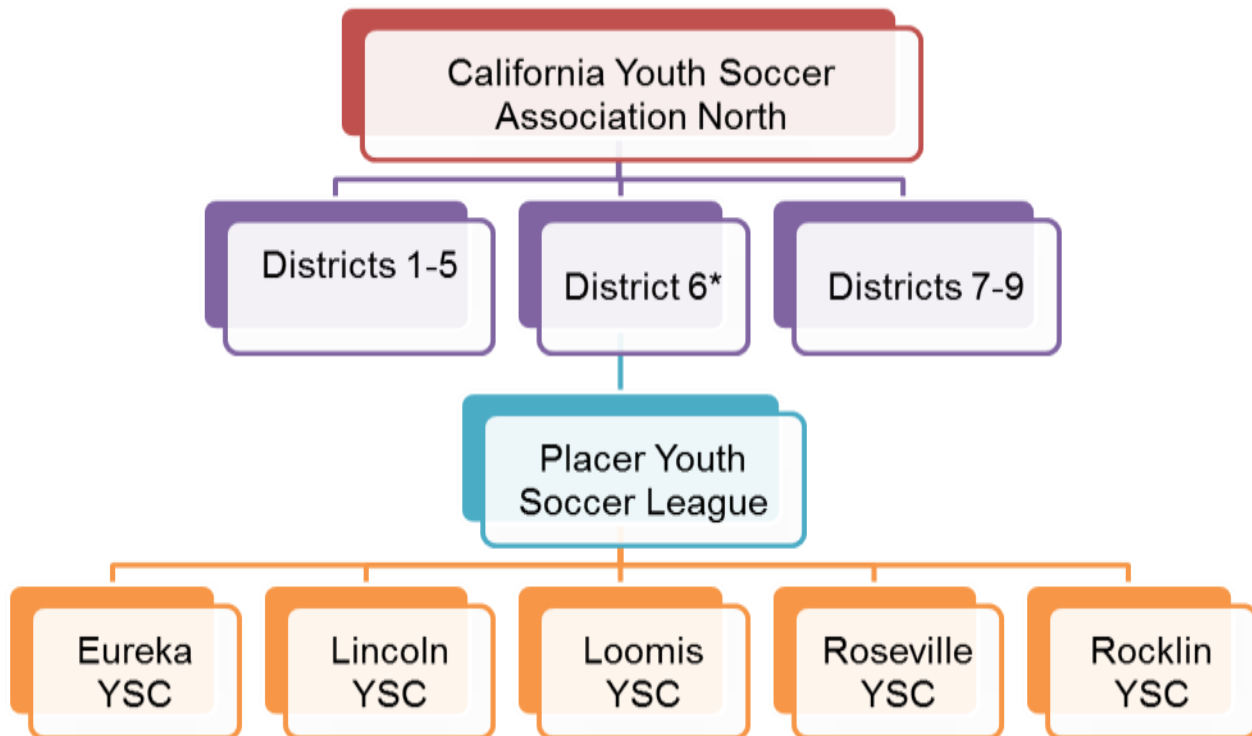


this effort will reduce some of the blow-out scoring we see in the early part of the season. As always, we hope the coaches will observe our runaway scoring policies in the event that unevenly matched games are scheduled.

Coaches are urged to promptly respond to the survey once it has been issued so that we can seed the teams and publish the schedules.

8. *How Youth Soccer Is Organized*

RYSC is a member of the Placer Youth Soccer League (“PYSL”). PYSL is made up of RYSC, and the clubs located in the adjacent communities of Rocklin, Lincoln, Loomis and Granite Bay (known as Eureka). PYSL and its clubs are members of Cal North and the U.S. Youth Soccer Association.



****District 6 also includes Sacramento YSL, Elk Grove YSL, EIDorado YSL, Davis YSL, American River YSL, Fairfield-Suisun YSL, Vacaville YSL, Yuba Sutter YSL, Gold Country YSL, Butte YSL, 49er YSL, Capital Valley YSL and River City YSL.***

9. *Bylaws & Constitution*

The Club operates pursuant to a set of Bylaws and a Constitution. Both documents are available for download on the Club’s website.



10. Club Website

The Club maintains a website at www.rosevillesoccer.com. The website is the first place you should look for information about club rules, clinics and other events. There is an area dedicated for coaches. If you have any content you think would benefit our coaches, please send your ideas to your Director of Coaching.

11. Clinics

Every year the Club hosts several clinics that cover topics of general interest to our coaches. We also host skills clinics for younger players. Information on these clinics will be distributed by email. Information about player clinics can be obtained from our Director of Player Development.

12. Websites

Teams may create their own websites if they wish. Player last names and contact information should not be made publicly available. If possible, use password protection to keep unwelcome visitors off your site.

In addition, the Club's scheduling system has the ability for coaches to set up web pages designed for communication with their team.





ACKNOWLEDGEMENT OF RECEIPT AND REVIEW OF COACHING MANUAL

I certify that I have reviewed the Roseville Soccer Club Coaching manual located on the Roseville Youth Soccer Club home page under Downloads/Coaches:

<http://rosevillesoccer.com/sites/rosevilleysc/downloads>

Including:

- RYSC Coaching Manual
- Code of Conduct
- Concussion Protocol and Procedures
- Cal North Concussion Notification Form
- Cal North USYS Concussion Policy & Signs
- District 6-Cal North Concussion Protocol
- Playing League Rules
- Substitution Process

I understand it contains important information on the Club's policies, procedures, rules and regulations, and that it is my responsibility to familiarize myself with the material in the manual, and that my personal conduct will be governed by its contents.

Coach Printed Name: _____

Coach Signature: _____

Team Age Group/Gender: _____

Team Name: _____

Date of Acknowledgement: _____





Appendix A

Roseville Youth Soccer Club Board of Directors & Contact List

See Roseville Soccer website/contact the club for names and email addresses
www.rosevillesoccer.com

Board Position

Manager (Officer)
Vice Manager (Officer)
Secretary (Officer)
Treasurer (Officer)
Director of Publicity
Registrar
Director of U6-U8 Coaches
Director of U10-U14 Coaches
Director of U16-U19 Coaches
Director of Fields
Director of Field Equipment
Dir. of Player Development
Director of Referees
Director of Scheduling
Dir. of Competitive Program
Director of Special Programs
Director of Sponsorship
Dir. of Team Equipment
Director of Team Managers

Roseville Youth Soccer Club
PO Box 355, Roseville, CA 95678
(916) 786-NETS



Appendix B

Suggested Topics For Your Team Meeting

The Club encourages the coaches to have a team meeting before the first practice. The following list are items are good things to consider for discussion at your team meeting. Some may not be applicable.

- Discuss your coaching background and philosophy.
- Ask the parents for their support and ask for volunteers to serve as assistant coach and team manager (or, if your team is established, introduce your assistant coach and team manager).
- Remind everyone that this is recreational soccer, and it is for the kids' fun.
- Encourage everyone to purchase the correct size ball and bring it to every practice.
- Practice days, time and location.
- Purchase of team banner.
- Find out if anyone owns a business that wants to sponsor the team.
- Collect all contact information from families (email addresses, cell phone numbers, etc.).
- Find out if any parents have medical training.
- Determine team interest in tournament play (both mid-season and post-season).
- Remind them to let you coach during games (they can cheer but not direct play).
- Remind them that cheering should always be positive, and good sportsmanship should be displayed by everyone at all Club events.
- Every player must play at least one-half of every game, unless there is a disciplinary problem.
- Remind them to send players with plenty of water (in bottles marked with their name).
- Remind them to dress their players appropriately.
- Tell them when the schedule will be out (approx. 1 week before season starts).
- If you have not already done so, provide the parents with the Club's Parent Guide and ask them to read it.
- Discuss the club uniforms (where to get them, when they need them).
- Discuss your expectations about attendance at practice and games, and when to arrive.
- Discuss your expectations about bringing sick players to practice or games.
- Discuss your expectations about sideline behavior during games (VERY IMPORTANT).
- Remind the parents that soccer is a contact sport and the kids will fall down or get knocked down during the match. Some fouls will be called, some will be missed, and sometimes they won't be called because of the advantage rule.
- Remind everyone that the Club has a zero tolerance policy for yelling at referees and other game officials, and the parents (and you) can be ejected and/or suspended by the Club.

Coaches should be very clear about what they expect from parents. You should also be especially clear about the last three items on the list...over the last several years, the majority of the sideline problems the Club has dealt with have come out of the U6 to U10 age groups. These parents are usually new to soccer and do not necessarily understand the rules and expectations. It's especially important to let them know that if they don't behave properly during a game, the penalty will likely be assessed against the coach (YOU).

It is also a good idea to schedule a brief meeting at the end of your last practice before league play begins to go over items related to game play and sideline behavior. This is also a good time to ask if the parents have questions about the Laws of the Game (e.g. the offside rule or the advantage rule).



Appendix C

Coaches Code of Conduct

As a coach in the Placer Youth Soccer League, I understand the role I play in the lives of my players, and I accept the responsibility that this role brings. In accepting this position, I will abide by the following Code of Conduct:

My first responsibility is to the health, safety and development of all participants. I will place their emotional and physical well being ahead of my personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will nurture good sportsmanship and fair play by teaching and personally demonstrating these values.

I will do my best to provide a safe playing situation for my players.

I will never ridicule or shout at children for making a mistake or losing a match.

I promise to review and practice basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will be knowledgeable in the Laws of the Game, and I will teach these rules to my players, and I will assist fans and families to understand the game and its rules.

I will ensure that I, my players, and the fans from my team treat opposing players, fans, and the referees with good sportsmanship and respect and will assist the game officials in maintaining control of spectators during the game.

I will abide by the decisions of the game officials without argument or dissent, as my behavior may be copied by my players.

I will provide an environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.

I will use coaching techniques that are appropriate for the age group that I coach.

I will remember that I am a youth soccer coach, and that the game is for children and not adults.

I will take appropriate steps to minimize scoring in runaway games.



Appendix D

Multiple Field Facilities

Roseville Youth Soccer Club uses a number of park/school sites that have more than one soccer facility. The following pages illustrate the facilities with more than one field.

Sylvia Besana Park



Sylvia Besana Park
1061 Trehowell Drive
Roseville, CA 95678

Adjacent to Catheryn Gates School



Appendix D

Multiple Field Facilities

Buljan Park



Buljan Park
150 Hallissy Drive
Roseville, CA 95678

Adjacent to Buljan Middle School



Appendix D

Multiple Field Facilities

Central Park / Thomas Jefferson Elementary School



Central Park
10210 Fairway Drive
Roseville, CA 95678

Thomas Jefferson Elementary School
750 Central Park Drive
Roseville, CA 95678



Appendix D

Multiple Field Facilities

Crestmont Park



Crestmont Park
1500 Champion Oaks Drive
Roseville, CA 95661

Adjacent to Crestmont Elementary School



Appendix D

Multiple Field Facilities

Willard Dietrich Park / Sergeant Elementary Park



Willard Dietrich Park
1201 Stoney Point Drive
Roseville, CA 95661

Adjacent to Sergeant Elementary School



Appendix D

Multiple Field Facilities

Eich Middle School / Sierra Gardens Elementary School



Warren T. Eich Middle School
1509 Sierra Gardens Drive
Roseville, CA 95661

Sierra Gardens Elementary School
711 Oakridge Drive
Roseville, CA 95661



Appendix D

Multiple Field Facilities

H.C. Elliot Park



H.C. Elliot Park
1421 Cushendall Drive
Roseville, CA 95747



Appendix D

Multiple Field Facilities

Kaseberg Park



Kaseberg Park
1151 Rand Way
Roseville, CA 95747

Adjacent to Kaseberg Elementary School



Appendix D

Multiple Field Facilities

Maidu Regional Park



Maidu Regional Park
1550 Maidu Drive
Roseville, CA 95661

Adjacent to Maidu Elementary School



Appendix D

Multiple Field Facilities

Bill Santucci Park



Bill Santucci Park
Morningstar Drive & Westlake Drive
Adjacent to Coyote Ridge Elementary School



Appendix D

Multiple Field Facilities

James Wanish Park / Heritage Oak Elementary School



James Wanish Park
1351 Junction Boulevard
Roseville, CA 95747

Heritage Oak Elementary School
2271 Americana Drive
Roseville, CA 95747



Appendix E

Spare-The-Air Days Information


The Club requests that coaches consider the health of their players when determining whether or not to practice when the air quality is poor. A chart showing the health categories the Sacramento Regional Air Quality Resources Board is shown below. Further information on this subject can be found at <http://www.sparetheair.com/>. Coaches can sign up for Spare the Air email alerts at this site.

When the AQI exceeds 151, you should cancel practice. When it's in the zone between 101 and 150, consider a light workout with less exertion - work on set plays, etc.

Parents are told that the decision to keep their children home on Spare the Air days is their decision, regardless of whether you are holding practice.

AIR QUALITY INDEX			
	Health Categories	Ozone	Particulate Matter
300	Very Unhealthy 201 - 300	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.	People with heart or lung disease, older adults and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
200	Unhealthy 151 - 200	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with heart or lung disease, older adults and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
150	Unhealthy for Sensitive Groups 101 - 150	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with heart or lung disease, older adults and children should reduce prolonged or heavy exertion.
100	Moderate 51 - 100	Unusually sensitive people should consider limiting prolonged outdoor exertion.	Unusually sensitive people should consider reducing prolonged or heavy exertion.
50	Good 0 - 50	None	None

For detailed information about health effects visit: SpareTheAir.com





Appendix F

United States Soccer Federation (USSF) Mandate

Standards Chart								
	U6	U7	U8	U9	U10	U11	U12	U13
Maximum Field Size (yards)	30x20	30x20	30x20	47x30	47x30	75x47	75x47	112x75
Number of Players	4v4	4v4	4v4	7v7	7v7	9v9	9v9	11v11
GK	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Times (minutes)	4x8	4x8	3x15	2x25	2x25	2x30	2x30	2x35
Break Times (minutes)	5	5	5	10	10	10	10	15
Ball Size	3	3	3	4	4	4	4	5
Goal Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes



Appendix G

Entering Game Scores on Team Sideline

1. Both coaches will receive an automated email from Team Sideline.

From: customer.service@teamsideline.com
To: @sbcglobal.net
Cc:
Subject: Order Confirmation | TeamSideline.com

Team Sideline

The game below has been played. Please click the Score This Game link below to score the game.

Please score the game within 24 hours of your receipt of this email. If you can not score the game within 24 hours click the contact us link on this email to contact the PYSL Scheduler.

[Score This Game](#)
Time: 3:00 PM
Date: Saturday, September 20
Location: Foskett - Field 1
Home Team: Dominators
Away Team: Intimidators

Having problems viewing this e-mail? [click here](#). To ensure delivery to your inbox, please add customer.service@teamsideline.com to your address book.

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2. Click on the “Score This Game” link.

Continued next page...



Appendix G

Entering Game Scores on Team Sideline

3. A new browser window will open that looks like this.

Team Sideline

PLACER YOUTH SOCCER LEAGUE
CALIFORNIA YOUTH SOCCER ASSOCIATION

Home
Downloads
Locations
Contact Us

Schedules
Communication
Configurations
Administration

Fall '08

Roseville (RYSC)

- ROSE U8 BOYS 1ST
- ROSE U8 BOYS 2ND
- ROSE U8 BOYS 3RD

Welcome

Home Downloads Locations

Score This Game

Please enter the score for each Team in the box to the right of each Team name.
Then click the Score button.

Time 3:00 PM

Date Saturday, September 20

Location Foskett - Field 1

Home Team Score Dominators

Away Team Score Intimidators

Score

Required field

Loomis Youth Soccer Club

[About TeamSideline](#) |
 [Terms of Use](#) |
 [Privacy Policy](#) |
 [Contact Us](#) |
 [Admin Sign In](#)
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4. Enter the score where indicated.

5. Click on the “Score” button.

That’s it!



Appendix H

Useful Websites For Soccer Coaches

The following links are to websites that contain information useful for soccer coaches. None are affiliated with Roseville Youth Soccer Club. These resources are all free, or they have limited free information. At the time this list was created, all of the links worked. If you are aware of any additional free sites, please send them to U6-U8coaching@rosevillesoccer.com for inclusion in next year's manual.

Soccer Training & Fitness

<http://www.youtube.com/> (run a search on "soccer drills" etc.)

<http://www.fundamentalsoccer.com/>

<http://www.and-again.com/>

<http://www.joesoccer.com/info/games.html>

<http://www.flashdrills.com/>

<http://www.playgreatsoccer.com/>

<http://www.soccerfitness.net/index.html>

<http://www.soccerperformance.org/>

<http://soccerpracticevideoclips.blogspot.com/>

<http://www.thecoachingcorner.com/>

Soccer Coaching Organizations

www.cysanorth.org

www.d6soccer.org

www.usysa.org

<http://www.nscaa.com/>

www.ussoccer.org



Appendix I

CAL NORTH Team Official Registration and Risk Management Disclosure Form

WE ARE NO LONGER ACCEPTING THE PAPER COACHING APPLICATION

Returning Coaches/New Coaches Online Registration

Returning coaches - Please fill out your coaching application online at http://www.calnorth.org/programs/registration/adult_online_disclosure Then print out your confirmation for your records. Please no hats or sunglasses in coach's photo. Email your photo as an attachment to: registrar@rosevillesoccer.com once you have completed the online form.

In order to complete the Online Team Official Registration & Risk Management Disclosure, you will need to provide one form of identification. Identification can be in the form of:

- a. Driver License or Identification Card
- b. Passport
- c. Social Security Number (optional)
- d. Military I.D.
- e. School I.D.

New coaches - Upon completing the online form above, please print your confirmation page and provide it to Capital Live Scan. You can get a list of their locations from their website: www.capitallivescan.com Once you have completed your live scan, please email the registrar so your clearance can be tracked.

