

K-2 School Soccer League Rules, Coach Conduct and Parent Guidelines and Participating School Commitment

Soccer Rules

The purpose of our league is to provide a fun environment to learn the game of soccer in a setting where youths can play with members of their school and/or parish and like all youth sports, to teach life lessons. In order to make things orderly, I have included a brief set of general guidelines for us to follow however these are not exhaustive and in situations where a rule is not covered, please use your best discretion to teach our players and make things fair.

Format: 6v6 format, including goalkeeper

Ball Size: We will use size 3 ball for the K-1 games and a size 4 ball for the 1-2 games. Individual schools will choose to practice with whatever ball they see fit.

Equipment: Shinguards are mandatory and should be checked by the team's coach prior to the game. A long sock should be worn to cover the guard. Coaches should also have players remove loose jewelry, wristbands or other things players may be wearing which could cause injury in the event of contact. This rule exists for the player's safety. Soccer cleats are highly recommended and shoes should also be checked prior to the game to ensure the players are not wearing metal spikes or other shoes which could cause injury to other players.

Jersey: Each team should provide some shirt which will differentiate their team from the other team. St. Dominic's uses t-shirts w non-matching shorts.

Field: We will play every game at University School's Lower campus, located at 20701 Brantley Rd., Shaker Heights. Fields will be 30 yards wide and 45 yards long. Corner arc should extend about 1 yard into the field. Center circle should extend 3-4 yards from center.

Goals: should be 6 feet high x 8 feet wide. Goalie box should be about 3 yards deep and extend 3 yards on each side of the goal. Touchlines and Endlines should extend the length of the field and the midline should extend the width of the field.

Referee: Coaches will work collaboratively to referee a fair and competitive match with a focus on promoting competition, effort, learning and also embrace mistakes.

Game Duration: We will play two 20 minute halves with an approximate 5 minute halftime. There will not be extended play. We ask a parent to keep track of score and to provide a 5 minute and 2 minute warning to the coaches prior to the half and end of the game.

Start/Restart of Play: We will start play each half with a kickoff. Each team will assign a captain for a pregame meeting to determine who will receive the ball in the first and second half and which goal they will choose to defend.

Free Kicks: All free kicks will be indirect, opposing players should stand at least 10 yards away from the kicker. We will NOT use penalty kicks. Free kicks will be awarded based on:

- Trips or attempts to trip an opponent
- Kicks or attempts to kick an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of an opponent

Goal and Corner Kicks: We will use both goal and corner kicks, opponents 5 yards away on these kicks.

Heading: Heading is NOT allowed and will be awarded a indirect free kick for violations.

Substitutions: Substitutions will be awarded on any stoppage of play. Players should line-up on the midline prior to substituting and coaches will coordinate the substitution.

Throw-ins: We will use throw-ins, two hands on the ball, over the head, both feet on the ground.

Record and Score: We will not keep a record, we will not keep score and there will not be a division champion, and there will not be participation trophies 😊. Just fun and learning.

Purpose: Please remember our stated purpose. We are trying to teach, engage and promote life lessons and soccer which is done through fun activities, not a win at all costs mentality. If a player makes a mistake, provide an opportunity for them to learn. For example, if a player improperly performs a throw-in, teach the player how to throw in and then allow another throw-in. Please compliment your players and the other team's players. Please use this mentality throughout all aspects of the game. During times when an event is not covered by the aforementioned rules, please use your standard FIFA rule knowledge and reasonableness to derive a solution which conforms to our stated purpose.

Parent Guidelines – Please provide this to your parents

You play an important part in your child's sport experience and so we have provided some guidelines to be helpful to maximizing their experience. We hope you will focus on effort and attitude, not on results or score. Please recognize the players of this age pay particular attention to adult reaction, emotions and facial expressions as they look to gain acceptance so try to keep positive and constructive at all times. Please do not criticize referee calls as you set an example for the team and your child. Please try to learn the names of all the players and be supportive of their plays as well as your child's plays. To this end, please be supportive and

root for the other team's players and plays. Please be supportive of the parents from the opposing team. We hope you focus on the life lessons of sports such as teamwork, communication, perseverance, effort, and attitude. After the game, please resist the temptation to critique. Let your kid calm down and ask positive questions like what was your favorite part of the game today and listen to the response. When things didn't go their way, please recognize they sometimes need time to decompress and they may need time to not talk. When you do talk to them, focus on confidence building statements such as "I know you are upset about your missed goal and you are the kind of kid who tries hard and will get it next time." These comments are meant to be a brief summary. Please visit the Positive Coaching Alliance and the USAA website for more information on positive parenting.

<http://www.positivecoach.org/parents/>

<https://ussa.org/sites/default/files/documents/athletics/alpine/2011-12/documents/Guidelines%20for%20Supportive%20Parents.pdf>

Coaches – IT IS THE INDIVIDUAL SCHOOL'S RESPONSIBILITY TO ENSURE ALL OF YOUR COACHES HAVE COMPLETED AND ARE CURRENT WITH THE FOLLOWING:

1. Current with all Concussion Training
2. Catholic Schools Only: Background Checks/Virtus Training
3. Watched the required video and read the handout for Lindsay's Law.

Parents – IT IS THE INDIVIDUAL SCHOOL'S RESPONSIBILITY TO ENSURE ALL OF YOUR PARENTS/PLAYERS HAVE COMPLETED THE STATE MANDATED REQUIREMENTS REGARDING LINDSAY'S LAW AND TO KEEP THE SIGNATURE FORMS ON FILE. THESE INCLUDE:

1. Required video
2. Required SCA Informational Handout
3. Required Signature Form

INFORMATION ON THESE PROGRAMS BELOW:

Concussion Training: Concussion training is highly recommended and is left to each individual school to implement. A potential course could be:

<http://nfhslearn.com/courses/61037/concussion-in-sports>

Lindsay's Law: Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately. Information on this new law can be found at <https://www.odh.ohio.gov/en/landing/Lindsays-Law>.

- If you are a coach in a community program, please use the following resources:
 - [Required video](#)
 - [Required SCA Informational Handout](#)
- If you are a parent/player, please use the following resources:
 - [Required video](#)
 - [Required SCA Informational Handout](#)
 - [Required Signature Form](#)

Code of Conduct: I borrowed this from the Virginia Youth Soccer Association.

Coaches are key to establishing and upholding the ethics in soccer. Their concept of ethics and their attitude directly affects the behavior of players under their supervision. Coaches are, therefore, expected to pay particular care to the moral aspect of their conduct.

Coaches have to be aware that almost all of their everyday decisions and choices of actions have ethical implications.

It is natural that winning constitutes a basic concern for coaches. This code is not intended to conflict with that. However, the code calls for coaches to disassociate themselves from a win-at-all-costs attitude.

Increased responsibility is requested from coaches involved in coaching young people. The health, safety, welfare and moral education of young people are a first priority, before the achievement or the reputation of the club, school, coach or parent.

1. Coaches must respect the rights, dignity and worth of every person and treat each equally within the context of the sport, regardless of gender place of origin, color, sexual orientation, political belief or economic status.
2. Coaches must place the well-being and safety of each player above all other considerations. Coaches must never place the value of winning over the safety and welfare of the players.
3. Coaches must adhere to all guidelines laid down by governing bodies.
4. Coaches must direct comments or criticism at performance rather than the athlete.
5. Coaches must not exert undue influence to obtain personal benefit or reward.
6. Coaches must encourage and guide players to accept responsibility for their own behavior and performance.
7. Coaches must ensure that the activities they institute are appropriate for the age, maturity, experience and ability of the players.
8. Coaches must abstain from the use of tobacco products and alcohol while in the presence of athletes.
9. Coaches must co-operate fully with other specialists (eg. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
10. Coaches must always promote the positive aspects of the sport (eg. fair play) and never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rules and regulations or the use of prohibited substances or techniques.
11. Coaches must consistently display high standards of behavior and appearance.
12. Coaches must not use or tolerate inappropriate language.

13. Coaches must regularly seek ways of increasing professional development and continuing coaching education

Player Training: THIS IS HIGHLY RECOMMENDED TO REVIEW PRIOR TO THE SEASON.

US Soccer published a great slide deck which can be found at

http://www.usyouthsoccer.org/assets/1/15/2012_coaching_manual_for_web.pdf. It will cover everything from effective coaching, player mindset, game examples, etc. There are many resources at www.usyouthsoccer.org. I also recommend Massachusetts Youth Soccer, Coaches Corner Sector for lesson plans. The website is http://www.mayouthsoccer.org/coaches/coach_education/.