

HYSA COACHING TIPS

THE YOUTH COACH'S RESPONSIBILITIES:

- To schedule and be on time for practices.
- To plan practice sessions, and to plan for the game (pre-game instructions, substitute system).
- To give players equal opportunity for development.
- To encourage and be positive in correcting faults.
- To have an adequate supply of balls and equipment.
- To be courteous to the referees.
- To listen to the players.
- To appoint a team Mom or Dad and help structure their responsibilities.
 - Team list with addresses and telephone numbers.
 - Practice and game schedule.
 - Cancellation procedures.
- To know the rules of the game and to pass that knowledge on to the players.
- To discuss player progress with the parents.
- To be responsible for turning off the lights if you are the last coach to leave Tatum Park
- To make every effort to practice within your neighborhood (to give Tatum Park fields rest).
- To plan and supervise a safe practice (do not allow anyone to hang on goals).
- To see that players are properly warmed up before practice and games (stretching)
- To inform players and parents that jewelry of any kind is prohibited during play (earrings, necklaces, bracelets, etc.)

THE PARENT'S RESPONSIBILITIES:

- To make sure the player arrives at practices and games on time.
- To ensure that the player is properly equipped with shoes, socks, shin guards, shorts, and jersey.
- To ensure that the player is not wearing jewelry of any kind, (ear rings, necklaces, bracelets, etc.)
- To stay at practice and games whenever possible, and to support your player and the team.
- To help the coach whenever possible, perhaps assisting in practice, or participating (with the coaches' permission).
- To inform the coach if the player cannot attend practice or a game.
- To encourage your child and team, but no to insult or discourage the opposition.
- To be enthusiastic, yet not critical
- To acknowledge the opposition's good plays.
- To support and not criticize the referee.
- To support and not criticize the coach.
- To take appropriate steps within HYSA in the case of a substantial grievance.
- To be positive and not let winning and losing change your attitude.
- Let your child be what he or she is...A CHILD.

THE PLAYER'S RESPONSIBILITIES:

- To bring a ball to practice.
- To wear appropriate soccer shoes, socks, and shin guards to all games and practices.
- To remember not to wear jewelry of any kind to practices or games (earrings, necklaces, bracelets, etc.).
- To perform up to your potential.
- To play safely (REMEMBER NOT TO HANG ON GOALS!)
- To get to practice on time (Remind Mon and Dad).
- To have fun while learning the game.

Remember coaching is a great way to spend time with your child.

HYSA RULES FOR SMALL SIDED PLAY FOR **U6, U7 & U8 DIVISIONS**

FIELD SIZE:

- **Under 6 Division** – 20 yards x 25 yards
- **Under 7 & Under 8 Divisions** – 30 yards x 50 yards

FIELD MARKINGS:

- **Under 6 Division:**
 - Outside boundary lines around the field of play
- **Under 7 & Under 8 Divisions**
 - Outside boundary lines around the field of play
 - A center spot and half field line from which to kick-off
 - A 13-yard long x 3-yard deep goal box
 - **Note: Players are not allowed inside of the goal box unless the ball is in the box. When the ball is in the box, both offensive and defensive players may move into the box to play the ball.**

GOALS:

- **Under 6 Division:** 4ft x 6ft
- **Under 7 & Under 8 Divisions:** 6ft x 12 ft

BALL SIZE: Under 6, Under 7 & Under 8 Divisions: Size 3

NUMBER OF PLAYERS ON THE FIELD:

- **Under 6, Under 7 & Under 8 Divisions:** Four per team
 - **GOALKEEPERS ARE NOT USED**
 - **SUBSTITUTIONS:** Should be made at any time for injuries, otherwise at the quarters and half time. (Note: Free substitution will be allowed in the U6 Division).

PLAYER'S EQUIPMENT: Shin guards and soft-cleated soccer shoes without toe cleats. Socks should completely cover shin guards.

REFEREE/COACH: Coaches will officiate the games. One coach can make the calls or each coach may choose to officiate one half of each game. Coaches may also choose to make calls in their own designated half of the field. Matters of interpretation and agreements regarding officiating of games should be made prior to the start of play by mutual consent.

DURATION OF THE GAME:

- **Under 6 Division:** Two halves, each lasting 10 minutes
- **Under 7 & Under 8 Divisions:** Four quarters, each lasting 8 minutes

BREAKS:

- **Under 6 Division:** Five minutes at half time
- **Under 7 & Under 8 Divisions:** Two minutes between quarters, five minutes at half time.

INDIVIDUAL PLAYING TIME: Each player should play at least 50% of the playing time of each game. In some cases, due to roster sizes this may be possible. In these cases, playing times should be alternated so that all players share equal playing time.

START OF PLAY: Kick –off from the center spot. All opposing players must be in their defensive half of the field, completely outside of the center circle. Same at each quarter, teams alternate starting kick-offs.

BALL IN AND OUT OF PLAY/RE-STARTS:

- **Out of Bounds From Sidelines**
 - **U6 Division:** Kick-in from the spot where the ball went out of play. All opposing players must be at least 3 yards from the ball.
 - **U7 & U8 Divisions:** Throw in with both hands on the ball, taken back directly over the head and thrown in bounds. Both feet must remain on the ground when the ball leaves the players hands. If the ball is thrown improperly or if the ball does not travel in bounds, only one re-throw will be allowed.
- **Out of Bounds From End Lines – Kick-In (See Below)**
 - **Defensive Kick-In or Goal-Kick:**
 - Under 6 Division: Kick-in from the end line at a point within 3 yards of one of the goal posts.
 - Under 7 & Under 8 Divisions: The ball can be kicked from anywhere inside of the goal box. Opposing players must be at least 3 yards from the ball.
 - **Offensive Kick-In or Corner Kick:**
 - Under 6 Division: Kick-in from the end-line at the point where the ball went out of bounds, but at least 3 yards from the nearest goal-post.
 - Under 7 & Under 8 Divisions: Corner kick will be kicked from the corner nearest the point that the ball went out of bounds. Opposing players must be at least 3 yards from the ball.

After a Goal is Scored: Kick-off as for the start of play by the team that was scored on.

Free Kick: Following a foul play, kick from spot of foul. A goal cannot be scored directly from the free kick (all fouls are designated as indirect). Opposing players must be at least 3 yards from the ball.

METHOD OF SCORING: The whole of the ball must cross the line between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm (below the shoulder).

OFFSIDE: Not applicable.

FOULS AND MISCONDUCT:

1. **Handball** – Players should only be penalized for deliberate cases of handball. For example, players who use their hands to protect themselves from being hit by the ball should not be penalized. In U7 and U8 play, rules should be a little more strict (use common sense). In U7 and U8, if a defensive player deliberately commits a handball, even if the ball is NOT traveling toward the goal, a goal will be awarded to the attacking team. A deliberate handball in the goal box by an offensive player will result in a free kick by the defending team from anywhere inside the goal box.

NOTE: As an alternative to awarding a goal for a deliberate defensive handball in the goal box, coaches can agree prior to a match to award a penalty kick to the attacking team. In this case, the kick must be indirect, taken from the spot on the forward line of the goal box. No player can be in the box during the kick, offensive or defensive. Defensive players must remain at least three feet from the ball until the player taking the penalty kick makes contact with the ball.

2. **Pushing, Pulling, Slapping, Punching, and Body-Checking** – All such physical contact is against the rules. However, do unintentional bumpings and collisions happen? Yes. Should they always be punished? No. If the contact does not significantly change the outcome of a play, then to keep the game flowing the incident should be ignored. However, if certain players continually use physical contact to win possession of the ball, then they should be penalized and instructed on the correct manner of play. Try hard to determine which contact is incidental and unintentional and which isn't. Try to observe if the ball is played before the contact or after the contact. Whenever contact is on the player before the ball, it is a foul play.
3. **Kicking and Tripping** – Deliberately kicking or tripping an opponent is punishable by a free kick. However, unintentional kicks and trips may be ignored if the act does not interfere unduly with the outcome of the play. However, players who are wild or uncontrolled should always be punished by awarding a free kick and time should be taken out “at that moment” to warn and instruct them.

NOTE: Using common sense and consistency when dealing with fouls and misconduct will help keep the game (and parents) under control. Try to keep play moving without many stops. There will be enough of these from the ball going out of bounds. Both coaches should discuss how the game is to be called before play begins. Necessary adjustments can be made mutually between quarters. Rules or changes of interpretation should always be made known to the parents.

OTHER USEFUL INFORMATION AND RECOMMENDATIONS FOR GAME DAY

- ✓ Coaches should greet each other and discuss the “officiating” before kick-off time.
- ✓ Coaches should relay relevant “game information” to parents before the kick-off.
- ✓ Opposing parents should be on opposite sidelines during the game.
- ✓ Parents should only shout “encouragement” and not disparage their own child or the players, coaches and parents of either team.
- ✓ Opposing coaches, parents, and players should shake hands after each game.
- ✓ Any disagreements or concerns arising from the game should be addressed to the HYSA Commissioner. This should be done sometime after the event is over and at a time when the parties concerned have had an opportunity to “cool down”. Never argue or become aggressive with other adults in the presence of your young players.

HYSA GAME HIGHPOINTS

THE FOLLOWING INFORMATION IS INTENDED TO BE USED AS A BRIEF OVERVIEW TO SOME OF THE MSOT FREQUENTLY ASKED QUESTIONS ABOUT HYSA SOCCER

U10 DIVISION

- SIX (6) PLAYERS ON THE FIELD DURING A GAME
- GOALKEEPER IS NOT REQUIRED TO BE SUBSTITUTED
- GAME TIME – FOUR (4) 12-MINUTE QUARTERS
- SUBSTITUTION ONLY BY QUARTERS OR IN THE CASE OF AN INJURY
- FREE SUBSTITUTION IS NOT ALLOWED
- EACH PLAYER MUST PARTICIPATE IN A MINIMUM OF TWO (2) QUARTERS OF PLAY PER GAME
- SIZE 4 SOCCER BALL IS USED
- OFFICIATING – REFEREE AND TWO (2) LINESMEN
- THE OFFSIDE RULE IS IN EFFECT
- BREAKS – TWO MINUTES BETWEEN QUARTERS AND FIVE MINUTES AT HALF
- 10 TO 12 PLAYERS PER TEAM

U12 DIVISION

- EIGHT (8) PLAYERS ON THE FIELD DURING A GAME.
- GOALKEEPER IS NOT REQUIRED TO BE SUBSTITUTED
- GAME TIME – FOUR (4) 12-MINUTE QUARTERS
- SUBSTITUTION BY QUARTERS OR IN CASE OF INJURY
- FREE SUBSTITUTION IS NOT ALLOWED
- EACH PLAYER MUST PARTICIPATE IN A MINIMUM OF ½ OF THE GAME
- OFFICIATING – REFEREE AND TWO (2) LINESMEN
- THE OFFSIDE RULE IS IN EFFECT
- SIZE 4 SOCCER BALL IS USED
- 12 TO 14 PLAYERS PER TEAM

U-14 DIVISION

- ELEVEN (11) PLAYERS ON THE FIELD DURING A GAME
- GOALKEEPER IS NOT REQUIRED TO BE SUBSTITUTED
- GAME TIME – FOUR (4) 15 MINUTE QUARTERS
- SUBSTITUTION BY QUARTERS OR IN THE CASE OF INJURY
- FREE SUBSTITUTION IS NOT ALLOWED
- EACH PLAYER MUST PARTICIPATE IN A MINIMUM OF HALF THE GAME
- OFFICIATING – REFEREE AND TWO (2) LINESMEN
- THE OFFSIDERULE IS IN EFFECT
- SIZE 5 SOCCER BALL IS USED
- 14 TO 16 PLAYERS PER TEAM

U-16 & U-19 DIVISIONS

- ELEVEN (11) PLAYERS ON THE FIELD DURING A GAME
- GOAL KEEPER IS NOT REQUIRED TO BE SUBSTITUTED
- GAME TIME – TWO (2) 40-MINUTE HALVES
- FREE SUBSTITUTION IS ALLOWED
- EACH PLAYER MUST PARTICIPATE IN EACH HALF OF THE GAME
- OFFICIATING – REFEREE AND TWO (2) LINESMEN
- THE OFFSIDE RULE IS IN EFFECT
- SIZE 5 SOCCER BALL IS USED
- 14 TO 16 PLAYERS PER TEAM

GOALKEEPERS IN ALL DIVISIONS ARE REQUIRED TO WEAR A JERSEY OR SHIRT OF CONTRASTING COLOR TO THE FIELD PLAYERS OF HIS/HER TEAM.

A COMPLETE LIST OF RULES OF THE GAME CAN BE FOUND IN THE “FIFA LAWS OF THE GAME,” AND BY REFERRING TO THE MYSA RULES FOR DIVISION III.

WHEN CIRCUMSTANCES DICTATE GAME LENGTH MAY BE VARIED UPON MUTUAL CONSENT OF TH EREFEREE AND THE OPPOSING COACHES, REFEREES WILL ADJUST GAME TIME TO MEET FIELD SCHEDULES.

PROCEDURE FOR SCHEDULING RECREATIONAL MAKE-UP GAMES

In the event of a rain out or other circumstances causing the cancellation of a regularly scheduled recreational game, the following procedure should be followed to re-schedule the game:

1. Request for a make-up game must first be requested to and approved by the appropriate Division Commissioner.
2. The Division Commissioner will contact the Head Commissioner and request that the Head Commissioner arrange for the field reservation and referees.
3. After confirming that a field and referees are available, the Head Commissioner will contact the Division Commissioner to confirm that the game is scheduled.
4. The Division Commissioner will then contact the coaches of the respective teams and inform them of the game time and field number that the game is to be played on.
5. In the event that a scheduled game requires cancellation, the game must be canceled no later than 5pm the day proceeding the scheduled game day.

**REQUEST FOR MAKE-UP GAMES MUST BE RECEIVED BY THE HEAD COMMISSIONER
A MINIMUM OF FOUR DAYS PRIOR TO THE GAME DAY.**

SELECTED SOCCER RULES

1. Law 3: International Futbol Association Board (IFAB) Decision 2: The Coach may convey tactical instructions to the players during the match. He and the other officials must remain within the confines of the technical area, where such an area is provided, and they must behave in a responsible manner.
2. Law 4: A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). The basic compulsory equipment of a player is:
 - a. A jersey or shirt
 - b. Shorts
 - c. Stockings (socks)
 - d. SHINGUARDS
 - e. Footwear
3. Law 5: Each match is controlled by a referee who has full authority to enforce the Law of the Game in connection with the match to which he has been appointed...The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of any assistant referee, **providing that he has not restarted play.**
4. In order to maintain control and assure the safety of players, the referee, and assistant referees, both teams are to be 3 yards off the field of play along the same touchline, while parents and spectators are to be 5 yards off the field of play along the opposite touchline.
5. To facilitate a safe and orderly environment during match play, individuals should not enter the field of play without permission of the Referee.
6. The Laws of the Game of soccer are written in black and white. Yet, they are not always applied that way. We encourage all involved to participate in a referee clinic to increase your knowledge of the Laws of the Game. Furthermore, we suggest that one should attend various matches to view the application of the Law.

The game of soccer has interesting Laws and nuances. We at PBSOA, Inc. are very much aware of this fact. We strive to have an active role in the enjoyment of the game for all involved. But to maximize that enjoyment, a more soccer literate player, coach and spectator are vital. The Laws of the Game are a tool to help the referee control the match. When applying the Laws of the Game, we seek to foster and promote safety, fun, and **FAIR PLAY**. We at PBSOA will do all that is possible to insure that players, coaches and spectators have an experience that will continue to nurture the perception shared by billions, that soccer is indeed the "**Beautiful Game**".

What does the coach do if he/she finds him/herself with a referee that appears to be unable to handle a game?

What does the coach do if he/she thinks the other coach is out of compliance with the stated guidelines for the field behavior?

1. Make sure the referee has been afforded the proper environment to officiate.
2. Remember that the referee is also an individual who is trying to do the best job that he/she can. Sometimes the referee will be in the center for the first time. They have to start somewhere and sometime. A little positive reinforcement for them could go a long way.
3. Realize that the referee is a partner with the coach. Everyone wants to win, but sportsmanship and love for the spot should be foremost.
4. If all factors are considered and relief is what is needed, please send someone to the referee room for assistance. An ego is a fragile thing in a young/new referee. Let's not damage or lose a referee.
5. Most importantly, please encourage everyone to get into the game. Encourage everyone to conduct themselves as role models for our youngsters and new soccer family members. Remember the greatest teaching tool is lead by example.

Soccer is build upon the premise of **FAIR PLAY** for all and a code of exemplary sporting behavior. The accepted courtesies practiced in the game of soccer by the majority are of a respect for the **“Beautiful Game”**. Get the fever and the spirit and pass it on.

21. HYSA COMPLAINTS AND GREIVANCES PROCEDURE

- 21.1 If an action or omission occurs, it is suggested that the aggrieved party take the matter up with the Coach of they HYSA team involved.
- 21.2 If the aggrieved party is not satisfied with the Coach's or other official's response or wishers to go directly to the Grievance Committee, the, within sever (7) days of the action or omission being complained of, the aggrieved party shall file a written Complaint, signed by all witnesses who will participate, with the Grievance Committee of the HYSA Board of Directors by physically serving the Complaint to the current President of HYSA who will date and initial receipt of same. The Grievance Committee will then serve a copy of said Complaint upon all parties cited in the Complaint and allow each party cited therein seven (7) days to respond in writing to the Complaint. The Grievance Committee of the HYSA Board of Directors will, within fourteen (14) days from the date of receipt of the Complaint, issue a written and dated decision regarding the Complaint and notify the aggrieved party to come pick up the Committee's decision regarding the Complaint, the original Complaint and any third party's responses to the Complaint. The aggrieved party upon receipt of the Grievance Committee's written decision, etc., shall date and initial same.
- 21.3 If the aggrieved party is not satisfied with the Grievance Committee's decision, then within seven (7) days of receipt of same the aggrieved party must file the Grievance Committee's decision regarding the Complaint, the original Complaint and any third party's response to the Complaint, tighter with a \$100.00 fee, with the Board of Directors of HYSA by physically serving said items to the current Chairman of the Board of HYSA who will date and initial receipt of same. The Board of Directors of HYSA then has seven (7) days to set a date, time and place of hearing and notify all parties. Witnesses shall be the responsibility of the party wishing their participation. After the hearing, the Board has thirty (3) days within which to issue its written decision regarding the Complaint and to notify the aggrieved party to come pick up the Board's decision regarding the Complaint.
- 21.4 Appeal beyond HYSA to MYSA must comply with all MYSA and USYSA rules, and all MYSA and USYSA grievance rules not otherwise herein specified shall apply to all HYSA proceedings.
- 21.5 Failure to follow the above procedure or any attempt to circumvent same may result in disciplinary action against the offending party by the Board of Directors of HYSA. Sanctions by the Board can be a fine, suspension or expulsion from HYSA or a combination thereof. In addition to said sanctions, the Board may dismiss the Complaint without hearing.

These Rules were adopted by the Board of Directors of HYSA at a special meeting on October 25, 2000 as amended by the Board of Directors of HYSA at the meeting of the Board on July 24, 2002.

STEPS TO FOLLOW IF AN INJURY OCCURS AT TATUM PARK

1. Assess the severity of the injury to the player.
2. Remind the injured player to remain calm and lie still
3. **Please make sure that the player is really hurt before calling for the athletic trainer or EMT!! Many players will go down in order to catch their breath, or they will stay down because their pride is hurt.**
4. Send someone to the Forrest General Hospital First Aid Room located on the south side of the pavilion and ask for the athletic trainer or EMT.
5. If no one is in the First Aid Room, go to the referee room and inform the person there of the details pertaining to the injury (what field, how serious is the injury, etc.).
6. The person in the referee room will immediately locate the athletic trainer or EMT on duty, and they will respond to the injury as quickly as possible.
7. If the injury requires the player being sent to the hospital, the athletic trainer or EMT on site will recommend to the player's guardian(s) that he/she be taken to the Emergency Room at Forrest General Hospital.
8. If the injury requires the player being sent to Forrest General Hospital, the athletic trainer or EMT on site will contact a Forrest General representative, and someone will meet the player and his/her guardian(s) at the Forrest General Hospital Emergency Room, if possible.
9. If the athletic trainer or EMT is treating someone when an injury occurs, he/she will make a decision as to which injury is more serious and treat that injury first.
10. All injuries, no matter how slight or severe, can be treated by the athletic trainer or EMT on site.
11. If an injury persists, and the player needs to see a physician, please contact the Forrest General Hospital OnCall Center at 1-800-844-4445 between the hours of 8 am and 10 pm, seven days a week. The nurses at the OnCall Center can refer the player to a physician and help set up the first available appointment.
12. **There is no charge for the services provided by the athletic trainer or EMT on site at Tatum Park. However, if a player, coach, or spectator is sent to the hospital, his/her guardian(s) will be responsible for all charges they accumulate at the hospital. This policy also holds true for physician referrals that Forrest General SportsCare or Forrest General Hospital OnCall may set up.**