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House League Coaches' Manual



East Elgin Soccer Contact List 2024

For any questions, concerns, information about resources, or emergencies please contact the House League Coordinator. The Coordinator can be found at the field every playing night between the hours of 6pm – 9pm. The Coordinator will be your primary contact once the season starts. Outside of the on-site field hours please use the following contact information.

Kailey Dennis

XXX-XXX-XXXX

convenor@eeys.ca

Board of Directors

President: Jeff Robinson (info@eeys.ca)

Vice President: Vacant

Secretary: Monica Loewen (secretary@eeys.ca)

Treasurer: Cyndy Difazio

Referee Co-ordinator: Darrly Fentie (referee@eeys.ca)

Registrar: Jon Bunde (registrar@eeys.ca)

Adult League Rep: Mike Helder

Directors at Large: Tina Wiebe, Nick Janzen, Luis Sarinana

Sponsorship Co-ordinator: Stacey Suffel

WELCOME TO EAST ELGIN SOCCER HOUSE LEAGUE!

Dear Coach:

Welcome to East Elgin Soccer. The Club and the community appreciate the contribution of your volunteer time and efforts to enrich the lives of our youth.

We recognize that, for some, the game of soccer is a new experience since many may have never played the game. For others, the game has been part of your life since the time of your own youth. Together, as an organization of dedicated volunteers, we hope to help each other learn the ropes of coaching youth soccer. In addition, there are a large number of local businesses that graciously sponsor teams and support our organization. We would like to acknowledge their generous contributions here, as without their assistance, we could not afford to run the programs that we do.

The purpose of this handbook is to inform, educate and provide references. The philosophies and principles under which the Club operates are outlined in our mission statement. An article on the concept of fair play and what it really means reinforces this. A summary of the Official Laws of the Game is provided for your reference and late-night reading pleasure.

The Club's Code of Conduct for Coaches, Players, and Parents outlines our expectations in regard to acceptable attitudes and behaviours. As a coach you are responsible for your actions as well as the control of your players and fans. You will be provided with the support and resources to lead your team in a positive and enjoyable manner.

On the more practical side, there is:

- a complete team list;
- a complete season schedule of all your division's games;
- maps of all the fields;
- a set of division-specific coach's notes;
- rules for your particular division; and
- attendance and evaluation forms

You can have a positive influence on the lives of the kids for whom you are "Coach". Please allow us to help you succeed in making their soccer season *safe, fair, and fun*.

Once again, welcome. If you have any questions about any of this, please see the House League Coordinator.

East Elgin Soccer

WHAT IS OUR MISSION

East Elgin Soccer exists to:

- Provide accessible and affordable opportunities for area youth of all ages to participate in organized soccer based on its three fundamental principles: *Safe, Fair, and Fun*
- Provide opportunities for young players to progress and develop their soccer skills as an individual and as a member of a team, through instruction, play and competition

Who We Are

East Elgin Soccer is a not-for-profit, community-based organization. Volunteers power all levels of the organization from the team officials on the side-lines to the board of directors that govern the affairs of the club.

Financial support for the various programs is raised through player registration fees, and through the sponsorships and donations provided by local service organizations and businesses.

East Elgin Soccer uses paid referees at all levels of our house league program. This requires us to have an active program of development and a roster of referees qualified to officiate at each age division. Our game officials are drawn from the older players within our own club along with adults for the higher age divisions and for the travel team home games. Retention of referees is important for continuity and the on-going development and improvement of our referees and their officiating skills and knowledge. A significant factor in the return of our younger referees is how they are treated by coaches and parents. Please be respectful and impress on the parents of your players the need for them to be respectful as well.

PRINCIPLES OF FAIR PLAY

“Lessons will be remembered long after scores are forgotten”

Mike Smith - Olympic Athlete and Fair Play Ambassador

Coaches are expected to act with appropriate conduct at all times. In this regard, the club has adopted the principles of “Fair Play” to assist coaches in understanding what “appropriate conduct” really means.

The concept of fair play is defined by five basic principles:

1. Respect the rules
2. Respect the officials and their decisions
3. Respect the opponents
4. Give everyone an equal chance to participate
5. Maintain your self-control at all times

When consistently applied, these principles not only provide a clear ethical framework for competition, but greater opportunities for getting the most out of the game. They help participants focus on achievement, rather than on the desire to simply conquer an opponent. Studies have shown that those who are motivated by achievement are far more likely to keep participating in sport over the long term and will keep winning in its proper perspective. In contrast, those motivated primarily by the need to dominate an opponent are less tolerant of failure and more inclined toward winning at all cost.

Winning is a legitimate and healthy goal. However, the real value of sport doesn't depend on winning, but simply on participation. When competition is kept in perspective - and kept fair - all participants can benefit and excel.

Unhealthy attitudes are just as harmful to the value and purpose of sport as unhealthy play. When opponents are viewed as enemies, officials are treated with contempt and rules are seen only as obstacles to be overcome, nobody wins. Respect for the rules and for everyone involved is fundamental to the quality of sport and the integrity of the game.

Soccer is for everyone, regardless of age, sex, size or ability. It's not just the highest achievers who should be able to play and have fun. Players with less expertise should not have to sit out to accommodate those with greater abilities. Everyone deserves the opportunity to develop his or her skills and compete to the best of their ability.

EAST ELGIN SOCCER Codes of Conduct

Coaches

As a coach you are a role model and leader. You have significant impact on your players' attitudes and behaviours. Coaches set an example for their players by practicing co-operation, self-discipline and respect for officials and opponents.

- 1) Set an example of control and consistency with players and parents.
- 2) Be Respectful;
 - a) Respect the Laws of the Game
 - b) Respect the Rules of the Club
 - c) Respect yourself, your players, your opponents, and officials
- 3) Discourage the use of foul language and dangerous play.
- 4) Never ridicule or yell at players for making mistakes or performing poorly. Encourage players to improve skills and use failures as an opportunity to teach.
- 5) Win or Lose with grace and dignity.
- 6) Be generous with praise. Even for the little things.
- 7) Communicate your expectations to players and parents.
- 8) All communication to the players via electronic/online mediums is to be through the player's parent/guardian *only*.
- 9) Make use of the club resources to improve your coaching skills and the skills of your players.
- 10) A coach must maintain the high standards of personal conduct and fair play. A coach should never be involved in any circumstance that is offensive or sexually suggestive.

Players

The actions of a player are a reflection of themselves and their team. A player's involvement in soccer provides opportunities and experiences that are important to the development of a well-rounded individual.

- 1) Treat Everyone with Respect
 - a) treat yourself, your teammates, coaches, opponents, and officials with respect
 - b) cheer in a positive manner and be supportive
- 2) Exercise Self-Control at all times
 - a) remember that there is no place in sport for drugs or alcohol
 - b) refrain from the use of foul or profane language
 - c) refrain from the use of physical force outside of the rules of the game
- 3) Play Fair
 - a) play within the rules and the spirit of the rules of the game at all times
- 4) HAVE FUN.

East Elgin Soccer Parents/Spectator Code of Conduct

Parents and spectators are encouraged to be supportive and take an active role in their child's soccer career. Positive support of players and coaches is welcomed and appreciated. Open criticism of players, coaches or officials should be avoided; it has the effect of lowering moral and fostering negative attitudes and behaviours on the part of the players.

- 1) Treat Everyone with Respect
 - a) cheer in a positive manner for all competitors
 - b) respect the decisions of officials
 - c) do not interfere with the play or competition
 - d) be courteous and respectful to other spectators, all competitors, coaches, event organizers and officials.
- 2) Exercise Self-Control at all times
 - a) respect the rules and regulations of the facility
 - b) refrain from the use of foul or profane language
 - c) refrain from the use of physical force of any kind
- 3) Encourage your children to play within the rules
 - a) review the Player Code of Conduct with your Child
 - b) encourage co-operation and teamwork
 - c) discourage foul language and rough play
- 4) Refrain from coaching from the sidelines or near the goal area. Spectators are not allowed behind/beside the goal at any time
- 5) When able, assist with tasks requested by the coach such as putting nets away or providing a half time snack.
- 6) Ensure your child's attendance at all games and practices. If absence is unavoidable, please give adequate advanced notice to the coach.
- 7) No smoking (including e-cigarettes and vapourizers) on or near the playing fields. Smoking is only permitted in the designated parking areas.
- 8) Pets are not permitted on the field. Please refrain from bringing them along to games.

A SIMPLE GUIDE TO SOCCER RULES FOR PARENTS AND COACHES

1. No Hands, please

I bet you knew that one. Most people who know nothing about soccer still know that you aren't supposed to use your hands unless you're the goalie.

A couple of points to clarify.

First, the rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder.

Second, the proper way to look at this soccer rule is that a player cannot "handle" the ball. A ball that is kicked and hits a player's hand or arm is not a hand ball. This means that the referee must use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage.

Believe it or not, there is also a situation in which the goalie cannot use his/her hands. This is sometimes called the back-pass rule. Goalkeepers cannot pick up a pass that came directly from one of their teammates(kick only). In this case, the goalkeeper must use their feet. Infraction of this soccer rule will result in an indirect kick from the point of the infraction.

2. Kick-ins

A kick-in is taken when the ball crosses a sideline and leaves the field. The basic rules for a kick in are that the ball must be placed on the sideline where it originally left the field and that the ball must be kicked in from a stationary position.

This is used in place of a throw-in for this division.

3. Corner Kicks & Goal Kicks

A corner kick or goal kick is taken when the ball leaves the field across the endline – you know, the end of the field.

If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

The goal kick is taken from anywhere inside the "goalie box" as it is affectionately called. It can be taken by any player, not just the goalkeeper.

The corner kick is taken from – yes, you guessed it – the corner nearest to where the ball left the field.

You may be confused at times in youth soccer games to see a goal kick retaken. This is because the FIFA soccer rules state that the ball is not back "in play" until it leaves the penalty area, the large box outside of the "goalie box". No one can touch the ball until it leaves the penalty area, and if the ball is not kicked properly to leave the area, the kick must be retaken.

4. Fouls

The common rule of thumb on fouls is "If it looks like a foul, it probably is."

Too true. A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

So what's the problem?

Soccer can be a physical, contact sport when two opposing players both want the soccer ball and no parent likes it when little Johnny loses the ball and ends up on the ground!

“Foul!” cries the parent. **“Little Johnny was pushed!”**

What you need to know as a parent is that bumping or going shoulder-to-shoulder while competing for a ball is *not a foul* until the hands or elbows come up. This is a bit of a judgment call and not all referees will call it the same way. Some soccer rules are actually not black-and-white.

Remember though, the referee is ALWAYS right.

5. Direct and Indirect Free Kicks

The simple difference between the two is this: On a direct kick you can score by kicking the ball directly into the goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

As a parent on the sideline, you can tell whether the kick is direct or indirect by looking at the referee. For an indirect kick, the referee will hold one arm straight up in the air until the second person touches the ball. No arm up, it's a direct kick.

There are many soccer rules around what causes a direct or indirect kick.

In general, a direct kick comes from a contact foul or hand ball. Everything else is indirect.

6. Penalty Kick

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it's a type of direct kick also.

The ball is placed on the penalty spot, 12 yards in front of the center of the goal.

All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.

7. Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs or direct and indirect kicks. If a kid barely hits the ball and decides to take another swipe at it, that is a two-touch. This also applies to kick-ins. A kid cannot kick the ball in and then kick it again. Nope. No way. No can do.

8. Yellow and Red Cards

This is the way punishment is given in soccer. The FIFA soccer rules give the guidelines for when to give a yellow card to a player and when to give a red card. I'm not going to get into the specifics here.

If a player is given two yellow cards in the same game, that is equal to a red card. A red card can be given at any time without the player first receiving a yellow card. When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced.

9. Offside

This is without a doubt the least understood rule by parents and coaches alike.

The first thing to know is that you cannot be offside on a corner kick, goal kick, or kick-in. Don't ask me why. Just accept it and go on. The explanation is too long.

Also, it is not an offense for a player to be in an offside position. The player must be involved in active play as determined by the referee to be called offside.

As quoted from the FIFA soccer rules: **A player is in an offside position if:***he/she is nearer to his/her opponents' goal line than both the ball and the second last opponent.*

Clear yet? I didn't think so.

Try this. An offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper, i.e., you can't hang out at the other team's goal waiting for the ball.

A few other butts. You can't be offside if you are standing on your half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.

If you really want to learn the offside rule, follow some of the links to FIFA from the tab on our website www.eeys.ca.

Coaches' Notes -- U5 Division

The purpose of this division is to introduce the players to the basic concepts of soccer and to provide physical activity, so that they can discover how much fun this game can be. It is the coach's role to help them do that. With those goals in mind, although we will be keeping score, we will not be tracking game results otherwise, and standings will not be tabulated. In addition, no playoffs will be held.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. One coach from each team will be allowed on the field, to help teach and direct your players. You must remain in your own half of the field. Please try to stay out of the way of the play, so that the players do not have to run over you to get the ball. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from within the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the players name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on kick-ins, goal kicks, goals, player injury or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

Any free kick awarded at this age group will be an indirect kick. On all free kicks and goal kicks, the opposing team must not be closer than 8 yards to the ball when the kick is taken.

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time. In order to prevent other spectators being injured, all balls except the game ball should be properly secured while the game is in progress.

REMEMBER: A CALM COACH MEANS A CALM TEAM

GO OUT AND HAVE A GREAT TIME

Division Rules -- U5 Division

All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM
2. Game Length: 2 halves of 15 minutes each, with a 5 minute break between quarters.
3. Games will be played on a "micro"-sized field. The field names are indicated on all maps by the letters "A" through "F".
4. This division uses a size 3 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 6 (a goalkeeper plus 5 players). There must be an equal number of players on the field from each team at all times.
7. Minimum number of players to start or continue a game: 4
8. One coach per team will be allowed on the field during the game. The coach must stay in their own half of the field of play at all times.
9. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
10. There are no throw-ins in this division. Instead, kick-ins will be used.
11. The offside rule will not be enforced. If there is a player consistently violating the offside rule, inform the coach of the offending team and have them correct the situation.
12. There are no drop balls in this division. Award an indirect free kick to alternating teams should a drop ball be required.
13. All free kicks awarded shall be an indirect free kick.
14. The opposing team must be at least 8 yards from the spot of each free kick and goal kick.
15. There are no corner kicks in this division. If a ball goes out of bounds across the end line, the restart should always be a goal kick.
16. An own goal (a goal scored by a player on their own net) will not be counted – award a goal kick.
17. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
18. No unregistered players may be allowed to play on the field at any time.
19. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Coaches' Notes -- U7 Division

The purpose of this division is to introduce the players to the basic concepts of soccer and to provide physical activity, so that they can discover how much fun this game can be. It is the coach's role to help them do that. With those goals in mind, although we will be keeping score, we will not be tracking game results otherwise, and standings will not be tabulated. In addition, no playoffs will be held.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. One coach from each team will be allowed on the field, to help teach and direct your players. You must remain in your own half of the field. Please try to stay out of the way of the play, so that the players do not have to run over you to get the ball. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from within the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game, and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the player's name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on kick-ins, goal kicks, goals, player injury, or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

Any free kick awarded at this age group will be an indirect kick. On all free kicks and goal kicks, the opposing team must not be closer than 8 yards to the ball when the kick is taken.

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time.

In order to prevent other spectators being injured, all balls except the game ball should be properly secured while the game is in progress.

**REMEMBER: A CALM COACH MEANS A CALM TEAM
GO OUT AND HAVE A GREAT TIME**

Division Rules -- U7 Division

All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM
2. Game Length: 2 halves of 20 minutes each, with a 5 minute break between quarters.
3. Games will be played on a "micro"-sized field. The field names are indicated on all maps by the letters "A" through "F".
4. This division uses a size 3 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 6 (a goalkeeper plus 5 players). There must be an equal number of players on the field from each team at all times.
7. Minimum number of players to start or continue a game: 4
8. One coach per team will be allowed on the field during the game. The coach must stay in their own half of the field of play at all times.
9. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
10. There are no throw-ins in this division. Instead, kick-ins will be used.
11. The offside rule will not be enforced. If there is a player consistently violating the offside rule, inform the coach of the offending team and have them correct the situation.
12. There are no drop balls in this division. Award an indirect free kick to alternating teams should a drop ball be required.
13. All free kicks awarded shall be an indirect free kick.
14. The opposing team must be at least 8 yards from the spot of each free kick and goal kick.
15. There are no corner kicks in this division. If a ball goes out of bounds across the end line, the restart should always be a goal kick.
16. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
17. No unregistered players may be allowed to play on the field at any time.
18. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Coaches' Notes -- U9 Division

The purpose of this division is to continue to reinforce the fundamental concepts and basic rules of soccer to the players. It is the coach's role to help them. Games will be played on a mini-sized field.

There will be a champion declared in this division. 3 points will be awarded for each win, 1 point for each tie, and 0 points for each loss. In the event of a tie in the regular season standings, the following will be used as tie breakers (in this order): goal differential, goals against, goals for, head-to-head play.

While calculating goal differential, a maximum differential of 3 will be used. Therefore, if the final result of a game is 6-1, which represents an actual differential of 5, the winners will be credited with a goal differential of +3, and the losers will be credited with a differential of -3. This rule is in place to remove the incentive to run up the score on a weaker team, which is no fun for anyone involved, and is a display of poor sportsmanship.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. One coach from each team will be allowed on the field, to help teach and direct your players. You must remain in your own half of the field. Please try to stay out of the way of the play, so that the players do not have to run over you to get the ball. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from with the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the players name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on throw-ins, goal kicks, goals, player injury or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time.

In order to prevent other spectators being injured, all balls except the game ball should be properly secured while the game is in progress.

**REMEMBER: A CALM COACH MEANS A CALM TEAM
GO OUT AND HAVE A GREAT TIME**

Division Rules -- U9 Division

All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM
2. Game Length: 2 halves of 25 minutes each, with a 5 minute break between halves.
3. Games will be played on a "mini"-sized field. The field names are indicated on all maps by the numbers "5" through "14".
4. This division uses a size 4 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 9 (a goalkeeper plus 8 players). There must be an equal number of players on the field from each team at all times.
7. Minimum number of players to start or continue a game: 6
8. One coach per team will be allowed on the field during the game. The coach must stay in their own half of the field of play at all times.
9. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
10. The offside rule will not be enforced. If there is a player consistently violating the offside rule, inform the coach of the offending team and have them correct the situation.
11. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
12. No unregistered players may be allowed to play on the field at any time.
13. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Coaches' Notes -- U11 Division

The purpose of this division is to continue to reinforce the fundamental concepts and basic rules of soccer to the players. It is the coach's role to help them. Games will be played on a mini-sized field.

There will be a champion declared in this division. 3 points will be awarded for each win, 1 point for each tie, and 0 points for each loss. In the event of a tie in the regular season standings, the following will be used as tie breakers (in this order): goal differential, goals against, goals for, head-to-head play.

While calculating goal differential, a maximum differential of 3 will be used. Therefore, if the final result of a game is 6-1, which represents an actual differential of 5, the winners will be credited with a goal differential of +3, and the losers will be credited with a differential of -3. This rule is in place to remove the incentive to run up the score on a weaker team, which is no fun for anyone involved, and is a display of poor sportsmanship.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from within the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the player's name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on throw-ins, goal kicks, goals, player injury or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time.

In order to prevent other spectators being injured, all balls except the game ball should be properly secured while the game is in progress.

REMEMBER: A CALM COACH MEANS A CALM TEAM

GO OUT AND HAVE A GREAT TIME

Division Rules -- U11 Division

All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM
2. Game Length: 2 halves of 30 minutes each, with a 5 minute break between halves.
3. Games will be played on a "mini"-sized field. The field names are indicated on all maps by the numbers "5" through "14".
4. This division uses a size 4 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 9 (a goalkeeper plus 8 players). There must be an equal number of players on the field from each team at all times. *Exception: See Red Cards*
7. Minimum number of players to start or continue a game: 6
8. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
9. The offside rule **will** be enforced.
10. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
11. A player receiving a yellow card must be substituted for immediately. The player is eligible to return to the field at the next available substitution opportunity. Note that all yellow cards will be tracked, and players receiving multiple cards during the season could be the subject of additional disciplinary measures.
12. A player sent off (given a red card) will be suspended automatically from the team's next game.
13. No unregistered players may be allowed to play on the field at any time.
14. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Coaches' Notes -- U14 Division

The purpose of this division is to continue to introduce more advanced concepts of soccer such as position play to the players. It is the coach's role to help them. Games will be played on a full-sized field.

There will be a champion declared in this division. 3 points will be awarded for each win, 1 point for each tie, and 0 points for each loss. In the event of a tie in the regular season standings, the following will be used as tie breakers (in this order): goal differential, goals against, goals for, head-to-head play.

While calculating goal differential, a maximum differential of 3 will be used. Therefore, if the final result of a game is 6-1, which represents an actual differential of 5, the winners will be credited with a goal differential of +3, and the losers will be credited with a differential of -3. This rule is in place to remove the incentive to run up the score on a weaker team, which is no fun for anyone involved, and is a display of poor sportsmanship.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from within the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the player's name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on throw-ins, goal kicks, goals, player injury, or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time.

In order to prevent other spectators being injured, all balls, except the game ball, should be properly secured while the game is in progress.

REMEMBER: A CALM COACH MEANS A CALM TEAM

GO OUT AND HAVE A GREAT TIME

Division Rules -- U14 Division

All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM.
NOTE: After July 31, games will start at 6:45 PM, (no later than 6:55 PM).
2. Game Length: 2 halves of 35 minutes each, with a 5 minute break between halves.
3. Games will be played on a full-sized field. The field names are indicated on all maps by the numbers "1" through "4".
4. This division uses a size 4 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 11 (a goalkeeper plus 10 players). There must be an equal number of players on the field from each team at all times. *Exception: See Red Cards*
7. Minimum number of players to start or continue a game: 7
8. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
9. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
10. A player receiving a yellow card must be substituted for immediately. The player is eligible to return to the field at the next available substitution opportunity. Note that all yellow cards will be tracked, and players receiving multiple cards during the season could be the subject of additional disciplinary measures.
11. A player sent off (given a red card) will be suspended automatically from the team's next game.
12. No unregistered players may be allowed to play on the field at any time.
13. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Coaches Notes -- U18 Division

The purpose of this division is to continue to introduce more advanced concepts of soccer such as position play to the players. It is the coach's role to help them. Games will be played on a full-sized field.

There will be a champion declared in this division. 3 points will be awarded for each win, 1 point for each tie, and 0 points for each loss. In the event of a tie in the regular season standings, the following will be used as tie breakers (in this order): goal differential, goals against, goals for, head-to-head play.

While calculating goal differential, a maximum differential of 3 will be used. Therefore, if the final result of a game is 6-1, which represents an actual differential of 5, the winners will be credited with a goal differential of +3, and the losers will be credited with a differential of -3. This rule is in place to remove the incentive to run up the score on a weaker team, which is no fun for anyone involved, and is a display of poor sportsmanship.

In order for the players to get the best introduction to the game, every reasonable effort should be made to get everyone an equal amount of playing time. This is not always easy with this age group, but the idea here is not to win, but to have fun and learn a little (or a lot).

There should be at least two coaches per team. If both coaches cannot attend a game for any reason, please try to locate your own replacement (hopefully from within the group of parents for the players on your team).

Please remember that games will not be postponed or delayed due to rain. The referee or League Coordinator may stop a match in the event that weather (e.g. lightning) poses a threat to anyone in attendance or participating.

All standard rules of soccer apply to all games played in this division, with the exceptions noted on the Rules Guidelines for this division. The Referee has control of the game, and is the final word in all matters. Any concerns about refereeing should be brought to the attention of the League Coordinator after the game. Please remember that, just as you are, the referees are committing their time and effort to helping the players learn the game. Please treat them appropriately.

Before the beginning of each game, the referee will hand you a score sheet. Please record any goals or assists (with the player's name and number) on the sheet. At the end of the games, all coaches present should sign the score sheet and give it back to the Referee. The information on the games sheets is used to collect and maintain player and league statistics. These are also used, in conjunction with the player evaluations, to help the League form balanced teams in subsequent years.

You may substitute players as many times as is required, however substitutions may only be made if the ball goes out of play. This applies only on throw-ins, goal kicks, goals, player injury, or half-time. All substitutions are at the discretion and under the direction of the Referee. **Do not allow players to come on or off the field unless permitted by the Referee.**

At no time should you allow a player who is not registered with the league to play on the field. They are not covered by the league's insurance policy, and should something unfortunate happen, there could be serious repercussions.

Please do NOT let the goalkeeper, or any other player, hang off any part of the net at any time. This can damage the net, and potentially lead to an injury to the player. Do not allow anyone to sit or stand near the goal at any time.

In order to prevent other spectators being injured, all balls except the game ball should be properly secured while the game is in progress.

REMEMBER: A CALM COACH MEANS A CALM TEAM. GO OUT AND HAVE A GREAT TIME

Division Rules -- U18 Division

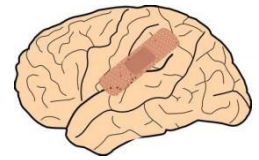
All standard rules of soccer apply to all games played in this division, with the following exceptions:

1. Start time: 7:00 PM. All games to start no later than 7:10 PM.
NOTE: After July 31, games will start at 6:45 PM, (no later than 6:55 PM).
2. Game Length: 2 halves of 45 minutes each, with a 5 minute break between halves.
3. Games will be played on a full-sized field. The field names are indicated on all maps by the numbers "1" through "4".
4. This division uses a size 5 ball.
5. Games are played rain or shine. In the event of extreme bad weather or lightning, the League Coordinator at the field will determine if games will be played.
6. Players on field: 11 (a goalkeeper plus 10 players). There must be an equal number of players on the field from each team at all times. *Exception: See Red Cards*
7. Minimum number of players to start or continue a game: 7
8. Unlimited substitution will be allowed. Players may only enter or leave the field of play under the direction of the Referee. Substitutions may only be made when the ball has gone out of play.
9. The Referee will hand a score sheet to a coach from each team and collect the score sheets after the game. Any and all coaches present for a team should sign that team's score sheet.
10. A player receiving a yellow card should be substituted for immediately. The player is eligible to return to the field at the next available substitution opportunity. Note that all yellow cards will be tracked, and players receiving multiple cards during the season could be the subject of additional disciplinary measures.
11. A player sent off (given a red card) will be suspended automatically from the team's next game.
12. No unregistered players may be allowed to play on the field at any time.
13. A game is considered official and the results stand once half time has been reached.

Please note that the Referee has the final word on all matters concerning rules. Any disagreements should be presented to the League Coordinator after the match has been completed.

Concussions: Risk, Management, and Return to Play

A **Concussion** is an injury to the brain that occurs as a result of contact to the head or from contact to another part of the body which results in the brain itself contacting the walls of the skull. Concussions have always existed in and out of sport, however with new research and attention, diagnosis has been more frequent and precise.



Visible signs include:

Loss of consciousness Unsteady on feet Lying
motionless/slow to get Grabbing head
up

Dazed/vacant look
Confuse/unaware of play

Symptoms may be variable and include any of the following:

Headache	Balance problems	Changes in concentration
Pressure in the head	Sensitivity to light	Difficulty with memory
Neck Pain	Sensitivity to noise	Drowsiness
Nausea	Confusion	Difficulty sleeping
Vomiting	Feeling slowed down	Irritability
Blurred vision	Fatigue	Difficulty making decision
Nervousness or anxiety	Sadness	More emotional

Red flags:

Neck pain	Weakness/tingling in arms or	Unusual behaviour change
Increasing confusion	legs	Double vision
Repeated vomiting	Deteriorating consciousness	
Seizure/convulsions	Severe headache	

What should you do if you suspect your player or child has had a concussion?

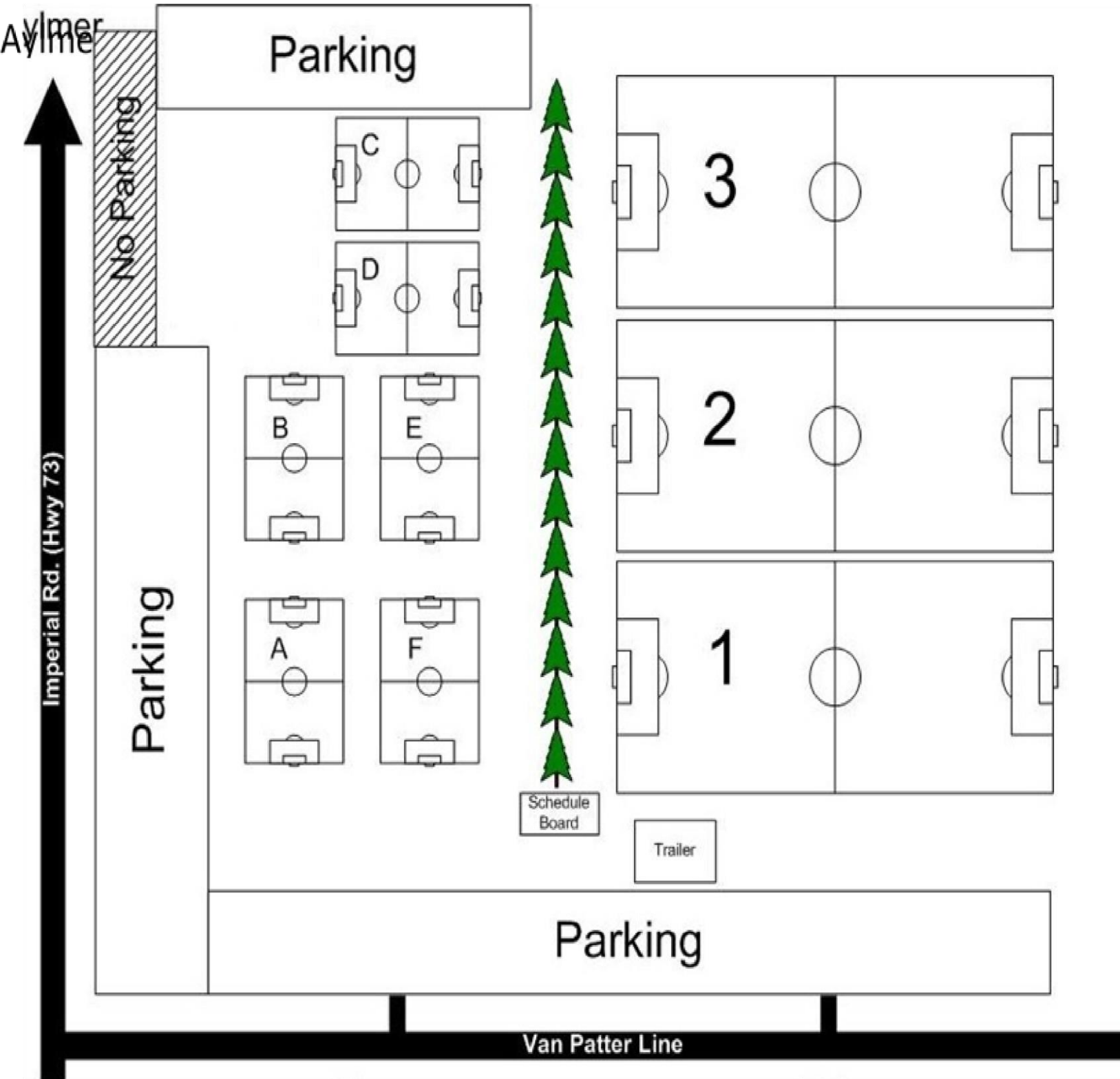
- Listen to the participant and observe their behaviours (i.e. can they remember details about the game: venue, what half of the game we are in, who scored last, did you win the last game; are they presenting with any of the above signs or symptoms)
- If a concussion is suspected, remove from play immediately and have player assessed by a qualified health professional for assessment (i.e. family physician or physiotherapist)
- Treatments are often provided by health care practitioners educated in post-concussion management.
- If any red flags are present, consider urgent medical assessment - Notify the Convenor

How do you know when your player or child can return to play?

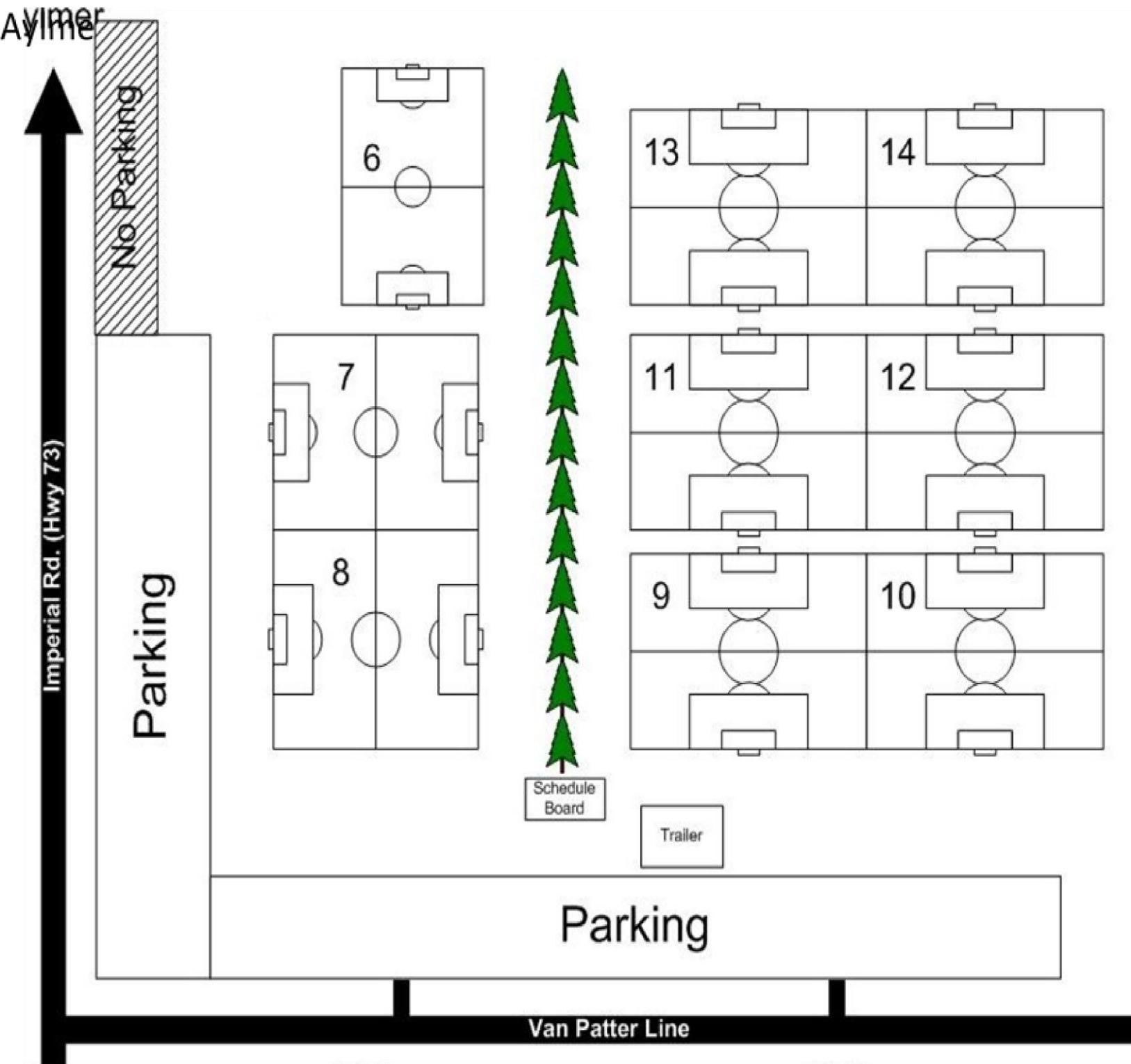
Consensus among health experts has recommended a 5-STEP return to play guideline which needs to be monitored by a health professional. If a participant is symptomatic at any one level, then return to the previous level is essential.

- STEP 1 – NO activity, participant is symptom free at rest
- STEP 2 – Light aerobic exercises i.e. walking, stationary bicycling, swimming, symptom free
- STEP 3 – Sport specific activities, no contact risk, symptom free
- STEP 4 – Full practice with contact risk, symptom free
- STEP 5 – **Formal medical clearance** required by EEYS for full return to play

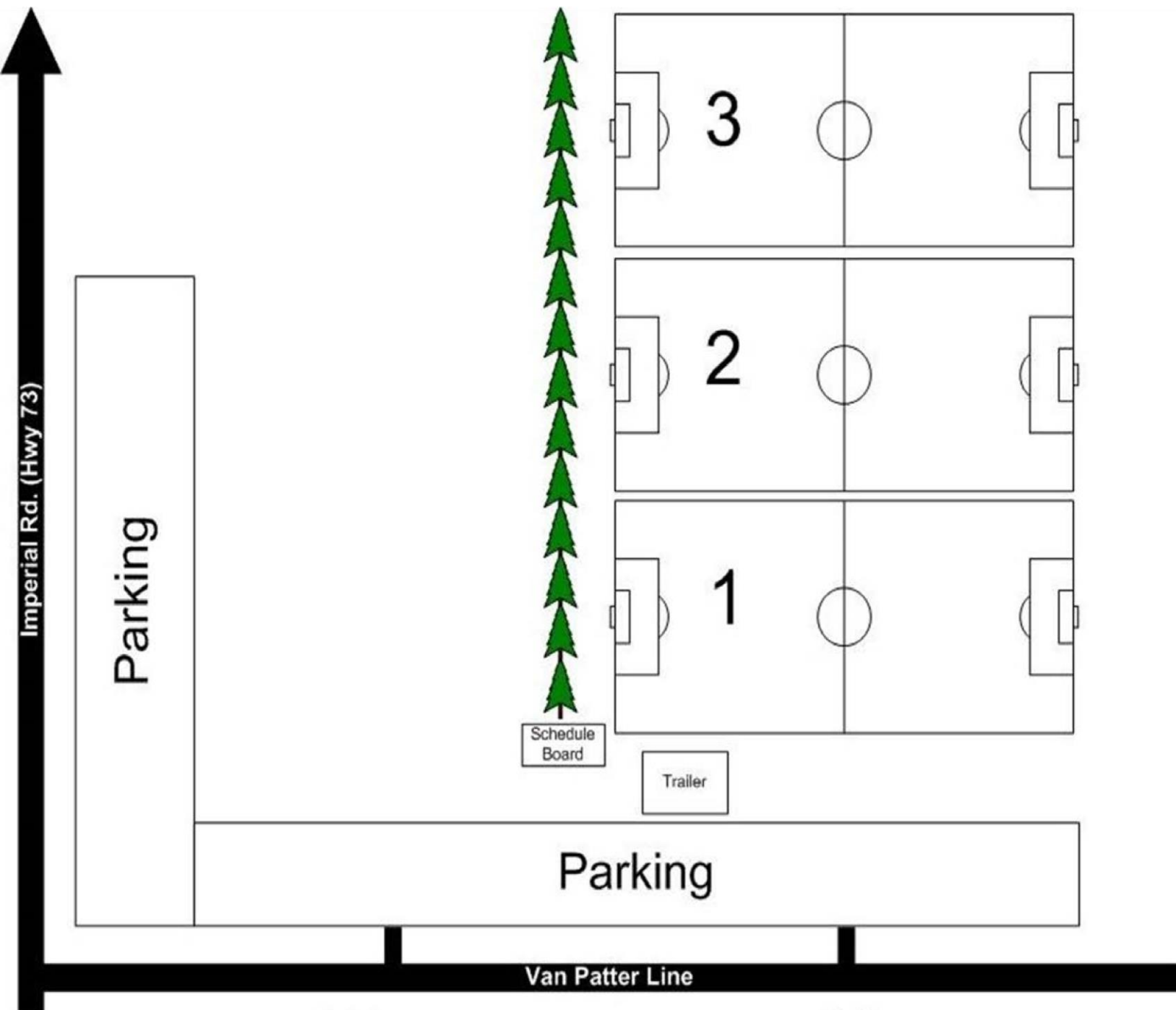
U5/U7 Division Field Map



U9/U11 Division Field Map



U14/U18 Division Field Map



Example Score Card

Write in the team you are playing against

Shirt numbers aren't necessary, but are a great way to keep track of players on the field

The score card **MUST** be signed by a coach and a referee **AFTER** the referee has approved the card.

EAST ELGIN YOUTH SOCCER				FIELD <u>14</u>	
MATCH REPORT					
DIVISION: <u>U11</u>		DATE: <u>July 2nd, 2014</u>			
		TEAM NAME	SCORE		
Your Team	6- Riverbend Farms		5		
Their Team	1- Aylmer Kinsmen		4		
SHIRT #	PLAYER'S NAME	GOALS	ASSISTS	DISC.	
1	Player Name	II			
2	Player Name		III		
3	Player Name				
4	Player Name	I		R	
5	Player Name				
6	Player Name	I	II		
7	Player Name				
8	Player Name				
9	Player Name	I			
10	Player Name				
11	Player Name			Y	
12	Player Name				
13	Player Name				
14	Player Name				
15					
16					
17					
18					

Coach's Signature _____

Coach's Signature _____

Referee's Signature _____

REPORT:

Each coach is to complete a Match Report BEFORE the start of the game and hand it to the referee AFTER the game.

Use a number **NOT** tally marks!

Tally marks in this column **MUST** add to the score total at the top (doesn't apply to assists)

Note if a player received a Red (R) or Yellow (Y) card