

Red Bluff Youth Soccer League, Inc.

www.rbysl.org

Fall 2016

Coach's Manual

ALL PLAYERS ARE REQUIRED TO HAVE THE FOLLOWING EQUIPMENT:

- Shin guards to be worn during every practice and game. Shin Guards must be worn against your skin with the sock worn over the top, completely covering the shin guard
- Soccer ball
 - U-6 to U-8 = size 3
 - U-10 to U-12 = size 4
 - U-14 to U-19 = size 5
- Water bottle
- Studded shoes, athletic shoes or soccer cleats—No toe cleats can be on the shoe
- No jewelry (including earrings, necklaces, studs, tongue rings, etc.) barrettes, bobbie pins or casts on any part of the body are allowed. **No taped earrings are allowed.** It is recommended that children with braces wear a mouthpiece.

THE GAME CONSISTS OF:

- U-6 Two 15 minute halves
- U-8 Two 20 minute halves
- U-10 Two 25 minute halves
- U-12 Two 30 minute halves
- U-14 Two 35 minute halves
- U-16 Two 40 minute halves
- U-19 Two 45 minute halves

All half times shall be 5 minutes in length

- **Each child shall play a minimum of half of each game** with the following exceptions: Injury, illness, disciplinary action or parental request. In the younger age divisions, all players should have equal playing time.
- U-6 teams play with 4 players on the field during play. In the event that the number of players that show up is less than 4, then the teams can play with 3. If there are a small number on one team and a larger number on another team, the coaches can mix the teams up (ask the Coaching Coordinator or a Board Member (if present) at the field for Penney's and permission to do this). U-6 teams do not play with a goalie or goal protection.
- U-8 teams play with 4 players on the field during play. In the event that the number of players that show up is less than 4, then the teams can play with 3. If there are a small number on one team and a larger number on another team, the coaches can mix the teams up (ask the Coaching Coordinator or a Board Member (if present) at the field for Penney's and permission to do this). U-8 teams do not play with a goalie or goal protection.

- U-10 teams play with 6 plus a goalie (7 total) on the field. The number of players can be decreased if both coaches agree prior to the start of the game, but in no case can the number on the field exceed 7 players.
- U-12, teams play with 8 plus a goalie (9 total) on the field. The number of players can be decreased if both coaches agree prior to the start of the game, but in no case can the number on the field exceed 9 players.
- U-14, U-16 and U-19 play with 10 plus a goalie (11 total) players on the field (in the case of a player shortage, these teams can play with a lesser number, but there must be 7 players at the start of the game or the game will be declared a forfeit).
- If a team cannot field a full team, the opposing coach is strongly encouraged to play even sides. All coaches should promote sportsmanship for the good of the game.
- No slide tackling will be allowed in the U-6, U-8 divisions for safety reasons.
- Offside will not be called in the U-6, U-8, or divisions. “Cherry picking” (an offensive player hanging out by the goal) will be called in the U-10 division.
- All coaches to remain in their respective coach’s box.
- Coaches must stay in the coach’s box without ‘encroaching’ on the other coach’s side of his coaching box.
- If no referee is present at a U-6 or U-8 game, the U-6 or U-8 coaches will become the referees (therefore, coaches should have a whistle on hand for the game.) Only intentional handballs should be called and coaches should keep the game moving.
- A team captain should be chosen prior to every game. **The team captain is the only player allowed to address the referee during the game. Coaches are not allowed to protest a call or yell at the referees! If there is an issue with a referee, seek out the Referee Coordinator, the Coaching Coordinator, or another Board Member if present.**
- The home team listed on the schedule supplies the game ball.
- Substitutions can be made at the following times:
 1. Prior to a throw-in, in your favor
 2. Prior to a goal kick, by either team
 3. After a goal, by either team
 4. After an injury where the referee stops play, by either team
 5. At half time
 6. When a referee stops play to administer a caution, the cautioned player only, may be substituted.

Substitutions for U-6 and U-8 can be made “on the fly” during the match. Try to encourage substitutions on stoppage of play.

Coaches are responsible for the actions of the parents. If the referee feels the parents are out of control, he/she will tell the team captain to tell the coach to settle the parents. If the parents remain out of control, the referee has the right to tell the coach to make the parent leave the field. The referee has the right to send off the coach as well if the coach is behaving inappropriately. If a team has only one coach and the coach is sent off, the team will be forced to forfeit.

- Parents, coaches or fans acting in an unruly, disrespectful or derogatory manner will be asked to leave the field. All actions by parents, coaches and fans **MUST** support the good of the game.
- **All teams are responsible for picking up garbage on and around field at the end of your match. Please make sure you inspect both the team side and the parent side of the field for garbage and remove the trash before the start of the next game.**

- Coaches are required to coach from the coach's side of the field. Parents are required to sit on the parent's side of the field. It is the Coach's responsibility to make sure parents are aware of this rule and that they abide by it. The fields will be clearly marked with a sign marking the "Coach's Side" and the "Parent's Side". No parent can be on the Coach's Side of the field except to deliver snack or to tend to an injured player. *Referees will be checking team rosters to make sure that only "rostered" coaches are on the coaching side of the field. If any person is present on the players/coach's side of the field or behind the goals, and found not to be on the official roster, the referee has the authority to delay the game until that person moves to the proper side of the field.*
- *The "score" of the game should always be kept within 7 goals.*
- For insurance purposes, Team Paperwork ("Binder") must be with the team at each Game, Practice, or Team Function (Party, Meeting, Etc.). The Binder **MUST** be returned to the Coaching Coordinator at the end of the season.
- **NO PARENT MAY COACH OR HELP OUT A TEAM without a 1628 form and have cleared the finger prints (CYSA Parental Coaching/Volunteer form) being filled out and turned in to the Coaching Coordinator or other Board Member for Approval by the League. Once a form is turned in, the Coaching Coordinator or other Board Member will inform the coach when that parent can help out the team. IN NO CASE CAN THE COACH GIVE OUT ANY PERSONAL INFORMATION(phone numbers, etc.) TO ANYONE DUE TO PRIVACY RULES.** This means that Coach's cannot give to anyone a copy of the player's paperwork or copy the player roster and give to a "non-coach."

U-6 & U-8 BASIC SKILLS TO TEACH:

1. Kick-off: by way of start of the game or second half, and after scoring a goal.
2. Throw in: when the ball had gone out of bounds on either side of the field.
3. Goal kick: when the ball had gone out of bounds on either side of the goal line.
4. Corner kick: when the ball has gone out of bounds by a player on his own side of the field.
5. Ball out of bounds means: the game stops. Wait for the referee to indicate the proper way to continue the game.

TEAM SUGGESTIONS:

- Choose a "Team Parent"—This person should be in charge of your end-of-the-season team party (trophies are optional.)
- Choose a "Snack Parent"—This person should be in charge of creating a sign-up sheet and asking parents to volunteer to bring snacks (oranges and water or a sports drink are great options) to the games for the players at half time.
- have parent bringing snack give snack to coach prior to game time or at end of game

OTHER INFORMATION:

- THE COACH OF EVERY TEAM MUST CARRY THEIR TEAM PAPERWORK ("BINDER") WITH HIM/HER AT ALL TIMES DURING ANY TEAM EVENT (GAME, PRACTICE, MEETING, TEAM PARTY, ETC) FOR INSURANCE

PURPOSES—NO EXCEPTIONS!!! *The binders must be returned to the Coaching Coordinator at the end of the season.*

- Accident reports must be turned into the league within 24 hours. See your CYSA team coaching manual.
- Red Bluff Soccer Fields, Red Bluff High School, Meteer School, Jackson Heights School, Bidwell School, Vista School, Antelope School, Berrendos School, and Lassen View Elementary are open to practices on a first come, first serve basis. In order to practice on the Antelope Elementary or Berrendos fields, a use permit must be submitted to the Antelope School District prior to use.
- If a coach cannot attend a team practice, game or event, an assistant coach can fill in. If neither the coach nor the assistant coach(es) can attend a team practice, game or event, the event must be cancelled. Coaches cannot just hand off the binder to an unregistered parent to run the team.
- RAINOUTS, FIRE OR NATURAL DISASTER: For U6, U8, Coaches must have the RBYSL App and on Facebook. You can call the RBYSL Information Line at 529-BALL on **the morning of the games** to see if the games are still going to be played. The League President and the Field and Equipment Coordinator will decide if the games will be played and the RBYSL App and Facebook along with 529-BALL will be updated as soon as they have made the decision. Under no circumstances will the games be cancelled before the morning of the scheduled games because the weather might change by morning. If the games get cancelled in the morning, all remaining games that day will be cancelled (even if the sun comes out later). **Note – U10, U12, U14, U16 and U-19 boy's and girl's games play RAIN OR SHINE whether at home or away. Please show up for your games so as not to have RBYSL fined.**
- **No game can be cancelled or rescheduled by any coach**
- The schedules for U-6, U-8 games can be found at the RBYSL App and www.soccerez.com Schedules for U-10, U-12, U-14, U-16 and U-19 games can be found at the RBYSL App and at www.soccerez.com. Coaches will be notified via email when schedules are published for the season and are ready for printing. Please check the websites often in case there are schedule changes during the season.

The following websites also provide additional information:

soccerxpert.com

coachingsoccer101.com

bettersoccermorefun.com

Please feel free to contact the Coaching Coordinators with any additional questions.

District IX Coach Licensing Policy

(Adopted 2004, Revised February 28, 2009)

The goal for District IX is to have all of our coaches obtain the CYSA coaching license that corresponds to the division and age of the team they are coaching. By implementing and upholding this goal, District IX

hopes to provide our coaches with the necessary teaching skills that will help improve the technical and tactical skills of the players they will coach, and in turn keep our youth players playing the game. Subject to the exceptions noted in the transition (grace) periods outlined below, coaches must be licensed in accordance with the provisions below.

Head Coaches

- Coaches at the **U6** level are required to have at least a CYSA **Pre-F** license.
- Coaches at the **U8** level are required to have at least a CYSA **F** license.
- Coaches at the **U10 Division 4** level are required to have at least a CYSA **F** License and it is strongly recommended that these coaches have at least a CYSA **E** License.
- Coaches at the **U10 Division 3** level are required to have at least a CYSA **E** License.
- Coaches at the **U12-19 Division 4** level are required to have a least a CYSA **E** License and it is strongly recommended that these coaches have at least a CYSA **E/D** license.
- Coaches at the **U11-19 Division 3** level are required to have at least a CYSA **E/D** License.
- Coaches in Division **1**, at any age, are required to have at least a CYSA **State D** License.

Assistant Coaches

- Assistant coaches at the **U6, U8 and U10, Division 4** level are not required to have a CYSA License.
- Assistant coaches at the **U12 and older, Division 4** level are strongly encouraged to have at least a CYSA **F** License.
- Assistant coaches at the **U10 and older, Division 3** level are required to have at least a CYSA **F** License.
- Assistant coaches in **Division 1**, at any age, are required to have at least a CYSA **E** License.

Grace period for new coaches and returning coaches advancing their license

- During the periods outlined below, coaches are allowed to be rostered to teams. This grace period is for both head coaches and assistant coaches.
- New coaches (coaches that have not coached in the past 5 years) are required to obtain their appropriate CYSA License within 12 months of being approved on a roster.
- Returning coaches holding the appropriate CYSA License will be given 12 months to show advancement in their license corresponding with the age level they are coaching. In other words, a coach holding a CYSA F license and moving up from U10 to U12, must obtain a CYSA E license within 12 months of being approved on a U12 roster.

I have read and agree to abide by all the rules and regulations stated in the Red Bluff Youth Soccer League, Inc. Coaches Manual.

Coach's Signature: _____ Date: _____