**Mother Lode Youth Soccer League**

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**Coach Team Packet**

**Welcome to Soccer Season 2023**

The MLYSL Board of Directors, players and parents would like to thank you for generously giving your time. We are sustained only by the efforts of volunteers who display an extraordinary amount of commitment and hard work. This ensures that our program has a positive influence in the lives of our children by providing a healthy outlet for them, opportunities for the community to gather together and endless hours of entertainment. We couldn’t exist without you!

The MLYSL Board of Directors is here to support you. In this packet you will find all the information you need to find answers to your questions, including websites to reference and MLYSL Board contact email address. Your Area Coordinator is your direct connection with the league throughout the season. Please contact them with any concerns. The Board meets at Round table Pizza in Martell on the second Monday of every month at 5:30pm. You are invited to join us anytime; however, please check with a Board Member prior to attending as this date and time are subject to change. On game days, the Board Members will be at the field serving as Field Marshals. We will be wearing red polo shirts or jackets. If you have a concern, please locate one of us and we will do our best to assist you.

Your Area Coordinator will be working with you to designate your practice days and times.

**Practice Times (Including warm-up, drills and cool down)**

U6-Practice up to 1 hour per practice, once a week

U8-Practice up to 1 hour per practice, 1 or 2 times/week

U10-U15-Practice up to 1.5 hours per practice, up to 2 times/week

**COACHES MUST HAVE AT ALL GAMES & PRACTICES THE FOLLOWING FOUR ITEMS:**

 **1) TEAM FOLDER**

 **2) TEAM GOLDEN ROD**

 **3) PLAYER REGISTRATION FORMS**

 **4) PLAYER & COACH PASSES (If applicable for your age group)**

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| --- | --- | --- |
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 **2023 Important Dates to Remember**

* Board Meetings – 2nd Monday of each month – 5:30pm at Round Table Pizza in Martell (there is no Board Meeting November or December) \*Subject to change
* Saturday, August 12th – Picture Day at Evelyn Bishop Hall. See photo schedule for team designated times.
* Saturday, August 12th – Field Preparation Day at Howard Park.
* Saturday, August 19th – Opening Day
* Saturday, September 9th – Popcornopolis fundraiser forms due – Please follow instructions on the fundraiser handout on how to consolidate and submit team orders to the league.
* Saturday, October 14th – the **ESTIMATED** day popcorn will be handed out to players.
* Saturday, October 28th – Jamboree Day (U10 and up) and final games for U6-U8
* Saturday, October 28th – Coaches turn in team folder, all insurance forms, and player and coach passes at Information Booth.
* Saturday, November 4th – Annual General Meeting and Volunteer Appreciation Dinner at 5:00pm at American Legion Hall in Martell

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# No Pets Policy

Pets (including small dogs**) are NOT allowed** at any Cal North District 8 or MLYSL events, including practice and games. MLYSL defines “PET” as any domesticated or tamed animal kept for companionship or pleasure. This provision does not apply to a “service animal,” which is defined by the Americans with Disabilities Act (ADA) as **any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.**

**FAILURE TO REMOVE PET FROM FIELD WILL RESULT IN GAME BEING FORFEITED.**

A Field Marshal shall contact the offending party with the instruction “to leave the soccer complex” (See below map for complex area). A Field Marshal will alert the coach on that side of the field that the game may be forfeited. A Field Marshal will also inform the opposing coach that the game may be forfeited.

If the “PET” is not removed after clear instruction to do so, then a Field Marshal shall signal the Center Referee to call the game.

If the offending party is between fields and the Field Marshal cannot determine which game the party is watching, the Field Marshal shall alert both teams on each field.

**U.S. Soccer Federation 2006 Youth Soccer Heat & Hydration Guidelines**

The rapid growth of youth soccer participation in recent years, coupled with an increased need for qualified and certified coaches, has made ensuring the safety of youth soccer players more important than ever before. Moreover, new youth soccer research from the University of Connecticut and serious cases of heat illness in other sports over the past few years has prompted the U.S Soccer Federation to issue an updated version of its “Youth Soccer Heat Stress Guidelines.” The aim is to help parents, young athletes and coaches understand one of the most common and most preventable sports injuries: heat related illnesses, including dehydration, heat cramps, heat exhaustion and heat stroke.

**FACTORS THAT PUT YOUNG SOCCER PLAYERS AT RISK**

1. Limited stoppage time during matches.
2. Young soccer players are not encouraged to use the limited stoppage time they have for fluid consumption.
3. Young players fail to drink enough fluids at tournaments and summer camps where numerous games and practices take place each day.

Mental alertness and skill performance declines with dehydration and could be a factor in injuries occurring late in matches and training sessions.

Dehydration during exercise is a common problem. Some young athletes can begin to suffer the consequences of dehydration if they become dehydrated by just 2% of their body weight during exercise in the heat. That’s why it’s important to recognize the warning signs;

* Noticeable thirst
* Nausea
* Irritability
* Headache
* Decreased performance
* Muscle cramping Fatigue
* Dark yellow urine (or no desire to urinate)
* Weakness
* Lightheaded feeling or dizziness
* Difficulty paying attention

Treating the symptoms of dehydration is crucial in preventing more serious conditions such as heat exhaustion.

**Muscle Cramping**

Muscle cramping can be associated with excessive heat. Painful involuntary whole body muscle cramps are often associated with loss of fluids and sodium. Some of the signs and symptoms of muscle cramps include the following:

* Muscle spasms
* “Knotting” of muscles and muscle pain
* Excessive sweat loss
* Excessive saltiness of sweat over the skin or visible dried salt on the skin

To treat a young athlete suffering from muscle cramps;

* Have them drink fluids with electrolytes, like a sports drink
* Gently stretch and massage cramped muscles
* Have them rest in a cool, shaded area
* Apply ice to the cramped area
* Consider additional sodium in palatable food source, like pretzels, etc.

**Heat Exhaustion**

As a child becomes dehydrated, the likelihood of heat exhaustion may increase if left untreated Eventually, fatigue and exhaustion occur because the cardiovascular system can no longer support both exercise and control the core body temperature. Common symptoms of heat exhaustion include the following:

* Dizziness & fatigue
* Feeling chilly
* Rapid pulse

Treatment of heat exhaustion is similar to that of dehydration and should take place immediately. This treatment includes the following:

* Rest the child in a cool, shaded area and place ice cold towels on them
* Drink a sports drink that contains electrolytes
* Have the child lie down with legs elevated to promote circulation
* Athlete should begin to feel better relatively soon, if not, assume heat stroke

**Heat Stroke**

Heat stroke is a medical emergency. It can result in death when not recognized promptly and treated properly. Heat stroke brought on by over exertion occurs when the thermoregulatory system is overwhelmed, fails to act in an appropriate manner, or both. Damage to critical organs can occur if the organs remain overheated for an extended period of time, hence the need for rapid cooling. If rapid cooling does not occur, the cellular damage to the organs could be extreme and have fatal consequences. Symptoms and results of heat stoke includes the following:

* Very high core body temperature
* Altered CNS function (i.e. Confusion unconsciousness, altered mental status, feeling out of sorts, extreme lethargy)
* An otherwise healthy athlete collapses during intense exercise in the heat

Remember, athletes get better relatively quickly with heat exhaustion, but they get worse with heat stroke. It is important to remember that heat stroke must be treated immediately by doing the following:

* SEEK MEDICAL ATTENTION IMMEDIATELY. Heat stroke is a medical emergency. Always transport suspected heat stroke victim to the hospital! It is probably safe to say that you are not qualified to treat heat stroke.
* Immediately begin to cool the victim down by whatever means possible – An ice bath is preferable due to the superior cooling rates (holding head out of bath) – Ice packs over as much of body as possible – A cool shower – Cool, wet towels – Water spray.

**Game Cards**

Weekly game cards are located at the Information Booth and will be placed in a game card pocket for your respective age group. You will need to fill out the game card and sign it. If you are the first coach, then please fill out the card and leave it in the pocket for the next coach. If you are the second coach, please take completed game card to the head referee of your game.

Each week you must complete the “Game Card.” Players must be listed alphabetically by last name in the order that player is placed on the “Golden Rod.”

U10 and up coaches must verify the score at the end of the game with the referee and opposing coach and **sign** the back of the game card. Please ensure that your team designator (i.e. Ione Team 1 Smith) is appropriately listed on the game card (not team color, team name, etc.).

***TIP: You may use AVERY white shipping labels #5168 to create multiple lists for player cards. Type it in your computer just once, print as many as needed for the season, and save a lot of time on game day!***

U6 & U8 teams need only the player’s first name and jersey number. U10 and up teams need the player’s Last Name, First Name and jersey number.

**Basic Game Information by Age Group**

**U6**: Size 3 soccer ball. Game time is 4 periods, 10 minutes each; 5 minute breaks between periods. No halftime. Do not switch sides (change goals) between periods. 4 players per team on the playing field at a time. No goalies. One coach per team allowed on the playing field to encourage players. Unlimited substitutions at any stoppage with referee approval. No Off sides!

**U8**: Size 3 soccer ball. Game time is 4 periods, 10 minutes each; 5 minute breaks between periods. No halftime. Do not switch sides (change goals) between periods. 4 players and 1 goalie per team allowed on the playing field at a time. Build out line applies. No off sides! Build out line applies. Unlimited substitutions at any stoppage with referee approval

**U10**: Size 4 soccer ball. Game time is 2 halves, 25 minutes each. 10-minute halftime. 7 players per team allowed on the playing field at a time (including goalies). Build out Line applies. Unlimited substitutions at any stoppage with referee approval.

**U12**: Size 4 soccer ball. Game time is 2 halves, 30 minutes each. 10-minute halftime. 9 players per team allowed on the playing field at a time (including goalies). No heading. Unlimited substitutions at any stoppage with referee approval.

**U15:** Size 5 soccer ball. Game time is 2 halves, 35 minutes each. 10-minute halftime. 11 players per team allowed on the playing field at a time (including goalies). Cal North heading policy applies. Standard substitution rules apply (See below).

**Fifty Percent Playing Rule**

Each player **SHALL** play at least 50% of the game unless under disciplinary action by the League or coach, or otherwise physically unable or unwilling to play.

**SUBSTITUTIONS**

Substitutions are unlimited and may be made by either team during any stoppage; however, the referee must approve the request. Substitutions are from the centerline of the pitch (field). Substitutions may be requested at the following times.

 **WHEN**  **REQUESTING TEAM**

|  |  |
| --- | --- |
| Before a throw in | Either Team |
| Before a goal kick | Either Team |
| After a goal | Either Team |
| After an injury where the ref stops the game | Either Team |
| When a player is cautioned | Either Team |
| Half-time | Either Team |

**MLYSL Philosophy on Coaching**

Mother Lode Youth Soccer League is, by definition, a recreational soccer league meant for our children’s enjoyment. As coaches, our four main goals to promote are:

1. FUN
2. SKILLS DEVELOPMENT
3. SPORTSMANSHIP
4. TEAM-BUILDING

WINNING is not our goal; but an occasional result of accomplishing our four stated goals at an exceptional level. The most important goal is to teach our youth good life skills they can carry throughout adulthood.

Here are a few statistics to consider:

According to the National Center for Educational Statistics, less than 1% of children participating in organized sports today will land a scholarship to college. Therefore, the value of playing sports for the vast majority of our children is developing healthy habits that they will hopefully maintain as adults.

Studies show 73% of children quit youth sports by age 13 because it ceases to be fun. Please do your best to ensure, as coaches, that you provide every opportunity for our players to enjoy playing, and thus maintain their interest in soccer and activity in general. You are a role model to the players, and the MLYSL values your contributions. Thanks in advance for your outstanding service to our community and our youth.

**Spirit Rule**

**Eight (8) Goal Rule for Recreation Play**

No coach shall run the score up on another team during recreational play during the fall season, which includes the year end Jamboree. Running up the score constitutes an 8 goal advantage, meaning that a team cannot be more than 8 goals ahead of their opponent.

**1st Offense WARNING**

**2ND Offense One (1) Game Suspension**

**3rd Offense Coach Rights removed for Season and/or disbarred from MLYSL for a time period from one (1) year to permanently.**

The primary goal of the recreational soccer program of MLYSL is for the players to have fun within a learning/teaching environment. The recreational program is not about winning. It is about children having fun, learning to love the game of soccer, and to become as skilled a soccer player as possible. Please talk with other coaches and/or the Coach Coordinator about how to control the game **before** it is 8-0. If in the first 10 minutes of the game you have a 3-0 lead, then a different game strategy becomes necessary. There are many ways to control excessive scoring on an opponent. For specific examples, please inquire with a Field Marshal and/or Board Member.

**Tips to Control Game Scores**

Running up game scores is not allowed. The self-esteem of all players must be considered. Be fair to your opponent if you are the dominant team. Lopsided scores of 8 or more goals are inconsiderate and not consistent with the philosophy of this league. Each coach must help keep our league fun for all those involved.”

Every attempt will be made by the coaches to prevent running up the score; this rule specifies an 8-goal differential.

The following suggestions have been provided to assist coaches to be able to provide a competitive game and making it fun for all participants:

1. The team that is behind in scores should play a defensive game. Play with 3 fullbacks for U6 and U8 games (4 fullbacks for U10 and older games) to help control the score.

2. When one team is ahead of the other team by 5 goals, the coach should:

* Play with only 1 forward for U6 and U8 games and 2 forwards for U10 and older.
* Take the “striking” players (goal scorers) off the field, or have them play defense only.
* Only allow players to score with their “weak” foot.
* Only allow players to score after a number of passes have been completed (3, 4, 5, etc.).
* Only allow players to score off a “headed” ball.
* Only allow players to score with their “weak” foot from outside the penalty box.
* Only allow players to bring the ball into the attacking penalty area with a

 “lofted” ball to a teammate, with their “weak” foot, and only allow the teammate to score with their “weak” foot or a “header.”

* Only allow players to score on a “header” from a “corner kick”, the remainder

 of the time they run drills on the field and work towards obtaining the “corner Kick.”

* Allow only the forwards to enter the opponent’s half of the field.
* Have forwards take the ball to the end line and shoot wide of the goal if

 necessary.

***Mother Lode Youth Soccer League*
*Coach Policy Form***

1. I will place the safety and welfare of all players before the value of winning.
2. I will always show respect for players, other coaches, and game officials.
3. I will lead by example, demonstrating fair play and sportsmanship at all times.
4. I will demonstrate knowledge of the rules of the game, and teach these rules to my players.
5. I will treat everyone with dignity. I will not use abusive or insulting language.
6. I will report inappropriate behavior or infractions by any MLYSL coach, parent, and player, regardless of the situation.
7. I will be prepared to check in with the referee of each game with player and coach passes. I recognize that missing and / or ineligible players will forfeit said players the opportunity to play.
8. I understand that if a player is not present for check in procedure prior to the start of the game, it is at the sole discretion of the referee when that player will be checked in.
9. I will correctly COMPLETE a game card prior to each game. If I am the first coach to complete the card, I will complete my section and leave the card at the referee shed for the second coach. If I am the second coach, I will complete my section of the card and deliver the card to the center referee for the game. Upon completion of the game, I will verify my team’s score on the game card and initial it.
10. I will not knowingly jeopardize the eligibility and participation of an athlete.
11. Coach's actions on sidelines, during games, and at practice, shall be in the spirit of "good sportsmanship" at all times. Profanity, profane gestures, arguing, inciting disruptive behavior by spectators and/or players, or any conduct not in the spirit of good sportsmanship, shall require disciplinary action from MLYSL.
12. When a player is presenting a discipline problem the coach is responsible for notifying the Area Coordinator and Coach Coordinator immediately to seek a resolution to the problem.
13. Alcohol, tobacco, anabolic agents, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any game or practice or at any other time at the field and/or game complex.
14. I will not insult, criticize, yell at, attempt to “educate”, or otherwise approach any referee except in the common practice of checking in and operating the team during games. Referee concerns/disputes are to be handled according to District VIII and Cal North policy.
15. I understand that for any MLYSL/Cal North event, function, or otherwise that I must participate according to all rules, with the understanding that is my responsibility to obtain that information. I will always have in my possession or at the site where I am responsible for my player’s physical well-being a properly filled out and signed Player Registration/Medical treatment release form and properly processed present on my team at any sanctioned game, or other “team” activity approved by MLYSL/Cal North. All such activities must be League/District/Cal North approved.

Failure to comply may result in the following:
1st Step = verbal contact by MLYSL Board Member – and/or
2nd Step = suspension and /or probation for a minimum of seven (7) days - and/or
3rd Step = suspension and/probation for a minimum of one (1) month.
NOTE: If the offense is great enough the offending person(s) may be banned from all MLYSL events permanently.

NOTE: Any individual charged with a violation of this Code of Ethics shall be afforded due process as defined in MLYSL’s Specific Rules before the implementation of any suspension unless MLYSL deems an immediate suspension is necessary to protect personnel.

# Mother Lode Youth Soccer LeagueCoach Ethics Form

1. It is my duty to teach all the kids on my team how to enhance their soccer skills individually and collectively. It is my duty to teach the kids on my team how to work and train together to achieve reasonable goals as a team.
2. It is my duty to discourage cheating, gamesmanship tactics, foul play, and unsportsmanlike conduct by the players on my team and the team coaching staff. I will set a high standard of integrity for my staff and players.
3. I will not allow my players, parents or assistant coach to commit referee abuse, dissent, or disrespect before, during, or following a game. I will set the proper example for my team when dealing with the referees. If a referee does not have control of a game I will not confront the referee or complain/dissent, I will contact a MLYSL league official, or I will make contact with the nearest assistant referee and "request" that the referee bring the game under control. If the referee is unable or unwilling to bring the game under control and I believe that by continuing the game I am risking a serious injury to one or more of my players I will contact a league official immediately. I will not confront a referee in an abusive manner under any conditions.
4. I will not verbally, mentally, or physically abuse my players. I will do everything in my power to make myself the best possible coach for my players. I will make the same commitment to becoming a better coach that I ask my players to make to become better players over the course of a seasonal year.
5. I will treat my players in the manner that I would like to be treated if the situation was reversed; my players were the coach and I was one of the players.
6. I will be on time for all my team training sessions and will do everything I can to be "early" and prepared to begin a training session at the predetermined time. I will make my training sessions as interesting, rewarding, and fun for the players as possible. I will run short, efficient, well thought out training sessions at all times.
7. Before, during, and after games I will maintain proper control of myself, coaching staff, players, and spectators associated/affiliated with my team.
8. I will never harass, attempt to intimidate, or be rude to any individual that is checking credentials prior to the start of any game, during league play or tournament play. I will be courteous to all league officials at all times.
9. My team and I will not do anything to bring dishonor to, or embarrass MLYSL, District 8 or Cal North by our actions on or off the playing field.
10. Youth have a greater need for example than criticism; I will be the primary soccer role model. I will conduct myself in a positive manner. I understand that coaching is motivating players to produce their best effort, inspiring players to learn and encouraging players.

**Policy on Game Suspension (Red Card/Send-Off)**

|  |  |
| --- | --- |
| **Suspension** | The temporary withdrawal of rights and privileges such as, but not limited to: the right to play, coach, referee, or otherwise administer or participate (directly or indirectly) in the game of affiliated soccer. Any person or group (team, club, league, board, etc.) that has been suspended with all rights and privileges withdrawn unless specifically stated otherwise by the suspending authority. |
| **Red Cards/Send-Off** | Any player issued a red card (send-off for coach or spectator), shall leave the MLYSL Soccer Complex (i.e. they may not be a spectator for that game or any other games for the length of their suspension) The MLYSL Soccer Complex shall be DEFINED as everything inside the outer ring of old Race Track, including but not limited to All Soccer Playing Fields, MLYSL Play Gym, MLYSL Parking Lots and MLYSL Bathrooms. |
| **Player** | Players are those youth registered to MLYSL, who may be assigned to a team and are involved in the pre-game, game, and post-game activities (on or off the field, in or out of uniform). Player shall be accompanied out by a parent or guardian. **Any red card violation will result in ejection from current game and automatic suspension for the following game.** **Once the PAD Committee has met, more games may be added depending on severity of the offense. A one game suspension may not be appealed.** |
| **Coach** | Coaches are those adults registered to MLYSL, who are assigned to a team and are involved in the pre-game, game and post-game activities on or off the field. **COACHES SHALL RECEIVE DOUBLE THE PENALTY OF A PLAYER. Any send-off will result in ejection from the current game and an automatic suspension from the next two games. Once the PAD Committee has met, more games may be added depending on severity of the offense. A two-game suspension may not be appealed.** |

**RED CARD/SEND-OFF OFFENSES (In Accordance to USSF Policy 531-9:Misconduct toward Game Officials)**

1. **Serious Foul Play:**
	1. Examples include, but are not necessarily limited to: tripping, holding, unlawfully charging or pushing an opponent, intentionally impeding an opponent and/or handling the ball denying an obvious goal-scoring opportunity; intentionally tripping, holding, pushing, unlawfully charging or tackling an opponent from behind in a dangerous and violent manner.

**ALL AGE GROUPS – SUSPENSION FOR A MINIMUM OF ONE (1) GAME**

1. **Offensive, Insulting, Foul or Abusive Language:**
	1. Examples include, but are not necessarily limited to: words uttered in frustration and, in the referee’s opinion, loud enough to be heard outside the field of play.
	2. Examples include but are not necessarily limited to, words or actions directed towards any person.
	3. Second caution-able offense after having received a caution.

**ALL AGE GROUPS – SUSPENSION FOR A MINIMUM OF ONE (1) GAME**

1. **Violent Conduct:**
	1. Examples include but are not necessarily limited to, spitting or other unseemly act, on or at another person; striking or attempting to strike another player, team official or spectator; unlawfully entering field of play during an altercation.
	2. Pushing in an act of aggression, striking or attempting to strike a referee, linesperson (assistant referee) or fourth game official.

**ALL AGE GROUPS – SUSPENSION FOR A MINIMUM OF ONE (1) GAME**

**ANY PLAYER RECEIVING RED CARD OR COACH SEND-OFF FOR VIOLENT CONDUCT OR ASSUALT, REFEREE ABUSE OR ASSUALT MUST HAVE SEND-OFF REPORT TURNED IN BY END OF PLAYING DAY. Send-Off Report must be sent to Cal North within 48 hours.**

1. **Referee Abuse/Referee Assault:**

Misconduct against referees may occur before, during and after a match, including travel to and from the match.

Misconduct may also occur at later times when directly related to the duties of a game official as a referee.

Misconduct will be classified as referee abuse or referee assault.

* 1. **Referee Abuse**
		1. Referee abuse is a verbal statement or physical act not resulting in bodily contact which implies or threatens physical harm to a referee or the referee’s property or equipment.
		2. Referee abuse includes, but is not limited to the following acts committed upon a referee: using foul or abusive language toward a referee **that implies or threatens physical harm**, spewing any beverage on a referee’s personal property; spitting at (but not on) the referee; verbally threatening a referee with remarks that carry, imply or direct threats of physical harm.

**ALL AGE GROUPS –SUSPEND FOR A MINIMUM OF THREE SCHEDULED MATCHES WITHIN THE RULES OF THAT COMPETITION. ADDITIONAL SUSPENSION AND/OR DISPLINARY ACTION MAY BE IMPOSED BY THE BOARD OF DIRECTORS**

* 1. **Referee Assault**
		1. Referee assault is an intentional act of physical violence at or upon a referee committed before during, or after a match, even later times if it is match related such as at work or at home. For the purpose of this rule, “intentional act” shall mean an act intended to bring about a result which will invade the interests of another in a way that is socially unacceptable. Unintended consequences of the actions are irrelevant.
		2. Referee assault includes, but is not limited to, the following act committed upon a referee: hitting, kicking, punching, choking, spitting on, grabbing or bodily running into a referee; the act of kicking or throwing any object at a referee that could inflict injury; damaging the referee’s uniform or personal property (i.e., car, equipment, etc.).

**THE PENALTY FOR REFEREE ASSAULT FOR ALL AGE GROUPS WILL BE AS FOLLOWS:**

1. **FOR A MINOR OR SLIGHT TOUCHING OF THE REFEREE OR REFEREE’S UNIFORM OR PERSONAL PROPERTY; AT LEAST 3 MONTHS FROM THE TIME OF THE ASSAULT**
2. **FOR AN ASSAULT COMMITTED BY AN ADULT AND THE REFEREE IS 17 YEARS OF AGE OR YOUNGER; AT LEAST 3 YEARS FROM THE TIME OF THE ASSAULT**
3. **FOR AN ASSAULT WHEN SERIOUS INJURIES ARE INFLICTED; AT LEAST 5 YEARS FROM THE TIME OF THE ASSAULT**
4. **MLYSL MAY NOT PROVIDE A SHORTER PERIOD OF SUSPENSION BUT, IF CIRCUMSTANCES WARRANT, MAY IMPOSE A LONGER PERIOD OF SUSPENSION**

**Any referee assault is AUTOMATICALLY sent to Cal North for further review.**

**League Documentation on Disciplinary Matters**

1. Any party that is referred to the League for disciplinary actions will have documentation placed into the League archives. This documentation will have an effect upon the party seeking to attain any future League positions, or to maintain an existing position. Disciplinary action against any party will be reviewed during the selection of any party to a League position. Disciplinary documents shall be kept for a five-year (5) period and then discarded. This League reserves the right to bar any person from League activities that shows a disregard/disrespect for the youth around them, players or referees, or the rules of this organization.
2. The Disciplinary Documentation for any person that has been banned from MLYSL will be kept in League Archives for 25 years

# Referees Zero Tolerance Policy

MLYSL understands that the competitive nature of soccer can provoke extreme emotions. MLYSL also acknowledges that there will be questionable and (seemingly) incorrect calls or decisions made during the course of a game. **Regardless of how wrong the referee decision might seem to be, MLYSL has a ZERO-TOLERANCE POLICY concerning dissent shown toward a referee’s decisions.**

For the protection and welfare of the officials, any heckling, yelling or other forms of dissent shown toward any decision made by a referee will not be tolerated. **MLYSL will require coaches to be responsible for the behavior of the respective sidelines.** In the event a referee is required to stop a game due to sideline behavior, **immediate expulsion of the offending spectators and/or the Coach may result**. Expulsion of coaches and spectators will be automatic and cannot be appealed.

To avoid such unpleasant confrontations MLYSL suggests that the Coach take the following direct actions.

1. Discuss with your team parents MLYSL’s policy of **ZERO TOLERANCE**.
2. Most disagreements occur because of the lack of knowledge or understanding of the nuances of the rules. Soccer laws (rules) are different from other sports **INCLUDING HIGH SCHOOL** **SOCCER**. Obtain, read and attempt to understand the Laws of the Game.

In the event of dissent, the referee shall have the following options:

1. To stop play until the administration of sanction is complete
2. To request the assistance of the Field Marshal or a board member for any purpose
3. To request a coach and/or spectators leave the field (send-off)
4. Abandon the game. An abandoned game is the equivalent of a loss for the offending team.

Sanctions for dissent may not be appealed and shall be as follows.

In the event of a send-off, the coach and/or offending spectator(s) shall receive:

1. Initial offense: Automatic two game suspension
2. Additional offenses: Will be referred to the PAD Committee for further disciplinary action, including but not limited to suspension from all MLYSL functions for the remainder of the season.



**Mother Lode Youth Soccer
End of Season Jamboree
U10 and up
League Rules**

COACHES: **Please read these rule carefully. If you have any questions about the rules or your Jamboree Schedule, please ask. Be sure you share all these rules with your players and their parents.**

1. **Check in time is 30 minutes before scheduled game time.**
2. **Required Game Documents:** You must carry CYSA Medical Releases (Form 1601) for each player in case of injury requiring medical treatment. You must also carry team roster (Golden Rod), player and coach passes. THESE WILL BE CHECKED BY LEAGUE DURING CHECK IN PROCEDURE.
3. **LATE PLAYERS:** Your team is checked in as a group. Any players not at check in will be ineligible for that game.
4. **Game Cards:** A game card is to be filled out, making sure you correctly identify your team name. One game card for each game. Please use the game cards that are provided. You will be playing two games.
5. **Game Length:** All games for U15 are 40 minutes long, U10 and U12 games are 30 minutes long. Games are played rain or shine, hot or cold. The league reserves the right to cancel any game. The league will determine if the cancelled games are to be rescheduled. The league will notify each coach of each team of cancellation and information regarding rescheduling.
6. **Coaches Behavior:** As the coach you are the foremost role model. You are responsible for your attitude as well as that of your players and spectators. Your sideline behavior should be positive and encouraging. Please be an ambassador for soccer while you are coaching your game. Do not allow your players or spectators to be derogatory or use profanity toward other players or referees. Coaches can and will be RED CARDED if needed.
7. **Discipline:** Any player sent off, given a red card, will be suspended from the rest of the games and the rest of the tournament; and asked to leave the complex. Any coach or assistant coach sent off will be suspended for that game and the rest of the tournament; and asked to leave complex. **NO EXCEPTIONS AND NO PROTESTS**. **ALL REMAINING SUSPENSIONS WILL CARRY OVER TO THE FOLLOWING SEASON.**
8. **Tournament Point System: 3** points for a win. **1** point for each goal scored up to **5** goals. **1** point for a shutout, **1** point for a tie. Maximum points are **9** per game. A 0-0 game is not a shut out; it is a tie game 1 point each.
9. **Goal Rule:** There will be a maximum 5 goal differential between teams. You will lose 1 point for every goal beyond a 5 goal differential. (0-5 = no penalty; 8-3 = no penalty, 6-0 = 1 point lost.
10. **Tie Breakers:** We will look at the total goals given up, then the total goals scored. If still a tie then penalty kicks. Only ties for 1st place will be addressed. **ALL RESULTS ARE FINAL. NO PROTESTS.**
11. **Game Duration: U10 & U12 are 2 - 15 minute halves with 5 minute half times. U15 will be 2 – 20 minute halves with 5 minute half time.**

**Concussion Awareness**

Pursuant to California State Law, as of January 1, 2017, ALL coaches for ANY sport (including school sports), working with children under the age of 17, are required to complete concussion training provided by the Center for Disease Control. The training is offered online and available at <https://www.cdc.gov/headsup/youthsports/coach.html>. Training takes approximately 45 minutes. Upon completion, please email a copy of your certificate to our Registrar: registrar.mlysl@gmail.com.

**Coaches will not receive your team folder and/or be allowed to coach until you have provided satisfactory proof of completion (certificate) of concussion training.**

Once immediate and proper medical assistance has been provided to a child who has suffered a concussion and/or exhibits concussion like symptoms, coaches shall immediately begin the MLYSL Suspected Concussion Protocol.

# Suspected Concussion Protocol

MLYSL is committed to protecting the health and overall well-being of our players. Our goal is to help educate coaches, referees, parents and players on the potential negative effects of a concussion and have a system in place to properly address possible concussions and/or head injuries.

In accordance with Cal North Policy, California Assembly Bill 2007 and the U.S. Soccer Player Development Initiative, the following protocol will be utilized in the event of a possible concussion at any MLYSL athletic event, including practices, games and outside tournaments.

**For Team Officials:**

1. Any player suspected of sustaining a head injury who exhibits any signs or symptoms of a concussion shall be immediately removed from the athletic activity and shall not return to play without medical clearance in accordance with this policy.
2. Appropriate medical attention shall be sought for the injured player.
3. Once proper medical attention has been provided to the player, a team official shall provide the player’s parent or guardian with a Cal North Concussion Notification Form. The Concussion Notification Form is located at the Information Booth, on the MLYSL website and on the Cal North website. If the parent and/or guardian was not present at the time of the injury, the team official shall notify the parent and/or guardian as soon as possible and provide details of the injury and any aid rendered to the player.
4. A team official shall notify a Field Marshal or Board Member as soon as possible of the suspected concussion. The team official shall relinquish the player’s player pass (if applicable) to a Field Marshal or Board Member.
5. In accordance with Cal North Policy, the player must be medically cleared to play by a **medical doctor** or **doctor of Osteopathy**. The Concussion Notification Form must be completed in it’s entirety and signed by a medical doctor or doctor of Osteopathy.
6. The completed Concussion Notification Form shall be provided to the MLYSL President to be sent to Cal North for review and approval.
7. Upon approval by Cal North, the player pass will be returned to the coach and the player may return to full MLYSL activities.

**For Field Marshals and/or Board Members:**

1. If a Field Marshal and/or Board Member witnesses a player sustain a head injury and exhibit any signs or symptoms of a concussion, the Field Marshal and/or Board Member shall contact the player’s respective team official and ensure that the Suspected Concussion Protocol is followed.
2. If a Field Marshal and/or Board Member is notified by an uninvolved party of a player exhibiting suspected signs and symptoms of a concussion after sustaining a head injury, the Field Marshal and/or Board Member shall contact the player’s respective team official and ensure that the Suspected Concussion Protocol is followed. The Field Marshal and/or Board Member may signal the referee to temporarily stop the game to determine if the player who sustained the head injury should continue to play.

**For Referees:**

1. If a referee observes a player exhibiting signs and symptoms of a concussion after sustaining a head injury, the referee shall stop play and not allow play to continue until the player has been removed from the game.
2. The player shall not be allowed to return to the game.
3. The referee shall file an incident report to the Referee Coordinator, describing the witnessed injury and signs and symptoms of the suspected concussion.

**Injury Claim**

Cal North injury claims are submitted online. If you prefer to file by submitting a hard copy form, you will need to contact Debbie Alvarez at dalvarez@calnorth.org for the appropriate case report/claim form.

### Claims Process Overview

Only authorized team officials can completes the online claim form. The team official will need the following information regarding the injured person:

1. First and Last Name
2. Complete Mailing Address
3. Date of Birth (DOB)
4. Gender
5. Parent / Legal Guardian’s First and Last Name
6. Parent / Legal Guardian’s Phone #
7. Parent / Legal Guardian’s Email Address
8. Cal North ID #
9. District #
10. League #
11. League Name
12. Team Name
13. Type of Event Injured at
14. Date of the Injury
15. Description of Injury
16. Name of Field / facility Where Injury Occurred
17. City Name Where Injury Occurred

A confirmation email indicating the submission was received will be sent to the team official, the parent, and the state office (DAlvarez@calnorth.org). The emails will be sent from pullenins@pullenins.com.

The state office will review and either approve or deny the claim.

If approved, the parent will receive an email with the claim form and instructions attached as a PDF document. The parent will complete sections VI and VII and email, mail or fax the claim form and other documents to the insurer.

If denied, the parent will receive an email indicating the claim was denied and the reason for the denial.

The insurer will mail a letter to the parents acknowledging receipt of the claim form and will request additional information from the parent, if necessary.

**U8/U10 Build Out Line Rules**
**No offsides for U8**•When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play

•Once the opposing team is behind the build out line, the goalkeeper must pass, throw or roll the ball into play (**punts and drop kicks are not allowed**) within 6 seconds

•After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

•The opposing team must also move behind the build out line during a goal kick until the ball is put into play

•If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

•If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

•The build out line will also be used to denote where offside offenses can be called

•Players cannot be penalized for an offside offense between the halfway line and the build out line

•Players can be penalized for an offside offense between the build out line and goal line

•The goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes

•If the goalkeeper places the ball on the ground for a kick (pass), the ball is LIVE and playable by the opposing team