



Chenango County Recreation Soccer League Handbook

(Last Revised 08/18)



CHENANGO COUNTY SOCCER RECREATION LEAGUE HANDBOOK

I. ADMINISTRATION

A. MISSION STATEMENT

It is the mission of the SAY Soccer Association (SAY) and the Chenango Soccer Club to foster the physical, mental, and emotional growth and development of America's youth through the sport of soccer at all levels of age and competition.

B. OBJECTIVES OF THE RECREATION LEAGUE

Develop soccer skills and promote leadership for the players, coaches, and referees.

C. CODE OF CONDUCT

The Chenango Recreational Soccer League is based on the objective of providing the youth of the general Chenango County area with the opportunity to acquire and develop skills. These skills, as well as the individual growth of players, must be nurtured in an environment which is free of confrontation, unsporting behavior, and verbal and physical abuse among spectators, match participants, and match officials.

- Players are expected to perform in a manner consistent with the principles of sporting behavior. Coaches and spectators should act in a manner that reinforces this concept. While aggressive play should not be discouraged, physical and/or verbal abuse of opponents will not be allowed. Verbal or gesticulator dissent with referee's decisions will not be tolerated.
- Coaches, parents, and spectators must also show respect toward referee's decisions. While one cannot expect all referee calls to be accepted without reservation, loud or abusive dissent is unwarranted and reprehensible.
- Under no circumstances should a player, parent, or spectator come onto the field unless invited by the referee. The same level of constraint should be observed after the match is over. Parents and spectators should be made aware that the coach is responsible for their actions on the sideline and he/she can be cautioned, sent off the field, or suspended from future matches for THEIR misbehavior.

D. CONFLICT RESOLUTION

Parents who have issues concerning their child playing in the Chenango Soccer Club Recreation League must use the following recourse to solve the situation. Step 1 - discuss the issue with your child's coach. Step 2 - If the situation is not dealt with to your satisfaction contact you Community Coordinator next. Step 3 - If the issue is still unresolved the Recreation League Coordinator should be contacted to mediate the situation.

E. ADMINISTRATIVE ORGANIZATION

1. Chenango Soccer Club Recreation League Community Coordinators

Town	Coordinator(s)	Phone	Email
Afton	TBD		
Bainbridge-Guilford	Jerry Degan Erin Degan	(607) 242-5267 (607) 242-5268	jdegan@morriscsd.org edegan@bgcsd.org
Gilbertsville-Mt. Upton	Alethea Keuhn	(607) 783-2786	armaxson@yahoo.com
Greene	Michelle Evans	(607) 644-2943	mevans@greenecsd.org
Norwich	Tom Revoir (YMCA)	(607) 336-9622 (607) 316-5555	trevoir@midyorkpress.com
Otselic Valley	Tom Neal	(607) 745-9016	thomasneal@excite.com
Oxford	Corey Endress	(607) 316-8765	endresscorey@gmail.com
Sherburne-Earlville	Jarrood Goedel	(607) 316-1798	jdg_rit@yahoo.com
Sidney	Amy Nordberg	(607) 316-8233	setmefree33@hotmail.com
Unadilla Valley	Al DaCostaFaro III	(607) 316-9404	alvito2u@gmail.com

2. Medical Release Forms

Coaches or managers must have in their possession at all games and practices a medical release form for each player.

3. Insurance

All programs must carry appropriate insurance coverage. Insurance is available through SAY soccer.

4. Coaches' Code of Ethics Pledge

- I hereby pledge to live up to the Chenango Soccer Club Recreation League Code of Ethics.
- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.
- I will do my very best to provide a safe play situation for my players.
- I will ensure that I am knowledgeable in the game of soccer and that I will teach the rules to my players to the best of my ability.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth coach and that the fame is for the children and not adults.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example, demonstrating fair play and sportsmanship to all my players.

II. RECREATION LEAGUE ORGANIZATION

A. LEAGUES, AGE GROUPS, BIRTH DATES

Age divisions shall comprise players, male and female, who are in the stated grade levels during the current season. A child who plays for or is eligible to play for a school-based program is not allowed to play in the league.

Age Division	Grade Level
Under 6 (U6)	Pre-K and K
Under 8 (U8)	1 st and 2 nd
Under 10 (U10)	3 rd and 4 th
Under 12 (U12)	5 th and 6 th – May play at age 13 if in 6 th grade.

Playing Up:

In order for a player to “play up” into the next age division, the player's parents must submit a written request to the Community Coordinator. A player may play up **only one** age group. The Community Coordinator has the final say on allowing a player to advance by one age group.

PLAYING DOWN:

Players may not “play down” into the age division below what matches their grade level under any circumstance.

B. ROSTER ASSIGNMENT:

All players must register through their Community Coordinator to the Recreation League Coordinator, by grade level, each year. All players who meet the registration deadline will be assigned to a team. Late applicants are not guaranteed a position. Applications will not be accepted after September 5. Each coach will be issued a roster with player's name, address, date of birth, and telephone number.

C. TEAM MAKE-UP

All teams in the league must have mixed abilities, ages, and genders. If a Community Program has more than one team within an age division, teams should be built with competitive balance in mind (no "first team" and "second team," "boys" and "girls," or "olders" and "youngers," for example) as much as possible.

D. DURATION OF MATCH

- Under 6 - four 6-minute quarters
- Under 8 - four 8-minute quarters
- Under 10 - four 10-minute quarters
- Under 12 - four 12-minute quarters

All matches shall have a maximum of five minutes at half time. There shall be no time-outs, even for injury. (The referee may stop play, but nominally this will not stop the match clock). The time may be extended only at the referee's discretion. Coaches are allowed on field only when referee has stopped play for injury and has signaled the coach that he/she may enter the field.

E. REFEREES:

When possible, there shall be two referees for all divisions. We desire to develop student/adult referees and the League encourages their participation. Selection of referees will not be the sole responsibility of the Community Coordinators. In the event a referee is not present at a League match, the coach of each participating team shall referee one half of the match; (the halves to be selected by mutual consent), or by a person agreed upon by both coaches. Both coaches will agree at the field of play as to whether or not to begin the match based upon judgment of the condition of the field of play, the weather, and any other factors considered pertinent.

F. RAIN GAMES

In case of extreme weather conditions it will be the decision of the home team coach to call off a match. This decision must be made allowing ample time for the visiting team coach to notify his/her players. If a match is stopped before the end of the first half, the coaches will schedule a make-up game. If a match is stopped after the first half, it will be considered a complete match. Postponed matches may be re-scheduled at the discretion of the coaches.

G. GAME PARTICIPATION

It is mandatory that all players will play a minimum of one-half the match unless declared ineligible by the referee. In addition, players must be rotated forward and back, not sideways only, to ensure they play more than one position. Coaches may deviate from the playing one-half match rule for individual players under extenuating circumstances, but must indicate any deviation to the opposing coach.

H. NUMBER OF PLAYERS PER TEAM:

1. It is recommended that the Under-8 division has a minimum of 10 players, the Under-10 division has a minimum of 11 players and the Under-12 division has a minimum of 14 players.
2. The maximum number of players on the playing field during the match is as follows:

U6 - 7 Players

U8 - 7 Players

U10 - 8 Players

U12 - 11 Players

I. SUBSTITUTION

Free substitution is allowed. A coach may substitute any player at any dead ball during the match with the understanding that all players will play a minimum of one-half of the match.

J. PLAYERS' EQUIPMENT

Uniforms shall consist of shorts and shirts with numbers on the back for all players. A player may wear sweat pants, if desired. The goalkeeper shall wear a different color shirt, which will distinguish him/her from both teams' players and from the referee. Mouthpieces and helmets are recommended for goalkeepers while playing in the goal. Knee and elbow pads are recommended for goalkeepers. **Shin guards are required for all players and should be covered.** Players must wear either molded cleats or sneakers. No metal cleats are allowed. No jewelry or other items may be worn by any player during a match. No casts, hats, and wristbands will be worn during any match. Eyeglasses can be worn but should be secured by a head strap. Approved eye protectors may be worn by any player. A mouthpiece is strongly recommended for all players.

K. OFFICIAL REPRESENTATION

Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place, for the duration of the match. A team not so represented shall forfeit the match.

L. GAME EQUIPMENT

League ball size is as follows: No. 3 or 4 balls Under 6 and 8 No. 4 ball Under 10 and number 5 ball under 12. Game balls are furnished by the home team.

M. FIELD OF PLAY

It is recommended that the field of play be at least: Under 8 and Under 10 field - 40 yards by 70 yards Under 12 - 50 yards by 100 yards.

The goal dimensions for all divisions are based on U.S.S.F. Regulations. Under 12 goals will be 8'x 24'. It may be smaller for the under 6, 8 and 10 age groups (e.g. 6' x 12').

N. TEAM AREA

The "team" side of the field shall be divided into two equal team areas, separated by the mid-field line. Each coach is responsible for keeping him/herself, coaching assistants and reserve players within their respective team area during the match.

O. SPECTATORS' AREA

The spectator area will be the side of the field directly opposite the teams. **Spectators are not allowed on the players' side of the field.** No spectator shall be allowed on the field of play during the match. The referee shall halt the match, if necessary, to enforce this rule. The coach shall be held responsible for the conduct of his/her teams' spectators. Spectators must be not less than three yards from the touchline.

III. RULES OF THE GAME

A. START OF PLAY

- The visiting team shall choose to kickoff or which goal to defend. The home team will begin with the ball in the second half.
- The kickoff may be taken in any direction. Only the player taking the kickoff may be in the opponent's half of the field, in order to kick back to his/her teammates. All other players must be in their team's half of the field at the moment of kickoff.
- To begin play in quarter 3, teams will switch ends only at U10 and U12. At U8, teams will play from the same ends of the field

B. BALL OUT OF PLAY

When the whole ball has crossed the touch line, goal line, or has been whistled dead by the official, the ball is out of play.

C. METHOD OF SCORING

The entire ball must cross the goal line between the goal posts. Final scores will not be recorded. League standings will not be recorded.

D. ENSURING COMPETITIVE BALANCE

Final scores will not be recorded. However, teams should keep track of the score differential in order to ensure competitive balance. If the score differential reaches **five goals**, the leading team **MUST** make changes to their on-field lineup or game strategy.

For example:

- Substitute
- Move high scoring offensive players to non-scoring positions (goalie or fullback).
- Skill building (Example – Players challenged to make 5 passes without losing the ball).

E. OFFSIDE

At U12 only, an offside offense is called *when the ball is played forward on or onto the opponent's half of the field while any player is in an offside position*. A player is in an offside position at the moment the ball is played or touched by a teammate, if any part of the player is:

- A. Nearer the opponent's goal line than the ball, **AND**
- B. In the opponent's half of the field **AND**
- C. Closer to the opponent's goal line than the second-to-last opponent. (A player who is even with the second-to-last opponent or with the last two opponents is not in an offside position)

A player is not offside if they receive the ball from a throw-in, corner kick, or goal kick. Do not call offside simply because a player moves into an offside position. A player in their own defensive half is not offside.

For Under 8 and 10, there shall be no off side; however, no player may remain inside their opponent's general goal area unless the ball is also inside or in the vicinity of the goal area. At the referee's discretion, a penalty may be assessed as a direct free kick from the spot of infraction and the opposing team will be at least 10 yards from the spot of the kick. The referees are instructed to pay strict attention to this rule.

F. FOULS AND MISCONDUCT

It is a foul if a player intentionally commits any of the following offenses:

1. Trips, or attempts to trip, an opponent, (e.g. throwing or attempting to throw him/her by the use of the legs or by stooping in front of or behind him/her).
2. Kicks, or attempts to kick, an opponent.
3. Strikes, or attempts to strike, an opponent or spits at him/her.

4. Holds an opponent.
5. Pushes an opponent. Shoulder to shoulder contact between players is ok until arms are used to push another away.
6. Intentionally handles the ball. (e.g. carries, strikes, or propels the ball with hand or arm) This does not apply to the goalkeeper.
7. Playing in a manner considered by the referee to be dangerous (e.g. attempting to kick the ball while held by the goalkeeper).
8. When a player has fallen down and attempts to kick the ball or does not try to regain their feet.
9. When not playing the ball, but intentionally obstructing an opponent (e.g. running between the opponent while he/she is taking a free kick or interposing the body so as to form an obstacle to an opponent).
10. Charging (e.g. with the shoulder, when the ball is not within playing distance of the player concerned and they are definitely not trying to play the ball).
11. Prevents the goalkeeper from releasing the ball.
12. **ABSOLUTELY NO SLIDETACKLING OR INTENTIONALLY HEADING THE BALL!**

These fouls will result in a direct free kick with the opponent ten yards away. All direct free kicks will be taken **outside the penalty box** nearest the point of the infraction. The referee should explain all infractions to the offending players.

G. FREE KICKS

1. Shall be DIRECT.
2. A goal may be scored off a DIRECT kick.
3. No free kicks shall be taken by the attacking team within the defending team's penalty box. All direct free kicks will be taken **outside the penalty box** nearest the point of the infraction.
4. If a player or the opposing team encroaches within ten yards of the ball before a free kick is taken, the referee shall delay the taking of the kick until the rule is complied with.
5. The ball must be stationary when the kick is taken; the kicker shall not play the ball a second time. This includes the start of the match and the re-start after a goal is scored. Punishment for this infraction is a direct free kick and will be awarded the opposing team at the point the infraction is committed.
6. If a handball occurs in the penalty box, the ball will be placed outside the penalty box, nearest the point of infraction, and a direct kick will be taken.

H. PENALTY KICKS

NO penalty kicks are to be taken.

I. THROW-INS

When the whole of the ball passes over the touch line, either in the air or on the ground, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must have a part of both feet either on the touchline or on the ground outside the touchline. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. The ball shall be in play after it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored directly from a throw-in. A second throw-in must be allowed if a player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to re-throw. Only one additional throw-in is allowed. If a player fails to execute the throw-in properly the second time, the ball then goes to the other team.

J. GOAL KICK

When the whole of the ball passes over the goal line, excluding the position between the goal posts, either in the air or on the ground, having been played by one of the attacking players, it should be kicked directly into play from a point within that half of the goal area nearest to where it crossed the line, by a player of the defending team. The kicker shall not touch the ball a second time until it has been touched or played by another player. No player may touch the ball after being kicked until it has traveled ten yards or left the penalty box. A goal may be scored directly from a goal kick.

K. CORNER KICK

When the whole of the ball passes over the goal line, excluding the portion between the goal posts, whether in the air or on the ground, having been played by the defending team, a member of the attacking team shall take a corner kick. The whole of the ball shall be placed within the quarter circle at the nearest corner and it shall be kicked from that position. A goal may be scored from such a kick. Players of the opposing team may not approach within ten yards of the ball until the kicker plays the ball. The kicker shall not touch the ball a second time until it has been touched or played by another player.

L. MISCELLANEOUS

Opposing coaches and players will shake hands after each match.

No trophies or awards will be presented. No individual will be allowed to run the whole touchline or goal line, whether coach, spectator, or player.

It is advised that the coaches and referees meet before the match to discuss the field, basic rules, and any special considerations.

IV. COACH RESPONSIBILITIES

1. The home team ensures that nets, corner flags (U12) are in place, fields are lined properly and the field is playable.
2. If the coach is unavailable for the match, a responsible adult is required to coach the team.
3. Ensure that all players are properly dressed with shin guards and uniforms.
4. Coaches should always have the players' medical release forms available.
5. Game re-scheduling – It is the responsibility of the coach who requests the cancellation to:
 - a) obtain agreement from the opposing coach on cancellation and the time and place to reschedule the game.
 - b) ensure that the field is available and ready for play.

NYSPPHSAA
THUNDER & LIGHTNING POLICY
(Effective 10/25/04; Revised October 20, 2008)

Applies to regular season through NYSPPHSAA Finals:

- 1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be followed:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

All SAYAreas to Implement "Times Two" Program
Implementation Date: Immediately

All SAYAreas will require no less than two adults (suggested as unrelated), per team, to be present at all team functions such as games, practices, picnics, etc. **No Exceptions!**

NOTE:

1. The adults assigned can be a combination of coaches, parents, board members, etc.
2. While the focus of this policy is the child it also provides protection for the volunteers in case of misunderstandings.
3. It is important that your area review your policy on car-pooling. SAY National has for a long time recommended that volunteers not provide transportation for non-family members. This was more of an insurance issue but now has implications in regards to the intent of the "Times Two" policy.

IMPORTANT! Failure to implement the "Times Two" program may adversely impact your areas liability insurance coverage.

SAY NATIONAL CONCUSSION POLICY

The SAY National Concussion Policy consists of two very distinct procedures. This policy is required for ALL coaches and officials regardless of their age and/or status (i.e. Head coach, Assistant Coach, Head Referee, Assistant Referee, etc.). These procedures are designed to comply with recently passed legislation concerning concussion in youth sports. It will be necessary to complete a concussion training course every three (3) years.

STEP 1: The first portion of the SAY National Concussion policy is the taking of a **FREE** online training course. ALL coaches and referees **MUST** complete this training course prior to participating in any SAY activity whether it be a practice or a game situation. The **FREE** online training program consists of two approved options, either of which is acceptable:

The **FIRST APPROVED OPTION** is provided by the National Federation of State High School Associations Concussion in Sports – What You Need to Know, which can be found at <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>. This online course will require you to click on the "order here" button to begin the training. It will ask you to complete a brief registration form prior to beginning the course, which is solely for the purpose of registering you in their database as having successfully completed the online material. After you have completed this course you will be given the option to print out a personalized certificate of completion (It is suggested that this certificate be printed out in pdf format, otherwise your name may not appear on this certificate).

The **SECOND APPROVED OPTION** is through the Center for Disease Control and their Prevention Heads Up Concussion in Youth Sports Online training program, which is at http://www.cdc.gov/concussion/HeadsUp/online_training.html. Click on the online training course button to begin your training. After successfully completing the online training, you will be offered an opportunity to print out a personalized "certificate of completion". FYI - this option does not keep a record of your completing this training.

After completing either the **FIRST OR SECOND APPROVED OPTION**, you will need to print out your personalized "certificate of completion" and keep a copy with you at ALL SAY related functions (especially referees, as you may be required to show your personalized certificate to the appropriate SAY authorities prior to being allowed to officiate any games).

STEP 2: The second portion of the SAY National Concussion policy is the Removal-From and Return-to-Play procedure. Any athlete exhibiting signs and symptoms of concussion either during a practice or during a game **MUST** be immediately removed. This athlete **MAY NOT** return to play nor participate in any SAY activity on the same day that he or she has been removed (even if a written medical clearance is provided).

In addition, the athlete is not permitted to return to play or participate in any SAY activity until he or she has been assessed and received written clearance by a physician or by another licensed health care provider. A Return-to-Play form must be submitted to the coach prior to allowing the athlete to participate in any activity with the athlete's team, whether it be a practice or a game situation.

All of SAY's member Areas and Districts are responsible to monitor and track their coaches and referees with regard to their individual compliance with this policy. For those SAY members playing spring seasons, this policy must be implemented with the coaches and referees having completed their mandated online training prior to April 26, 2013. Those SAY members operating a fall season program must have their coaches and referees complete their individual online training prior to starting practices.

Listed at <http://www.saysoccer.org/concussionpolicy.aspx> you will find helpful links regarding signs and symptoms of concussion, a parent's education form, a possible concussion notification form, and a Return-to-Play form.

Code of Ethics Pledge for Coach

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 - a. obtain agreement from the opposing coach on cancellation and the time and place to reschedule the game.
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Coach Signature

Date

Community

Age Division

**** Please return this signed page to your local Community Coordinator.**

