

# Sandpoint Rec League Coach To Do List

## After Coaches Meeting

- Review the materials/resources distributed at the coach meeting.
- Learn all the rules that apply to your age group.
- Attend coach training clinic.
- Call players/parents to introduce yourself and invite them to first practice/parent meeting.

## Parent Meeting

- Easiest is have parent meeting at the beginning of the team's first practice.
- Recommendations for the parent meeting,
  - Introduce yourself- Summarize your background and coaching philosophy
  - Explain Rec League's philosophy
  - Review Code of Conduct
  - Communicate expectations of players/parents .
    - Players arriving on time to practices and games
    - Parents refraining from coaching players during games
    - Players/parents bringing snacks to games
    - Recruit volunteer team manager and/or assistant coach.
      - Duties can Include: making phone calls, assigning-snack and drink schedule, coaching when head coach cannot attend, assisting with refereeing if necessary
  - Distribute the following information
    - Schedule of practices and games
    - Team contact information
    - Code of Conduct
    - Any other material provided by Rec League
  - Ask for questions from parents

## Practices

- Plan your team's practice schedule and reserve field space per Rec League instructions.
- Team practices -are ONLY allowed on school district fields. If Rec League practices are canceled, the team is NOT allowed to practice on that day.
- The following table shows the recommended frequency and duration of the practices based on the age group.
- Teams are not allowed to practice more than the maximum frequency/duration indicated.

Division	Practices Per Week	Duration
U5-6	1	30-45 min
U7-8	1	45-60 min
U9-10	2	45-60 min
U11-12	2	60-90 min
U13-18	2	60-90 min

- Players should bring a ball, water, and shin guards to each practice.
- Coach and players should be punctual
- Create a fun and safe learning environment.
- Give players positive feedback.

### Games

- Have players arrive 15 - 20 minutes early.
- Before the game
  - Recruit volunteer for referee, if necessary
  - Have goalkeeper jersey and game ball ready
    - DO NOT USE Sandpoint Rec League referee shirts as goalkeeper Jerseys
  - Warm up players
  - Ensure players are properly dressed
  - Announce starting line up
- During the game
  - Substitute players before they are tired
  - Every player should play at least half of the game
  - Have players play all positions, especially at the younger ages
  - Avoid over-coaching, allow players to play the game
  - Do not run up the score
    - Allow other team additional players on the field
    - Remove players from your team off the field
    - Impose challenges to your team players must make passes before they can shoot
    - Move strong players back to goalkeeper or defense
- Halftime
  - Allow players to sit, rest, and drink fluids
  - Ask players how they are doing
  - Give positive feedback
  - Give simple, limited instructions for the second half
  - Announce starting lineup
- After the game
  - Perform cheer for the opposing team and shake their hands.
  - Thank the referee and shake their hand
  - Have a quick team meeting avoiding negative feedback and over analysis

- Collect goalkeeper jersey and game ball
- Pick up trash on the sidelines

## Program Rules and Guidelines

### Players, Coaches and Parents

- Each player should play at least ½ of each game.
- Only players who are registered will be allowed to participate in games, and players may only play for their designated team (except as provided below).
- Violations may result in an automatic forfeiture for the offending team and/or disqualification of the offending player, coach, or team from the game or tournament.
- In the event that a team cannot field enough players, the team will forfeit the game. However, under this scenario coaches are encouraged to do one of the following and play the game anyway:
  - Playing smaller-sided, e.g., if the format is 8v8 but one team has 7 players, play 7v7.
  - Opposing teams may allow their players to guest play with the other team, with the option to rotate the players at half time.
  - Inviting registered guest players to supplement the team that is short on players. Guest players must be currently registered players within the same division. The number of guest players allowed is limited to bring the total numbers of players to field the number of players on the field plus one sub. This option is not allowed during any tournament games.
- Coaches are responsible for ensuring that their players and parents adhere to the Rec League Code of Conduct.
- Parents/Fans should remain on the side of the field opposite of the teams and at least 3 feet off the field at all times.

### Player Equipment

- Shin guards are mandatory and must be covered by socks or pants. Players may not play without shin guards. This includes both games and practices.
- Soccer shoes are recommended, but players may play in tennis shoes. Shoes with spikes or toe cleats are not allowed, Shoes with screw-in cleats may not have exposed metal.
- Players may not wear jewelry, including, but not limited to, watches, bracelets, rings, and earrings.
- Head coverings
  - Only goalkeepers may wear baseball hats.
  - Players may wear beanies or stocking hats (without hard bills) for warmth.
  - Players may wear protective headgear that is specially designed for soccer.
- Casts, Braces, etc.

- Casts must be adequately padded and covered so as not to pose a safety risk to other players. Braces must not have any exposed metal or other material that would pose a safety risk to other players. Players wearing casts or braces must have written permission to play from a medical doctor/primary care physician.
- Players must wear jerseys provided to them by the league.
  - Goalkeepers must wear a jersey that is a different color than both teams' jerseys.
  - Practice pinnies are acceptable

### Format

Division	Players on Field*	Duration	Ball Size	Goalkeepers	Throw-in	Fouls	Offside
U5-6	4	8 min (4x)	3	No	No	Indirect	No
U7-8	5	12 min (4x)	3	Yes	Yes	Indirect	No
U9-10	6	25 min (2x)	4	Yes	Yes	Direct/Indirect	No
U11-12	8	30 min (2x)	4	Yes	Yes	Direct/Indirect	Yes
U13-18	8	30 min (2x)	5	Yes	Yes	Direct/Indirect	Yes

\* Per team, may vary based on the number of registered players in each age group. There are no time-outs. The referee may, at her/his discretion, stop time for injuries or other delays of play.

### Game

- Games will only be canceled due to unplayable field conditions or lightning. Game cancellations will be announced on the Sandpoint Soccer Association registration site application used (ie TeamSideline or Playmetrics) and sent out via email.
- Putting the Ball Into Play
  - Start of the Game / After a Goal
    - A kickoff is the method of restarting play at the beginning of both halves and whenever a goal is scored. The team that did not kick off to start the 1st half kicks off to start the 2nd half.
    - Play begins after the referee's whistle.
    - Members of the team with the kickoff may stand anywhere behind the midfield line. Members of the opposing team must stand outside the center circle and behind the midfield line.
    - The ball is in play once it is touched or kicked forward by a player on the team kicking off.
    - The first player to touch the ball cannot touch it again until another player has touched it.
  - Throw-ins

- U5-6: No throw-ins. When the whole ball crosses a sideline, the team that did not touch the ball last restarts play with a kick-in.
  - U7-18: When the whole ball crosses a sideline, the team that did not touch the ball last restarts play with a throw-in.
    - The ball must come from behind the head with both hands on the ball. Both feet must be touching the ground at the time the ball is released.
    - Both feet must also be on or behind the touch line. The thrower may not touch the ball until another player has touched it.
- Goal Kicks
  - When the whole ball completely crosses the goal line and a member of the attacking team touched it last; the defending team restarts play with a goal kick.
  - The ball may be placed anywhere inside the goal area. Players on the attacking team may not stand inside the penalty area.
  - After the ball is kicked, no player may touch the ball until it leaves the penalty area. Any infraction of this will result in retaking the goal kick.
- Corner Kicks
  - When the whole ball completely crosses the goal line and a member of the defending team touches it last, the attacking team restarts play with a corner kick.
  - The ball must be placed inside the arc at the corner of the field.
  - The player that takes the kick may not touch the ball until another player has touched it.
- Free Kicks
  - U5-8: All free kicks are Indirect.
  - U9-18: Type of free kick depends on infraction.
- Penalty Kicks
  - U5-8: Not applicable
  - U9-18: Applicable
- U15-18 Modified Rule for Goal Kicks and Goalie Drop Kicks
  - A goalie's drop kick may not cross the halfway line without touching the ground or a player. The penalty for this infraction is an indirect free kick to the opposing team at the point the ball crossed the halfway line.
  - There is only one exception: If a goal is scored directly from a goalie drop kick, the goal will be allowed and the game will be restarted with a kickoff for the opposing team.
- U7-12: Goalie Drop Kicks and Goal Kicks
  - Two broken lines shall be placed on the fields used by the U7-12 divisions.
    - U7-8: The broken lines shall be 22.5' from the halfway line.
    - U9-12 The broken lines shall be 30' from the halfway line.

- U7-U12 If the GK has the ball in their possession (in their hands), the defending team must retreat behind the third line. Defending team may not cross the line until another player besides the GK, touches the ball. The ball is live after a player touches it or the ball crosses the line, touched or not by another player. GK may set the ball to the ground and play from their feet inside the Goal box, uncontested. If the GK decides to dribble the ball out of the box on attack, then the third line rule is not in effect and live play can continue.
  - This rule Includes goal kicks, the defending team must retreat behind the third line.
  - If the GK decides to play the ball out quickly and does not give the defending team time to retreat behind the line then the third line rule is not in effect.
  - If the rule is not followed the ball is to be given back to the GK for a retake of the kick.
- U5-U12 Drop Kicks Disallowed
  - U12 and under there will be no drop kicks allowed. One warning and retake will be given and on the second offense the ball will be awarded to the opposing team with possession given to the goalkeeper.
- U5-U12 Heading the ball Disallowed
  - U12 and under may not head the ball. This will be reminded at the beginning of each game. If a player heads the ball with intent then the ball will be awarded to the opposing team with possession given to the goalkeeper.
- Scoring
  - A goal is scored when the whole ball goes over the goal line, under the crossbar, and between the goalposts.
- Substitutions
  - May be made only when the ball is out of play (throw-in, goal kick, kick off, injury, corner kick).
  - Must be made with the permission of the referee. Any player entering or leaving the field without the referee's permission is subject to a yellow card.
  - Both teams may substitute at the same time.
  - If substitution is excessive, the referee can choose not to allow it.
  - Subs must be ready and waiting on the field halfway line prior to the ball being out of play to be considered for substitution. Subs may not enter the field of play until the player they are replacing has stepped off the field.
  - Players entering and leaving the field should do so near the field halfway line.
- Fouls and Misconduct
  - Direct Kicks
    - Fouls resulting in a direct kick for the opposing team include:
      - Kicking or attempting to kick an opponent.

- Tripping an opponent,
- Jumping at an opponent
- Charging an opponent,
- Striking or attempting to strike an opponent.
- Spitting at an opponent.
- Holding an opponent,
- Pushing an opponent.
- Intentionally handling the ball, (Goalkeepers may handle the ball inside the penalty box, except when the ball is intentionally passed to them by a teammate.)
- Direct kicks are taken from the point of the infraction (except when inside the penalty area). If the point of the infraction is within the penalty area it is a penalty kick.
- Indirect Kicks
  - Fouls resulting in an indirect kick for the opposing team include:
    - Offside.
    - Dangerous play (including high kicking near an opponent).
    - Obstructing an opponent.
    - Slide tackling (including slide kicking near other players).
    - Charging the goalkeeper
    - Goalkeepers handling the ball the ball after a teammate intentionally passes to them.
    - Goalkeepers holding the ball too long (6 seconds).
    - Indirect kicks are taken from the point of the infraction.
  - Indirect free kicks for the attacking team in the goal area will be taken from the goal area line, which runs parallel to the goal line, at the point nearest to the infraction.
  - The referee's arm is up on an indirect free kick.

## Tournament Rules

- U10-U14
  - This will be a single elimination tournament.
  - Each team is guaranteed one game each.
- If there's a tie after regulation the game will go into a shootout.
- Depending on the amount of teams in the age group byes may be given to the highest overall seed from league play. (3 points for a win, 1 for a tie, 0 for a loss during league)
- The schedule will be posted to TeamSideline one week before the tournament after the last regular season games are completed.
- Game times will be modified as well to fit all the games into one day (this too will be decided by the director). This will also allow for kids to have rest time between their games if they advance.

- All game results are FINAL. Please remember that we play for fun and for the kids.
- Tournament Game Format
  - U10 games are two 15 min halves with a 5 min halftime. Medals will be awarded for first-third place with fourth place receiving lanyards.
  - U12 games are two 20 min halves with 5 min half time. Medals will be awarded for first-third place with fourth place receiving lanyards.
  - U14 games are two 20 min halves with a 5 min half time. Medals will be awarded for first-third place with fourth place receiving lanyards.
- Games will start on time whether all players are there or not, so please have players show up early.
- The big scoreboards will be up on the sides of the fields so that coaches can keep track of progress.
- Borrowing players during the tournament is not allowed.
- This is a single elimination format. In case of a tie, the game will go directly into a shootout. Each team will choose 5 players on their team to shoot. If ties after all 5 players, it will go to sudden death (one for one). Players cannot reshoot until the whole team has taken a shot and this INCLUDES the goalkeeper.

## Sandpoint Rec League Code of Conduct

The Sandpoint Rec League is dedicated to providing a quality recreational youth soccer program that facilitates personal and athletic development for players of all skill levels in a safe, positive, and supportive environment. The purpose of the code of conduct is to provide players, coaches, and parents with standards and expectations that will foster such an environment

### Program Philosophy:

- The program is intended to help players develop soccer skills in a fun atmosphere.
- In addition to soccer skills: the program seeks to develop character, sportsmanship, and discipline in players.
- Player development and equal participation should take precedence over winning, even during the tournament.
- Players enjoy soccer the most when they are allowed to play without constant coaching from the sidelines.
- Players coaches parents and program officials share responsibility for creating the best possible environment for players

### Player, Coach, and Parent Expectations

- Demonstrate good sportsmanship. O

- Demonstrate respect towards referees. It is Important to support the referees, even if you do not agree with them Referees may submit reports of misconduct by players, coaches, or parents to program officials.
- Refrain from:
  - Using alcohol or using foul language at practice and game fields.
  - Bringing dogs to both the practice and game fields.
  - Leaving trash on the practice and game fields.
  - Parking on Division street and in front of mailboxes or driveways.

#### Player Expectations

- Play within the rules, Players who receive yellow cards must be substituted off the field for at least 5 minutes. Players who receive two yellow cards in one game must sit out for the remainder of the game.
- Have Fun.

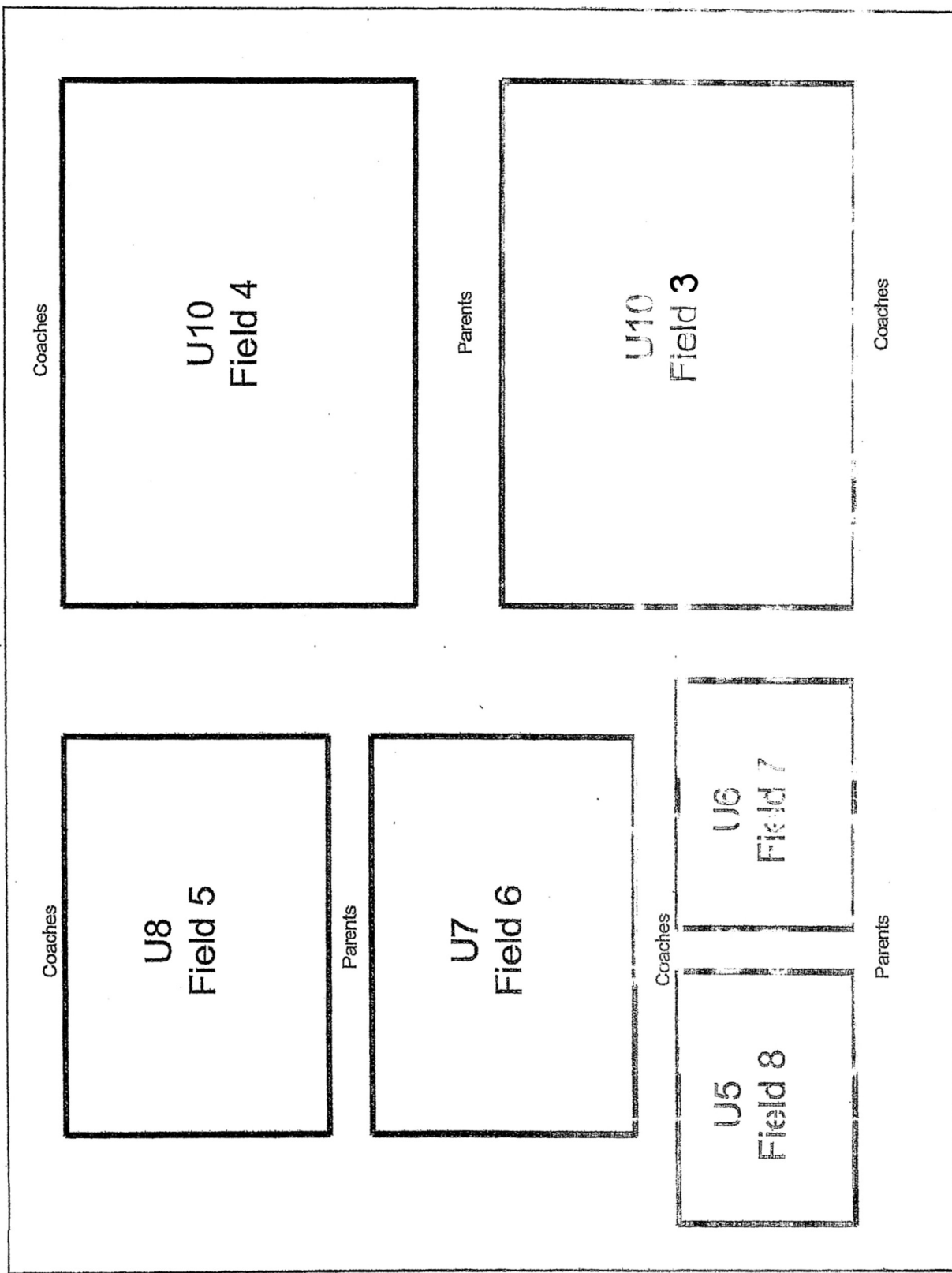
#### Coach Expectations:

- Promote playing within the rules.
- Play each player at least half of each game, including tournament games. Parents are encouraged to notify Rec League staff when players are not receiving adequate playing time.
- Instruct players during games when needed.
- Allow players to play through mistakes without criticism or immediate substitution.
- Control their team's players and parents during games. This includes preventing players and parents from yelling at or arguing with referees.

#### Parent (and other fans) Expectations:

- Sit on one side of the field while both teams sit on the other side of the field. Fans may not stand or sit behind the goals
- Support players and coaches in a positive manner

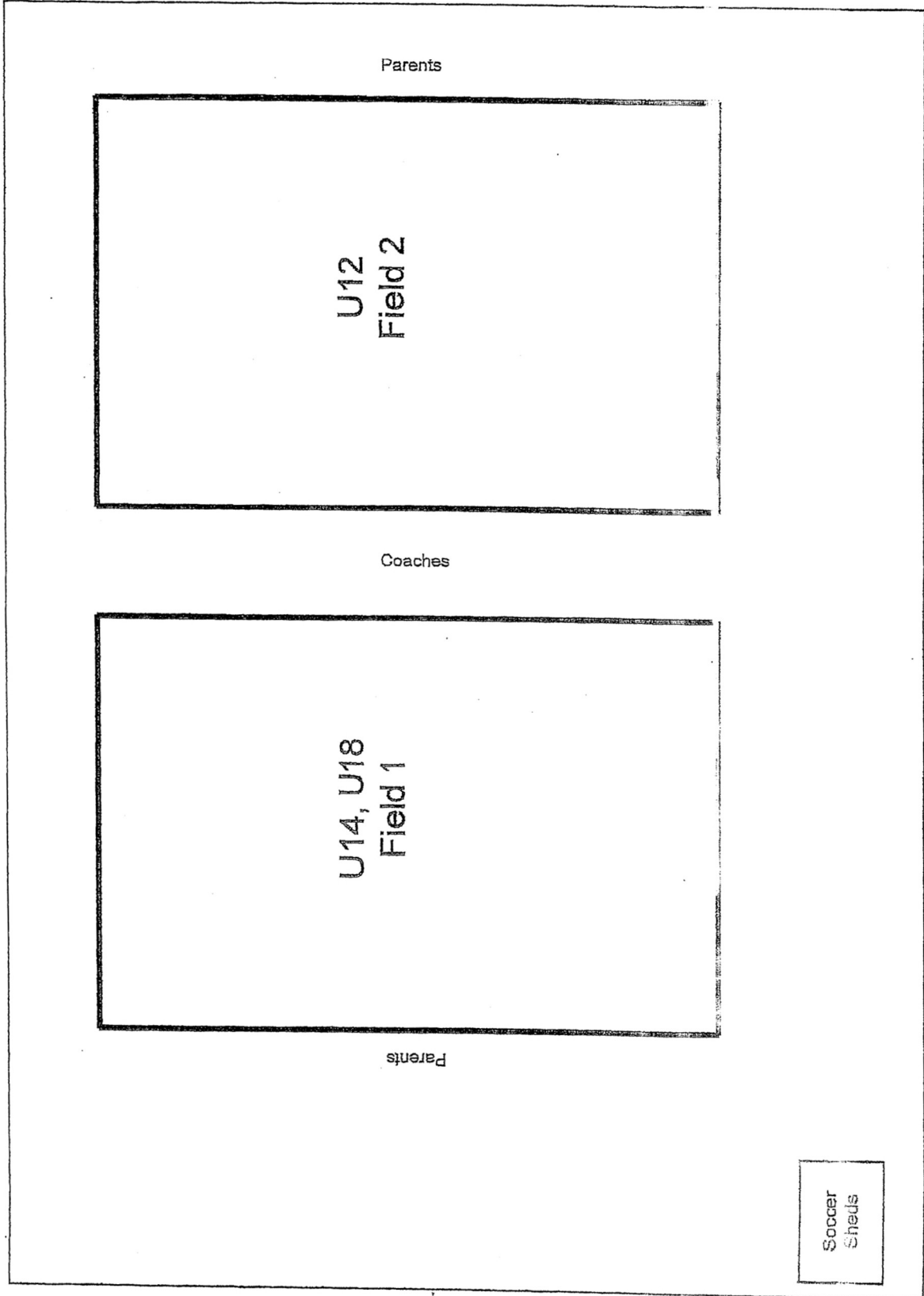
Division



Farmin School

Spruce

# Stidwell School



Spruce