

Regina East Zone Youth Soccer Association Inc. Coaches Information Package

Thank you for volunteering to coach your child's soccer team. Your involvement is the key to the league's success...

The 2010 Outdoor Season runs from **May 3rd, 2010 to June 20th, 2010**. The windup tournament is included within these dates and will take place on the weekend of June 19th and June 20th, accompanied by a family BBQ at Glencairn Recreation Centre.

The Annual General Meeting will take place on **June 10th, 2010 at 8:30 pm** at the Glencairn Recreation Centre. We encourage you and your team to use the website to find additional information about the league.

Please do the following ASAP:

- 1) **Please contact your team members as soon as possible.** They are eager to hear from you. Please provide a copy of the team list and schedule to every child on the team. Team names are pre-assigned to assist with scheduling.
- 2) **Please canvas the parents of the players and recruit one or more assistant coaches to help you manage the team.** Please let contact@rezysa.com know who your assistants are so we can ensure we have the correct contact info for your Team.
- 3) Review the Fair Play Code with your players and define your expectations as their coach.
- 4) Each Team is issued two or three sizes of shirts. Please match them to your player's size as best you can.

Important pre-season information:

Children must have shin guards (which must be covered by socks or sweatpants), REZYSA jersey and running shoes or rubber cleats. Jeans are prohibited and will **not be allowed** on the field.

To maintain the safety of all REZYSA Soccer players, absolutely **NO JEWELRY** is allowed – taping is not an acceptable option. **If the jewelry can't come off or the piercing can't come out – they cannot play.** Please reinforce this to your parents at your first meeting or when you call them to introduce yourself.

The games for all age categories take place from Monday to Friday. For U6 the games are scheduled for either a 6:00 PM or 7:00 PM time-slot. The first 10 minutes of the time slot are for practice, with the game starting promptly at either 6:10 PM or 7:10 PM. The games are composed of two 20-minute halves separated by a 5-minute half-time.

In the U8, U10, U12, and U14 age groups the games are scheduled for either a 6:00 PM or 7:15 PM time-slot. The first 15 minutes of the time slot are for practice, with the game starting promptly at either 6:15 PM or 7:30 PM. The games are composed of two 25-minute halves separated by a 5-minute half-time.

For U16/U18 the games are scheduled for either a 6:00 PM or 7:15 PM time-slot. The first 5 minutes of the time slot are for practice, with the game starting promptly at either

6:05 PM or 7:20 PM. The games are composed of two 30-minute halves separated by a 5-minute half-time.

If your game starts late, the “lost” time **must be taken off your time-slot - the next game must not be affected.**

Important game-day information:

Referees – The referees are an integral part of our sport and must be treated with respect at all times. All of our Referees are young people who are doing the job to the best of their ability. If you have either praise or a concern with the referee from a game, please record the number from the front of their shirt and email the specific information to refs@rezysa.com. Please treat them the way you would expect your own child to be treated when developing their skills at their first job. Abuse of the referees by coaches, players, parents or spectators will not be tolerated.

Late or missing Referees – if it is getting close to your scheduled game time and your referee has not yet arrived at the field, please call the referee coordinator so they can follow-up with the referee and attempt to get someone there for your game. You can contact your referee coordinators by calling Rick Wanner at 533-1812 or if he is not available, Idi Idem at 581-1656.

Reminder: No slide tackles are permitted. This does not mean that sliding to kick or block the ball is not permitted. Slides that result in contact with an opponent are not permitted.

Dangerous situation (i.e. rough play, etc.) - When a Coach believes there is immediate danger or a dangerous occurrence is imminent, the Coach may signal a time out to the Referee. When play has stopped, both Coaches and the Referee will meet at centre of the playing surface to discuss the issue. The referee will listen to all sides of the issue and come to a decision. The referee has final decision in all such matters. If the situation is not dealt with satisfactorily, please contact the REZYSA executive via the voicemail (525-6407) or by e-mail through our website at www.rezysa.com.

Illegal Players - Players who have not registered with REZYSA and who have not been assigned to your Team by the league are not permitted to play. Coaches need to consider that illegal players create a legal risk for both the Coach and the League. A Coach might think, I have an extra jersey, what does it hurt? Besides the legal considerations, Coaches should think about the message they are giving your Team. Cheating is ok or these players aren't good enough and I need to bring in better players so we can win. Is this really the message you want to send. Coaches who play illegal players will be subject to suspension. Most leagues use player cards and game sheets to curb this type of activity. This year we will be doing some random roster checks to evaluate the scale of this problem in our league. Teams will be penalized if players who are not registered on the team are caught playing.

Sportsmanship This is recreational soccer, and good sportsmanship should be an important part of the soccer experience. As a coach it is your responsibility to ensure that you, your players, and your fans display good sportsmanship at all times. One place where a coach has a significant control over sportsmanship is in the final score. In REZYSA scores are not used in standings. If you find yourself in a position where your team is dominating another team for whatever reason please consider how your team would feel if they were being beaten by a large score differential. If you encounter a

score differential of approximately five goals or more, then please use creative coaching to limit your team's score.

Upcoming Clinics

REZYSA Full Field Coaches Clinic, Tuesday April 27th at 7 PM in the boardroom at Core Ritchie. Please bring your running shoes and a water bottle, as this is an active clinic.

Saskatchewan Soccer offers the "Community Coach Youth" Program several times a year. To aid in communication, please provide us with your email address as Clinic dates will be advised by email and posted on our website.

Annual General Meeting

The Annual General Meeting will be held on **June 10th, 2010**. The meeting will take place at the Glencairn Recreation Centre, located on Dewdney Avenue East. The meeting will begin at 8:30 PM. We have implemented a few changes this season and we encourage your feedback on those changes.

In addition to general issues, the 2010 Outdoor Windup Tournament Schedules will be distributed at that time.

REZYSA Board Members Required

REZYSA is a volunteer run organization. Several of our long-time board members no longer have children playing in REZYSA, and will be retiring at the end of the outdoor season. Without replacements, the future of the league is in jeopardy. Because of this REZYSA is in need of a number of new board members to keep the league viable. We frequently hear the complaint that people do not have time to commit to REZYSA. But the fact is that the time commitment for most positions is 3 or 4 hours a month, and most of the work can be done from home in your spare time. If you are willing to help out, or require more information, please send an e-mail to contact@rezysa.com or step forward at the Annual General Meeting.

Game Cancellation

Games may be cancelled by:

1. The City of Regina – at about 3:00 pm daily a decision is made and the instruction is posted on:
 - www.regina.ca
 - www.rezysa.com
 - www.reginasoccer.com
2. The City of Regina – a City official may come out to a field and ask the teams to leave a field.
3. Referee – reasons to cancel a game:
 - a. Heavy rain or hail (playing in light rain is acceptable as long as the field conditions permit).

- b. Field unplayable due to field conditions such as large accumulations of water, muddy areas, etc.
- c. Excessive player slipping and falling due to wet conditions (this is a bigger issue for the younger groups where the players generally are not wearing cleats).
- d. Game becomes unplayable due to unruly players, coaches or parents.
- e. Lightning (use the following as reference)
 - Lightning is a severe hazard that must be viewed seriously. Everyone should immediately seek shelter any time they believe lightning threatens. Postpone or suspend activity if a thunderstorm appears imminent before or during a game or practice (irrespective of whether lightning is seen or thunder is heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.
 - a) Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches **thirty seconds** all individuals should be inside a safe structure.

Flash-to-Bang: to use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Dividing your count by five will determine the distance to the lightning flash (in miles).

- b) Athletes, team officials and spectators must immediately seek an appropriate safe shelter.
- c) Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, metal fences or light poles.
- d) Should you be caught in a lightning storm, assume the lightning safe position (crouch on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.

Frequently Asked Questions

1. I checked the website and it said field was playable but when I arrived it was cancelled?
 Some reasons why this happens:
 The field was unplayable – not all fields have adequate drainage.
 The early game was cancelled (see note #3 on page 3) and the referee(s) went home.
2. The referee cancels our game and I don't agree – what should I do?
 The proper procedure for the referee to cancel the game is as follows:
 The referee should call both coaches together and explain the reason for the cancellation. If you don't agree with the decision:
 - Don't argue with the referee – leave the field with your team.
 - Send an e-mail to refs@rezysa.com stating the following:

- i. age group, game time, date and field in question
 - ii. reason you believe the game should have been played
 - iii. what was the reaction of the other coach to the cancellation
3. Why doesn't someone from REZYSA phone me when my game is cancelled or I have a concern?
The people running REZYSA are all volunteers and in most cases also coaching. Some even coach two teams. The league typically has 1300 players on 100 teams with 200 coaches. Each team plays two games a week for seven weeks. That is about 1400 games not including the tournament. Logistically communication with you is our biggest challenge. It is not practical for the league to contact every player and parent.
4. The Regina Soccer Association reschedules games lost to weather, why doesn't REZYSA?
Games lost by RSA in May and June are rescheduled for July and August due to the lack of available fields in May and June. REZYSA does not have the option to extend our season as our mandate is to conclude games by the end of June each year. Beyond that the RSA has full time employees who are responsible for the rescheduling and consequently a considerably higher fee structure.
5. Why doesn't REZYSA refund money when games are cancelled?
The majority of your fees go to uniforms, equipment, trophies, referees and the year end tournament. Field rental is a small portion of your fee and is not rebated to us by the City of Regina. Coaches need to accept the fact that some games will be cancelled each year and that June is the month of the year in which Regina receives its most rainfall with an average nine (9) days with precipitation.

At the end of the 2006 season REZYSA met with the City of Regina to address our issues and it was agreed that REZYSA would be given the opportunity to schedule more time on the fields that have better drainage and thus are less susceptible to cancellation.

Disciplinary Procedure

The mandate of the Regina East Zone Youth Soccer Association (REZYSA) is to provide a safe and fun place to the children of East Regina to play recreational soccer. For this reason any incident which involves verbal or physical abuse of others, or shows disrespect for the League or its officers, League officials, or volunteers performing duties on behalf of the League are not tolerated. Such incidents are taken seriously and it is the position of the League that the consequences of such behaviour should be serious enough to reflect the extent to which it undermines the mission of the League.

Please refer to www.rezyasa.com/rules for more information and a copy of our disciplinary procedure.

Remember, the children are just out to have fun and play soccer.

Have a great season - above all, remember that children are playing soccer to have fun! The children MUST receive equal playing time and MUST be allowed to learn and play the game in a supportive atmosphere. Please adhere to the Coach's Fair Play Code.

Hygienic Precautions to deal with Blood in an Athletic Setting

1. Prevention Policies

- a) Prior to participation in a competition, any wounds, including abrasions or rashes on athletes, coaches and officials must be securely covered.
- b) If a bleeding injury occurs to any participant during the course of the competition, the individual must be removed from the competition until the bleeding has been stopped. The wound must be cleansed with an antiseptic solution and securely covered before the individual can re-enter the competition. **Note:** If an official is bleeding, the game shall be held up until that official is ready to resume, unless it appears that the delay will take too long, at which time another official may decide to continue the competition.
- c) Should blood appear on any part of a participant's uniform or protective equipment, which is exposed, to other participants, the uniform/equipment must be either removed or cleaned before participation can resume.
- d) If available the athlete must change into a uniform of a different number.
- e) If a jersey is unavailable the athlete will be permitted to wear a t-shirt or singlet preferably in the same color as the Team uniform.
- f) All equipment or playing surfaces that come in contact with blood should be cleaned with an antiseptic solution.

2. Recommended Practices:

- a) Any personnel dealing with body fluids or open wounds should wear rubber or latex gloves. Gloves should be disposed of and replaced after each individual treated.
- b) After treating a bloody wound or cleaning a bloodstained surface, gloves should be removed and hands washed with soapy water before continuing.
- c) Athletes should render first aid to themselves and cover their own wounds, whenever possible. It is also recommended that if possible, athletes clean up their own blood from equipment, uniforms and athletic surfaces.

Fair Play Code for Coaches

1. Soccer is a game for fun, participation and teamwork.
2. I will regard the rules of soccer as mutual agreements, the spirit or letter of which no one should try to evade or break.
3. I will treat the opposing team and spectators as honoured guests.
4. I will never question the official's judgment or honesty in public.
5. I will respect the official's decisions and I will encourage participants to do the same.
6. I will encourage the children to do their best. Winning is desirable, but winning at all cost defeats the purpose of the game.
7. I will be gracious when the team loses.
8. I will be generous when the team wins.
9. I will ensure every child gets equal playing time during each game.

Fair Play Code for Players

1. I will play the game for the game's sake.
2. I will be generous when we win.
3. I will be gracious when we lose.
4. I will obey the rules of the game.
5. I will work for the good of our team.
6. I will accept the decision of the officials with good grace.
7. I will believe in the honesty of my opponents.
8. I will conduct myself with honour and dignity.
9. I will respect the efforts of my teammates and my opponents.

Outdoor Season - Mini Soccer Basic Rules Under 6, Under 8 and Under 10

1. The size of the field is approximately 20 meters by 40 meters for the Under 6 and Under 8. The Under 10 field size is approximately 30 meters by 60 meters. Size 3 balls will be used for the Under 6 and size 4 balls for the Under 8 and Under 10.
2. The goal crease area is approximately 3 meters by 6 meters wide. Mark the goal crease area with the spray paint provided.
3. In U6 and U8, no player other than the defending goalkeeper will be allowed in the goal crease. An infraction will result in a goal kick for an offensive team infraction and an indirect kick for a defensive team infraction. For U10, players of both teams are permitted in the crease area. Reasonable effort must be made to avoid contact with the goalkeeper.
4. Goals cannot be scored from an indirect kick unless the ball is touched by another player before entering the goal.
5. Goal kicks are taken from either corner of the goal crease.
6. All players must wear shin guards and shall not wear jewelry of any kind or anything that is dangerous to other players. While hats are permitted, hats with stiff brims or any other attachments which may be dangerous to the player or other players (such as buttons) are not allowed on the field.
7. There are 7 players on the field at a time, including the goalie. The goalkeeper will wear a different coloured shirt or a pinney.
8. All players will receive equal playing time. Unlimited substitutions are allowed only during stoppages in play. Substitutions will enter the field at centre field.
9. For Under-6, the games will be 10 minutes practice, followed by 2 – 20 minutes halves with a 5 minute break at half time. For Under-8 and Under-10, the games will be 15 minutes practice, followed by 2 – 25 minutes halves with a 5 minute break at half time.
10. No parents are allowed behind the goal area. Parents are required to stay on the opposite side of the field from the player's bench.
11. Under-6 games will have one referee, with one coach from each team allowed on the field to assist in basic skill development. All other levels will be refereed but coaches are not permitted on the field during game play.
12. The normal throw in rule will apply. The ball must be thrown from behind head with both hands and with both feet on the ground. One re-throw will be allowed if not done properly.
13. Penalty kicks will be taken from a spot 6 meters directly in front of the goal. The goalie must have both feet on the goal line and the shooter may take a running kick.
14. Pylons should be placed along the sides of the field at midfield, on the corners of the field at the goal line, and half way between midfield and the corners along the sides of the field.
15. The referee should explain infractions to the players. Remember that the referees are young and are trying to do their best.

NOTE: REZYSA reserves the right to modify rules to suit local conditions.

Outdoor Season - Full Field Basic Rules Under 12, Under 14 & Under 18

1. The size of the field is approximately 90 –120 meters by 45-60 meters. Size 5 balls will be used by all age categories.
2. All players must wear shin guards and shall not wear jewelry of any kind or anything that is dangerous to other players. While hats are permitted, hats with stiff brims or any other attachments which may be dangerous to the player or other players (such as buttons) are not allowed on the field.
3. There are 11 players on the field at a time, including the goalie. The goalie will wear a different coloured shirt or a pinney.
4. All players will receive equal playing time. Unlimited substitutions are allowed only during stoppages in play. Substitutions will enter the field at centre field.
5. Under-12 and Under-14 games are 15 minutes practice followed by 2 – 25 minute halves with a 5 minute break at half time. U16/U18 games are 5 minutes warm-up followed by 2 – 30 minutes halves with a 5 minutes break at half time.
6. No parents are allowed behind the goal area. Parents are required to stay on the opposite side of the field from the players' bench.
7. Games will have two referees.
8. The normal throw in rule will apply. The ball must be thrown from behind head with both hands and with both feet on the ground. One re-throw will be allowed if not done properly.
9. Penalty kicks will be taken from a spot 10 meters directly in front of the goal. The goalie must have both feet on the goal line and the shooter may take a running kick.
10. Pylons should be placed along the sides of the field at midfield, on the corners of the field at the goal line, and half way between midfield and the corners along the sides of the field.
11. The referee should explain infractions to the players. Remember that the referees are young and are trying to do their best.

NOTE: REZYSA reserves the right to modify rules to suit local conditions.

Notes
