



SCHUYLERVILLE YOUTH SOCCER PROGRAMS

PARENT AND COACH HANDBOOK

2016 Version

YOUTH SOCCER PROGRAMS

2016 HANDBOOK

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1. ORGANIZATION OVERVIEW

The Schuylerville Youth Soccer Programs are a division of the Old Saratoga Athletic Association. The program has a commissioner as a member of the OSAA board. The OSAA is a not for profit organization and all of its board members are volunteers. All proceeds collected from various fees are used for enrollment, referee fees, memberships, uniforms, and maintenance of equipment. This program will be managed by the commissioner with the help of volunteers. These committees of volunteers are as follows: Field Maintenance, Events, Uniforms/Apparel, Referee Training and scheduling, etc. These committees will communicate regularly with the commissioner with respect to their specific roles.

2. SOCCER PROGRAMS

Outdoor Fall Recreation-This program runs for consecutive 8 weeks and begins the Saturday after Labor Day. Divisions are as follows:

Under 6-Pre-K/Kind grades

Under 8-1st/2nd grades

Under 10-3/4 grades

Under 12-5/6 grades

This is a recreational program for players who are looking to have fun and learn the sport. It is meant to be a starting point for a player to decide if he/she would like to pursue the sport further.

3. COMMUNICATION

Soccer communication will be sent out through various channels. Mass emails from the OSAA soccer webpage will remain the primary method of sharing information. Parents are encouraged to check out www.osacolts.org to look for information. We will also provide information through the school (handouts) as well as signage regarding registration deadlines. Please take a moment when you register to verify your personal information for updates. Email and home/cell phone numbers should be checked for accuracy. We now offer easy Alert which offers text messages regarding changes.

4. ELIGIBILITY

Outdoor fall recreation- Grades Pre-K through 6th **OR** ages 4-12 on April 1st of the current year **AND** who reside in Schuylerville School District are eligible to participate.

5. LEAGUE STRUCTURE

Outdoor fall recreation- Games are held on Saturday mornings for eight consecutive weeks starting around Labor Day and ending around Halloween. Games are held at Schuyler Park. Practices are held by the coach/assistant coach. They typically begin the first week in September and can be held at various locations (SCS School, Terrill Hills, Fort Hardy Park, etc). The times, duration, and frequency of these practices are held at your coaches discretion.

6. REGISTRATIONS

DEADLINES:

Outdoor deadline is July 25th.

Online registrations for these programs are available at www.osacolts.org . Late registrations are accepted with a \$25 fee up to August 15th. Parents are encouraged to utilize our easy online registration process. Payment by credit/debit cards is accepted online. In-person registration forms will be available to print online and will be available that day. There will be only one in-person registration date available. These dates will be your only opportunity to make a payment with a check.

7. FEES

The cost per player will vary each year. Changes are due to increased facility fees, pricing for uniforms, ref fees, and updating field supplies. Every effort is taken not to overcharge.

Outdoor- \$60.00 (\$20 late fee after 8/3)

*A multi-player discount of \$5/child will be applied for a second child registering together in a session during our Fall season.

*Refunds will be given if requested in writing with an explanation of the withdrawal early in the season or in the event of injury.

8. COACHING

Parents interested in coaching/assistant coaching are asked to sign-up like the players early at www.osacolts.org . Each team must have at least one coach and one assistant coach. Coaches will be required to attend a coaching clinic TBD for a better understanding of the game and rules. Further information will be shared by the commissioner. It is important that if you plan to coach, you must sign-up online or contact the commissioner via email so we coordinate teams. The OSAA Board now requires that any coach or assistant coach agree to a background check and concussion training. There will be no fees involved with this and it will be kept confidential. Many times coaches and assistant coaches prefer to work on the same team together. It is required that your request be made online during the registration process or email the commissioner. Every effort will be made to accept each request but if coaches are still needed, we may be forced to separate coaches.

9. VOLUNTEERISM

Our organization is driven solely by the parents of our players, and by members of our community. We rely on each and every one of you to participate in your children's activities so we can provide the best environment for them to improve as athletes. Our job is to make sure they grow as players while having fun. It is suggested during registration that you select a role with which you feel you can contribute to our programs. Each family should choose at least one role they are committed to participate in. We have a variety of duties to be filled as well as committees that are vital to the

continued growth of this program. We continue to try to avoid mandatory fundraising, and fees to families who do not volunteer. However, if we do not fulfill the necessary number of volunteers we need to manage this sport, we will be forced to increase fees to offset the cost of paying outsourced “helpers”. Please spare a few hours of your time and make this program better for our community.

10. DRAFT NIGHT/TEAM SELECTION/COACHES MEETING

Draft night is typically held in July/August. All coaches are required to attend. Coaches will select an assistant coach as well as a team of boys and girls. Previous players are selected based on grade (mixed groups), gender, and soccer ranking. Every effort is made to not “stack” teams and distribute evenly amongst the coaches. If a parent is interested in requesting a coach, they should try to contact that coach prior to draft night. Team selection is final at draft night unless a commissioner(s) is contacted with a legitimate reason for a trade by parents/coaches. If approved, both coaches must agree to the change. We can no longer accept requests for players to be on the same team, our program has become too large. This includes transportation. At times, a player exceeds expectations and may be allowed to play up a level. This is handled on a player to player basis and must meet the criteria decided by the commissioner. There is no guarantee that a player who has played up in previous years will do so again.

11. EQUIPMENT/UNIFORMS

It is mandatory that all players wear shin guards and cleats during outdoor soccer. If a player arrives without these items, he/she will not be permitted to play. We also suggest each player brings a filled water bottle labeled with a name to games and practices.

All players will be provided with a uniform. Coaches will hand them out prior to the first game. Team shirt/shorts/socks will be provided for fall programs. It is required that all players wear the team uniform to all games. We understand that as the fall season nears an end, it can be very cold in the morning. It is acceptable to wear black pants instead of shorts but shin guards must be worn. You may also layer under the team shirt but it cannot be covered during game play. The referees must be able to see the color uniform for fair play.

12. FIELDS

The following fields are acceptable for practices: Terrill Hills, SCS School, and Fort Hardy (shared with football). Schuyler Park is the location for all games outdoors. It is the choice of your coach as to when and where to host practices. No private residences.

13. SCHEDULES/PRACTICES

Game schedules will be delivered to coaches following draft night near Labor Day. A preliminary schedule will be released to the coaches 2 weeks prior to the final schedule being released to all players. If you happen to be given the preliminary schedule, DO

NOT review it, it will likely change. You will also receive a game schedule and practice times from your coach. Game schedules will be posted on our website once finalized. Practice recommendations are as follows: Pre K/Kind, are once per week, 1st/2nd are once per week, 3/4th -twice per week, 5/6th –twice per week.

14. GAME CANCELLATIONS

In the event of bad weather, games will be cancelled by 730am on Saturday and coaches will be notified via email. Practices may be cancelled by your coaches and you will be notified by them.

15. CONDUCT-Be a good Role Model!

1. Coaches may not come on the field (or step on the lines) during the game except with the referee's permission or an injury.
2. There should be no yelling between a coach and the other team during the game.
3. Coaches & spectators must stand on the sidelines & cannot stand behind the goal.
4. Positive encouragement and instruction of your players from the sidelines is allowed. Negative criticism, hostility, abuse or anger are things you should not do.
5. Never criticize the referee. It is a tough job. If a mistake is made, talk to the referee. Remember, you must set the standard for behavior. It is good to thank the referee after the game. Remember our referees are KIDS too!
6. Do not tolerate rude or disrespectful behavior from players or they're parents.
7. Positive encouragement is good; negative comments are bad.
8. Cheering is good, but do not yell at your child or anyone else's child during the game, it can be distracting.
9. Be careful not to say anything that might be taken the wrong way or hurt someone's feelings. Remember: this is for fun & these are children.
10. Do not yell at the referees or say anything bad to or about the other team. Never boo the other team or cheer when they make a mistake.
11. Encourage Learning & Tolerate Mistakes
12. If you need to speak with your coach about something upsetting, please contact him/her to discuss it privately at a later time.
13. Injuries should be reported to your coach or the commissioner(s) within 24 hours.
14. Have Fun
15. Safety First

16. RULES

OSAA Youth Soccer follows the FIFA, US Youth Soccer, and Capital District Youth Soccer League organizations rules and regulations. They are provided based on age level and can vary year to year.

SCHUYLERVILLE YOUTH SOCCER RECREATIONAL OUTDOOR RULES
UNDER 6-(PRE-K/KINDERGARTEN LEAGUE) (AGE 4 ON APR 1)

THE FIELD: LENGTH: MIN 40 YARDS MAX 50 YARDS

WIDTH: MIN 20 YARDS MAX 30 YARDS

BALL SIZE: #3

PLAYERS ON THE FIELD: 3 PLAYERS PER TEAM, NO GOALIES

SCORING: NO SCORE KEPT

SUBSTITUTIONS: EVERY THREE MINUTES (APPROX)

GAME LENGTH: 2-15 MINUTE HALVES WITH 2-5 MINUTE BREAK BETWEEN HALVES

TEAMS DO NOT CHANGE DIRECTION AT HALFTIME

RESTARTS: NO THROW INS, USE PLAYER KICK INS FOR OUT OF BOUNDS

KEEP THE BALL GOING AND IN PLAY, DO NOT CALL EVERY OUT OF BOUND

CORNER KICKS: DEFENSE KICKS BALL OVER END LINE, OFFENSE HAS BALL

GOAL KICKS: OFFENSE KICKS BALL OVER END LINE, DEFENSE HAS BALL

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM
MOVES BACK 10 YARDS

PENALTIES: NO PENALTIES CALLED BUT DISCUSSED

INDIRECT KICK: N/A

OFFSIDES: N/A

HEADING: N/A

SCHUYLERVILLE YOUTH SOCCER RECREATIONAL OUTDOOR RULES
UNDER 8-(FIRST GRADE AND SECOND GRADE LEAGUE)

THE FIELD: LENGTH: MIN 40 YARDS MAX 50 YARDS

WIDTH: MIN 20 YARDS MAX 30 YARDS

BALL SIZE: #3

PLAYERS ON THE FIELD: 4 PLAYERS PER TEAM, NO GOALIES

SCORING: NO SCORE KEPT

SUBSTITUTIONS: EVERY THREE MINUTES (APPROX)

GAME LENGTH: 48 MINUTES (FOUR 12 MINUTE QUARTERS WITH 2 MINUTE BREAKS

BETWEEN QUARTERS AND A 5 MINUTE HALF TIME) TEAMS SWITCH SIDES AT THE HALF.

RESTARTS: NO THROW INS, USE PLAYER KICK INS

KEEP THE BALL GOING AND IN PLAY, CALL OUT OF BOUNDS

CORNER KICKS: DEFENSE KICKS BALL OVER END LINE, OFFENSE TAKES KICK IN

GOAL KICKS: OFFENSE KICKS BALL OVER END LINE, DEFENSE TAKES GOAL KICK

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM MOVES BACK 10 YARDS

PENALTIES: NOT CALLED BUT DISCUSSED

INDIRECT KICK: N/A

OFFSIDES: N/A

HEADING: N/A

SCHUYLERVILLE YOUTH SOCCER RECREATIONAL OUTDOOR RULES
UNDER 10-(THIRD AND FOURTH GRADE LEAGUE)

THE FIELD: LENGTH: MIN 55 YARDS MAX 65 YARDS

WIDTH: MIN 35 YARDS MAX 45 YARDS

BALL SIZE: #4

PLAYERS ON THE FIELD: 6 PLAYERS PER TEAM INCLUDES A GOALIE

SCORING: SCORE KEPT

SUBSTITUTIONS: ON WHISTLE-KEEP IT EVEN

GAME LENGTH: 50 MINUTES (TWO 25 MINUTE HALVES AND A 5 MINUTE HALF TIME)

TEAMS SWITCH SIDES AT THE HALF.

RESTARTS: THROW INS USED (1 WARNING GIVEN DURING FIRST 2 WEEKS OF PLAY FOR IMPROPER) KEEP THE BALL GOING AND IN PLAY

CORNER KICKS: DEFENSE KICKS OVER END LINE, OFFENSE KICKS FROM CORNER, OPPONENTS REMAIN 4 YARDS AWAY

GOAL KICKS: OFFENSE KICKS BALL OVER END LINE, GOALIE TAKES GOAL KICK, NO PUNTING, DEFENSE MUST GO TO BUILD OUT LINE (TOP OF ARCH CENTER CIRCLE ON KEEPER SIDE), THIS APPLIES FOR EVERY TIME GOALIE KICKS, THROW INS PREFERRED

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM MOVES BACK 10 YARDS

PENALTIES: HANDBALL, TRIPPING, PUSHING, ETC RESULTS IN INDIRECT KICK FROM THAT POINT.

INDIRECT KICK: THE BALL MUST BE PASSED OR TOUCHED BY ANOTHER BEFORE GOING IN GOAL. DEFENSE PLAYERS MUST STAY 10 YARDS BACK.

DIRECT OR PENALTY KICK: THE BALL MAY BE PLAYED OR SHOT ON GOAL, DEFENSE MUST STAY 10 YARDS BACK. PENALTY KICKS ARE VIOLATIONS IN THE GOAL BOX.

OFFSIDES: MANAGED BY REF AND ENFORCED AFTER 2ND WEEK

GOALIE BALL: MAY USE HANDS IN BOX. **MAY NOT PUNT**, ROLL, OR THROW BALL OUT. CAN RUN WITH BALL IN BOX BUT FOR 6 SECONDS.

HEADING: NOT ALLOWED

SCHUYLERVILLE YOUTH SOCCER RECREATIONAL OUTDOOR RULES
UNDER 12-(FIFTH AND SIXTH GRADE LEAGUE)

THE FIELD: LENGTH: MIN 70 YARDS MAX 80 YARDS

WIDTH: MIN 40 YARDS MAX 50 YARDS

BALL SIZE: #4

PLAYERS ON THE FIELD: 8 PLAYERS PER TEAM INCLUDES A GOALIE

SCORING: SCORE KEPT

SUBSTITUTIONS: ON WHISTLE-KEEP IT EVEN

GAME LENGTH: 60 MINUTES (TWO 30 MINUTE HALVES AND A 5 MINUTE HALF TIME)

TEAMS SWITCH SIDES AT THE HALF.

RESTARTS: THROW INS USED AND ENFORCED

CORNER KICKS: DEFENDERS 4 YARDS AWAY

GOAL KICKS: TOP OF GOAL BOX

AFTER A GOAL: NORMAL KICKOFF. SCORING TEAM MOVES BACK 10 YARDS

PENALTIES: HANDBALL, TRIPPING, PUSHING, ETC RESULTS IN INDIRECT KICK FROM THAT POINT.

INDIRECT KICK: THE BALL MUST BE PASSED OR TOUCHED BY ANOTHER BEFORE GOING IN GOAL. DEFENSE PLAYERS MUST STAY 10 YARDS BACK.

DIRECT OR PENALTY KICK: THE BALL MAY BE PLAYED OR SHOT ON GOAL, DEFENSE MUST STAY 10 YARDS BACK. PENALTY KICKS ARE VIOLATIONS IN THE GOAL BOX.

OFFSIDES: MANAGED BY REF AND ENFORCED

GOALIE BALL: MAY USE HANDS IN BOX. MAY PUNT, ROLL, OR THROW BALL OUT. CAN RUN WITH BALL IN BOX BUT FOR 6 SECONDS.

HEADING: ALLOWED