



## **CHSS COACHES “POINT OF EMPHASIS”**

### **SECTION I: Overview:**

Thank you for volunteering your time!

You are the teams’ #1 mentor and are in a unique position to create a great soccer experience for your players and parents. As such, it is important that all our coaches provide positive instruction and encouragement to all players where they can learn the great game from both a physical (skills) and mental (focus, attitude, teamwork, sportsmanship) perspective. It is also important to maintain an open and friendly dialogue with your parents where you can address issues as they arise.

### **SECTION II: CHSS Policy & Coach Expectations Review:**

#### **1) Small-Sided Format**

- (8U) - 6v6 (Minimum number on team to play is 4 players)
- (10U) - 8v8 (Minimum number on team to play is 5 players)
- (12U) - 9v9 (Minimum number on team to play is 6 players)
- (14U) - 11v11 (Minimum number on team to play is 7 players)
- (16U & 19U) - 8v8 (Minimum number on team to play is 5 players)

#### **2) Soccer Ball Sizes:**

- 8U size 3
- 10U size 4
- 12U size 4
- 14U + size 5

#### **3) Game Times and Structure:**

- 8U (x4 quarters, 10 minutes each quarter, change sides every half)
- 10U (x4 quarters, 12 minutes each quarter, change sides every half)
- 12U (x2 halves, 30 minute halves, change sides every half)
- 14U (x4 quarters, 15 minutes each quarter, change sides every quarter)
- 16U & 19U (x4 quarters, 20 minutes each quarter, change sides every quarter)

#### **4) Official Rosters and Roster Checks:**

- Each coach will receive a final official signed roster
- A copy of your official team roster **MUST** be with the coach at ALL games
- Failure to show your roster at a roster check results in a game forfeit. Game will be played.
- If you have an illegal player on your team, the game will be an automatic forfeit. The illegal player may not play, but the game will be played.
- Coaches may **ONLY** request roster checks prior to the start of the game (kick-off). Referees may conduct roster checks at any point in the game...but not at the request of the coach.

#### **5) Shortening of Game Times:**

- All games need to be played to their full allotted times.
- Referees may shorten or cancel games within SAY policy or the Laws of the game at his/her discretion

#### **6) Lightning/Thunder Policy:**

- At either the sound of thunder OR sight of lightning, games will be immediately stopped and fields need to be cleared of all participants (coaches, players, referees and spectators)
- Games may be restarted 30 minutes after the last sound of thunder or sight of lightning. Fields equipped with lightning detectors - wait until the detector has sounded.

#### **7) Casts and Earrings:**

- Any player with a cast and/or any type of jewelry (earrings, rings, rubber bracelets, etc.) is not permitted to play. No exceptions. Knee braces, etc. (no metal showing) are allowed.

#### **8) 10U Level "Rules" Clarification:**

- Please note that pass-backs to the goalkeeper from players on his/her team are allowed at the 10U level. In addition, a goalkeeper, having released the ball into play, may touch the ball again with his/her hands before it has been touched or played by another player.

#### **9) Adding Players To Your Team Roster:**

- Coaches are not permitted to add any player to his/her team roster. Only players listed on your official roster may participate in practices and games.

### **10) Times Two Policy:**

- There must be at least two adults present (at least one certified coach) at every practice. This is a SAY National requirement that must be followed.

### **11) Number of Coaches Permitted on Sidelines During Matches:**

- Only one Head Coach and Two Assistant Coaches are permitted on the coaches sideline during matches. If there are more than 3 coaches on the coaches sideline, the referee's are required to remove any additional coaches.

### **12) Rescheduling Games:**

- Coaches **are not permitted** to re-schedule games. Games can only be re-scheduled by your District soccer organization due to weather or if you do not have the minimum number of players required due to a sanctioned school or religious event.

### **13) Game Management:**

- Encourage good sportsmanship from your players and demonstrate it via your own conduct.
- Greet the other coach and praise the efforts of players on both teams.
- Read and understand the laws of the game.
- Shouting and/or yelling at players is not permitted. Abusive/aggressive language will not be tolerated and will result in a caution (yellow card). Positive instruction only please!
- A maximum of three coaches are permitted on the sidelines at any time.
- Coaches are not permitted on the field during game time without permission from the referee.
- Coaches must stay between the half-way line and 18 yard line (outside of the penalty box) during games
- Every player **MUST** play a minimum of half the game (2 quarters).
- Referee calls are not to be questioned in a dissenting manner during game time. Any questions or clarifications may be addressed respectfully between quarters or at the end of the game.
- If there are any spectator issues, referees are instructed to work through the coach to bring these to resolution. Refusing to do so will result in a caution (yellow card) and potential send-off (red card).
- A player who has been issued with a red card (send off) needs to leave the field and is not permitted to participate in the rest of the game. The player also receives an automatic one game suspension. Importantly, that player must stay with his/her team on the bench. The team will need to play "short" for the rest of the game.