

Central Minnesota Youth Soccer Association

Competitive (Travel) Program Handbook

WHAT IS CMYSA?

The Central Minnesota Youth Soccer Association is an educational, non-profit organization formed to promote, foster, and perpetuate the game of soccer for players pre-kindergarten through high school age. The Central Minnesota Youth Soccer Association is a member of the Minnesota Youth Soccer Association. MYSA is affiliated with the United States Youth Soccer Association, Inc.; the United States Soccer Federation; the United States Olympic Committee, Inc.; and the Federation International de Football Association. It is currently funded through participation fees.

CMYSA is made up of the In-House Soccer Program and the Competitive (Travel) Program. Each is an independent, subsidiary operation under the auspices of the CMYSA board of directors organized by its own committee.

WHAT IS THE COMPETITIVE PROGRAM?

CMYSA is an “open club”. Teams are made up of players of like age, gender and skill level based on player assessments/tryouts. No preference for city, neighborhood, or school affiliation.

The Competitive Program is competitive in nature. Participation requires a major commitment from the player and the parents.

The Competitive Program emphasizes player development in a competitive atmosphere. Players should have mastered basic soccer skills and have a clear understanding of the game. Teams are formed as the result of the Tryout/Assessment process. CMYSA Competitive Teams compete in one of the following categories of the Minnesota Youth Soccer Association (MYSA) as defined by MYSA Bylaws:

1. MYSA League Team (U11-U19)
2. Tournament Only Team (U9-U10)

The Competitive Program is governed by its own Competitive Program Committee and is independently operated under the supervision of the Board of Directors. The Competitive Program Committee includes, but is not limited to: Competitive Director, Secretary, Registrar, Referee Director, and Director of Coaching.

COMPETITIVE MISSION

CMYSA seeks to field a sufficient number of competitive teams to provide age and skill appropriate opportunities for players wanting to advance their skill, knowledge, and passion for the game of soccer. CMYSA seeks to provide year round opportunities to train and play both within the association and outside the association.

U9-U10 ASSESSMENTS

Per MYSA guidelines, all players interested in playing competitive soccer are required to participate in the tryout/assessment for their age level. Competitive Tryouts/Assessments are for the following year's spring/summer teams.

U9 and U10 players interested in accelerating their training, playing against higher level competition, and making soccer a bigger commitment are invited to attend our Developmental Program Assessment.

Players will be assessed in three (3) ways:

- (1) technical skill and athleticism
- (2) play within small-sided games
- (3) mentality/attitude/coachability

Goalkeepers are not specifically assessed at this level.

Assessors will have college playing experience and/or be a USSF/NSCAA licensed coach and will be impartial to the players they are assessing. CMYSA will then come out with a final roster placement after the completion of the

. In addition to the data collected, CMYSA will use the following information:

- Coaches feedback from the season
- In season game evaluation

*If your player is unable to attend, you MUST still register for the assessments and your player will be assessed based on one or both of the points above.

U11-U17 TRYOUTS

Players will work through 90 minutes of soccer-related activities that transition from a simple warm up focused on technical ability and physical movement, to non-directional possession games, to directional games/scrimmage. Assessors are looking at players' athletic, technical, tactical, and mental attributes and abilities. Players ranked highest in these areas will be placed on the highest level team CMYSA offers at that age group.

Assessors will have college playing experience and/or be a USSF/NSCAA licensed coach and will be impartial to the players they are assessing. CMYSA will then come out with a final roster placement within two weeks of the tryout.

In addition to the tryout, CMYSA may use the following information:

- | | |
|--|---|
| -Coach's feedback from the season (Zoom Reports) | - Director of Coaching evaluation (if applicable) |
| | - In season game evaluation |

*Contact DOC, Becky McCabe, at becky@cmysa.org if you cannot attend. Due to numbers not allowing us to hold a competitively comparable make up tryout, there is no makeup tryout date.

**If your player is unable to attend, you MUST still register for the tryouts and your player will be assessed based on zoom reports, Director of Coaching evaluation (if applicable), and in season game evaluations.

Goalkeepers: Goalkeepers will have separate assessments from the field players. Each goalkeeper will come to their age group's tryout and will be assessed through drills for the first part of the tryout. The last part of the tryout will be an assessment in game situations. Players who play both goalkeeper and field will be seen at both positions during the tryout.

Goalkeeper Assessment Tools:

- | | |
|--|----------------------------|
| -Collapse dives based on time | -High balls saves/attempts |
| -Post to post clean catches | -Distribution |
| -Shot stopping based on saves/attempts | |

TEAM FORMATION & PLAYER NOTIFICATION

Team formation and player notification is expected to be completed within 2 weeks of the tryout for the U13-U17 teams and after the Fall Season for the U9-U12s. Players for each team will be selected at a Team Formation Meeting attended only by invited coaches, evaluators, and CMYSA Travel Committee members.

Players will be notified via team postings on the CMYSA website. Players will be identified with their first initial and last name. Teams with identified coaches will make every effort to contact their players within 48 hours following the website notification.

Rosters are not final until all players have paid at least their first fee installment. Registration/Payment for the Competitive Program must be completed within 7 days of Website Notification. After 7 days, CMYSA may offer the roster spots to other eligible players.

The elevated teams will be filled first. If players who were invited to play on the elevated team do not register/pay before the deadline, the highest scoring players based on position needed from the non-elevated (second team) will be invited to up. Because of this, the non-elevated team's final roster may vary from what is initially announced on the website.

U18-19 Teams

No tryouts will be held for this age group do to numbers. Players who fall under the U18-U19 age group will have a combined team that plays at the U19 level. Rosters will be filled with the first 18-22 players who register online for the team. CMYSA will field one boys team and one girls team.

ROSTER SIZE

U9-U10

Teams at this age must have at least 8 and no more than 12 players to register as a team.

U11-U12

Teams at this age must have at least 10 and no more than 14 players to register as a team.

U13-U15

Teams at this must have at least 14 and no more than 18 players to register as a team. The club president may grant over roster waivers for a maximum of two players. However, only 18 players may suit up for each game.

U16-19

Teams at these age levels must have at least 14 and no more than 22 registered players, with up to 18 players allowed to be checked in and participate in any one match. Club presidents may not grant over roster waivers. The Competitive Committee may grant over roster waivers after a review of a written request.

Over rostering will not be allowed at Classic 1. Over rostering is limited to the lowest division team at an age level.

PLAY UP POLICY

CMYSA discourages play ups in all but very special circumstances. Only players who are assessed in the top 25% of their current team AND the older team will be allowed to play up.

PLAYER REGISTRATION

Online registration and payment through the CMYSA website is required.

Registration for the Competitive Program is begun through the assessment/tryout process. A player who wishes to participate in competitive soccer must attend the tryouts. After evaluation, in accordance with the CMYSA Tryout Policy, the player may be offered a spot on a team. The player is then required to complete the online registration and pay the appropriate fees by the deadline set forth by CMYSA, usually \$50 after teams have been officially released. If a player registers after the deadline, and if there is enough space on the team still, a late fee will be assessed. As per MYSA rules, a player who applies for registration and pays any portion of the registration fee is considered bound to CMYSA for the playing season. Release of registered players to another program will follow MYSA procedure. No releases of players for a season will be approved after the official MYSA deadline unless there are extenuating circumstances, as described in MYSA rules.

REFUND POLICY

Once competitive registration fees have been paid in full, they are non-refundable.

Players unable to play due to extenuating circumstances such as a major player injury during the soccer season, family relocation or other circumstances which make it unreasonable for the player to play for their team, the family may appeal to the board in writing for a partial refund. Such refunds may not be more than 50% of fees paid.

If CMYSA is unable to accept a registration and/or place a player on a team, that player will receive a full refund of their registration fees. Tryout/Assessment fees are NOT a part of registration fees.

If a player has registered for a competitive team and is placed on a recreational team due to team size limitations, CMYSA will refund the difference between the competitive and recreational registration fees.

PLAYER TRANSFER OR RELEASE

Refer to MYSA Policy and Rules Manual. The transfer or release to another club will not be awarded after April 1 of the year and will follow MYSA policy.

NUMBER OF PLAYERS, LENGTH OF GAME, AND BALL SPECIFICATIONS

| Age | Players | Game Length | Ball Size |
|---------|----------------------|---------------|-----------|
| U9-U10 | 6v6 (including GK) | 25 min halves | 4 |
| U11-U12 | 8v8 (including GK) | 30 min halves | 4 |
| U13-U14 | 11v11 (including GK) | 35 min halves | 5 |
| U15-U16 | 11v11 (including GK) | 40 min halves | 5 |
| U17-U19 | 11v11 (including GK) | 45 min halves | 5 |

PLAYING TIME GUIDELINES

Playing time for Premier and Classic 1 teams will be determined at the coach's discretion.

Classic 2 and 3 coaches are required to give their players a minimum of one-third playing time available over the course of the season.

U9 and U10 players should have playing time equally shared each game. Coaches are encouraged to rotate their players through all positions over the course of the season. There should be no designated goalkeeper at these age levels, unless desired by the player.

Any player who misses a significant amount of practice time as defined by the coach can have their playing time in games reduced accordingly.

COMMUNICATION TREE

| If you are a: | You should call the: | With questions about: |
|---------------|----------------------|--|
| PARENT | Coach | <ul style="list-style-type: none"> • Coaching Philosophy • Training Sessions • Evaluations |
| | Team Manager | <ul style="list-style-type: none"> • Team Schedule & Fees • Field Locations • Uniforms |
| | Competitive Director | <ul style="list-style-type: none"> • CMYSA Registrations • PACT • Uniforms |
| | Director of Coaching | <ul style="list-style-type: none"> • Team Formation/Player Placement • Tryout Process • “Play Up” Situations • College Recruiting Questions • Coaching Issues Positive or Negative |
| PLAYER | Coach | <ul style="list-style-type: none"> • Player Expectations • Tactics • Performance • Playing Time • Game/Practice Attendance |
| COACH | Competitive Director | <ul style="list-style-type: none"> • Parent Issues • CMYSA/MYSA Forms & Policy Questions • League Playoffs • Tournament Registration • Coach Background Checks • Rosters and Team Contact Info • Player Additions • Uniforms • Player Passes • Game/Tournament Schedules |
| | Director of Coaching | <ul style="list-style-type: none"> • Player Issues • Coaching Philosophy • Session Plans • Coaching Education Courses • Strategy & Tactics |

| | | |
|--------------|----------------------|--|
| TEAM MANAGER | Competitive Director | <ul style="list-style-type: none"> • Parent Issues • CMYSA/MYSA Forms & Policy Questions • League Playoffs • Tournament Registration • Coach Background Checks • Rosters and Team Contact Info • Player Additions • Uniforms • Player Passes • Game/Tournament Schedules |
| | Referee Assignor | <ul style="list-style-type: none"> • Late/Absent Referees at Games |

Competitive Director

Jen Bestick

jenbestick@gmail.com

320-223-4594

Director of Coaching

Becky McCabe

bmccabe6@gmail.com

Referee Assignor

TBA

WEATHER GUIDELINES

MYSA Policy located on their website at www.mnyouthsoccer.org/weather.cfm

Referees and Coaches should adhere to the following:

Lightning

If lightning is within five miles, with or without hearing thunder, the game or practice should be suspended and shelter sought. A lightning detector can identify the distance accurately but may not be available. A rough guideline is to **measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter.** It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: **If you can see it or hear it, clear it!**

Play should not be restarted for at least 30 minutes after the last lightning strike is seen or roll of thunder is heard.

Heat

Games need to be adjusted as the heat index rises:

- Mandatory water breaks
- Go to quarters
- Shorten the games

The following are recommended when there is a possibility of dangerous high heat index:

| Heat Index | Recommendations |
|-------------|--|
| Up to 89° | Normal Play |
| 90° - 99° | Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes. |
| 100° - 105° | Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes. |

105°+ Suspend Play

RESCHEDULING OF GAMES

MYSA Policy

THE PLAYER

PLAYER EQUIPMENT

Player equipment consists of the Official CMYSA uniform, stockings, shin guards, and shoes. Each player is required to have an appropriate size soccer ball and water bottle. It is better to have a stitched ball rather than a molded type. Shoes must be soft rubber molded cleat soccer shoes. Cleated baseball or football shoes with toe cleats are not permitted. Players are also responsible for wearing shin guards, which are *mandatory* equipment for participating in soccer. The stocking must cover the shin guard at all times and must not have any exposed hard edges.

JEWELRY-MALE OR FEMALE

No jewelry of any sort will be permitted, including but not limited to: earrings, necklaces, bracelets, chains, chokers, rings, pendants, pins, buttons, watches, hard plastic and metal hair combs and barrettes. *Corrective glasses (with straps), medical notification tags or bracelets will be permitted at the discretion of the referee.*

PLAYER DISCIPLINE

Each coach in the CMYSA is instructed to make all players aware and knowledgeable of unsportsmanlike behavior. Exhibiting the following unsportsmanlike behavior will not be tolerated.

- Abusive or foul language to a coach, parent, referee or other player.
- Threatening actions or words toward a coach, parent, referee, or other player.
- Aggressive physical contact with the referee with deliberate intent to harm.
- Aggressive physical contact with another player with deliberate intent to harm
- Striking (closed fist) a referee
- Striking (closed fist) another player.
- Refusing to leave the playing area after an ejection

Players will be immediately expelled from the game. Additional disciplinary actions may be imposed after review of the incident by the Competitive Committee.

Post-game both teams are to line up in an orderly fashion and shake hands. Verbal comments directed to the losing team will not be tolerated.

THE COACH

The coach is one of the most important individuals in the CMYSA. A good coach is someone a child will remember long after the last game has ended and the season is over. In keeping with the CMYSA philosophy coaches' duties include:

- Instruct and train players to develop and improve their abilities in the game of soccer.
- Build a positive environment.
- Insure that all CMYSA, MYSA and FIFA rules are followed.

- Promote camaraderie and teamwork.
- Develop and practice the principles of fair play and good sportsmanship.
- Build good character.
- Improve physical fitness.
- Help children experience the fun and excitement of competition in an organized sport.
- Host team orientation meeting.

At that meeting:

- Introduce yourself, your philosophies, and your objectives for the season.
- Pass out the roster, schedule, and relay any other information given by your Competitive League Director (this information is given to you at the Coach's meeting.)

COACH'S TRAINING

Coaches must have a working knowledge of the game and aggressively pursue an understanding of the game in order to effectively coach. CMYSA is committed to providing training and licensing opportunities for our volunteer coaches. Through these classes coaches will receive instruction on basic skills, knowledge of the game, and other relevant information.

EVALUATIONS

Coaches will fill out online player evaluations at the end of each season (Zoom Reports). Coaches will also be evaluated by their teams at the end of each season. The goal for both evaluations is to identify areas of strength and areas of improvement so that all involved can continue to progress in their soccer development.

EQUIPMENT AND SUPPLIES

- Before each season begins, each coach will be provided with 2 balls and corner flags.
- Goalkeepers must wear colors which distinguish them from other players and referees on the field.
- At the end of each season the issued balls and flags must be returned to the Equipment Director.

GAME MANAGEMENT: PRE-GAME, GAME, HALFTIME, POST-GAME

US Youth Soccer Player Development Model Appendix B February, 2012

U-6 to U-12

Pre-game

- Coaches arrive 30 minutes prior to kickoff
- Set responsibilities with staff
- Consider the environmental conditions
- 10-20 minutes of actual warm-up [10 minutes for U-6, 15 minutes for U-8, 20 minutes for U-10]
 - individual warm-up [U-6, U-8, U-10]
 - pairs [U-8, U-10]
 - small group [U-10] (possession activities, directional games)
- U-10/U-12
 - Introduce goalkeeper into game/warm-up
 - introduce dynamic stretching to promote good habits
- Starting line-up
 - Do not over-emphasize position and tactics – avoid specific positions
- Team huddle
 - Final instruction/reminders – cheer!

Game

- Start game, sit down and enjoy the game
- Finding a balance between the puppet master, cheerleader and silent “non-existent” coach
 - Limit coaching!
- Be sure all players get equal playing time
- Be sure players get to play in different positions
- In the event of an unbalanced game/blow-out, look for different ideas to even out the game:
 - Communicate with league officials prior to start of season – comply with league rules
 - Subtract a player from the team that is up
 - Make adjustments to teams (borrow a player, re-align two teams)
 - Sit key players
 - Play key players in different positions
 - Subtract a player from the team that is winning

Halftime

- Relax and hydrate
- Get on their level; be sure all players are looking at the coach (no distractions behind the coach – including the sun). Get away from the parents/sidelines!
- Be sure that information is positive, emotions are under control and voice is at a controlled level.
- Sandwich approach of information (+ - +)
 - U-6/U-8 – simple information, if anything at all
 - U-10/U-12 – simple to complex (general to specific) with information, address basic principles rather than specific mistakes
- Communicate with staff prior to speaking with players
- Limit the amount of time speaking to your team (think about age of players and how long they can listen to the information)
- Substitutions
- Quick warm-up prior to starting second half

Post-game

- Shake hands (Coach must be a good role model by shaking the hands of referees, opposing coach and players)
- Check for injuries
- Brief cool-down stretch
- Stay positive regardless of the match outcome
- Snacks/drinks
- Reminder about next training session
- Be very brief after game and save discussions for the next training session
- Occasionally address the parents in a post-game discussion

U-14 to U-17

Pre-game

- Coaches arrive 40 minutes prior to kickoff
- Set responsibilities with staff
- Consider the environmental conditions
- 20-30 minutes of warm-up
 - Individual warm-up
 - Field players
 - Goalkeepers
 - Pairs
 - Small group (possession activities, directional games)

- Dynamic warm-up
 - More structured warm-up
 - Allow time for individuals to warm-up, including functional warm-up
- Give line-up to the players
- Roles and responsibilities
 - Discuss individual and small group roles
 - Discuss attacking and defensive roles
- Team huddle
 - Final instruction/reminders

Game

- Start game, sit down and enjoy the game
- Find a balance between the puppet master, cheerleader and silent “non-existent” coach
 - Stay within the technical area
 - Limit coaching!
- Be sure all players get playing time
- Take notes
 - Attacking and defensive strengths and weaknesses
 - Individual, small group and team strengths/weaknesses
- Tactical adjustments
 - Which principles of play can be addressed at halftime?
 - Allow players to play extended times (getting into the flow of the game and make mistakes, play through it and figure it out)

Halftime

- Relax and hydrate
- Care for any injuries
- Communicate with staff prior to speaking with players
- Be specific on information at halftime
- Allow substitutions time to warm-up while players coming off the field are getting a drink and then bring all players in for quick halftime talk
- Get on their level; be sure all players are looking at the coach (no distractions behind the coach – including the sun). Get away from the parents/sidelines!
- Be sure that information is positive, emotions are under control and voice is at a controlled level
- Limit the amount of time speaking to team (think about age of players and how long they can listen to directions)
 - Limit the discussion to 2-3 points (make this time a dialogue not a monologue)
- Announce substitutions
- Quick warm-up prior to starting second half

Post-game

- Shake hands (Coach must be a good role model by shaking the hands of referees, opposing coaches and players)
- Check for injuries
- Snacks/drinks
- Cool down for 10 to 15 minutes which includes easy movement and static stretching
- Stay positive in your comments to the team and individuals
- Reminder about next training session or match
- Be brief after the match and save discussions for the next training session
- Highlight a player for strong performance or efforts during the match

- Occasionally address the parents in a post-game discussion

THE TEAM MANAGER

The team manager is the primary contact person for the team, and is responsible for maintaining team records and for the day-to-day operation of the team. Responsibilities of the team manager include:

- Attend the manager's meeting with Competitive Director
- Call team members and parents after the team roster has been completed
- Inform parents of the first practice time and parent's orientation meeting
- Discuss parent and player responsibilities
- Ask for volunteers or appoint an organized team representative to assist you

TEAM TRAINING

U9-U10 DEVELOPMENTAL PROGRAM

U9-U10 teams will work with the DOC and/or CMYSA assigned trainers 10-12 times throughout the Spring/Summer Season and 4-6 times throughout the Fall Season. Team coaches are expected to attend the CMYSA-ran session and run 1-2 other practices each week. Proficiency in basic skills and small tactical situations is the focus

U11-U12 TEAMS

U11-U12 teams will work with the DOC and/or CMYSA assigned trainers 6 times throughout the Spring/Summer Season and 4-6 times throughout the Fall Season. Team coaches are expected to attend the CMYSA-ran session and run 1-2 other practices each week. The focus is on building on basic skills and expanding tactical understanding.

U13-U19 TEAMS

Team coaches provide all training for their teams. The expectation is to practice 1-3 times/week.

****All teams may opt to participate in CMSYA's Supplemental Team Training Program. For a preset cost, teams can work with a college-level type coach for a series of training sessions.**

UNIFORMS

One uniform style will be selected for all competitive teams. All teams participating in CMYSA competitive soccer must purchase the CMYSA selected uniform. Uniform fitting and ordering will take place in December or January preceding the upcoming Spring/Summer Season. The uniform is purchased by the player. CMYSA will notify players prior to the start of the season if there has been a change in uniform styles.

BEHAVIOR OF COACHES, PLAYERS AND PARENTS

Soccer belongs to the players. Adults must understand this and put the welfare of the player and the game ahead of their personal desires. Adults must never place the value of winning over the safety and welfare of the players. Each coach is responsible for the conduct of his/her players and team parents/supporters. Coaches and parents have an obligation to teach good sportsmanship by both word and example. Exhibiting the following unsportsmanlike behavior will not be tolerated. Coaches and parents will be immediately expelled from the game and additional disciplinary actions may be imposed after review of the incident with the Competitive Committee.

- Threatening actions or words towards players, referees or other parents.

- Excessive, abusive language to players, referees or other parents.
- Aggressive physical or vocal contact with another parent.
- Refusal to leave the playing field after an ejection.
- Constant and excessive verbal harassment of the players.
- Instructing players to play in a deliberately dangerous or unsportsmanlike manner.
- Coaches or parents entering the field with the intent to show descent to a player or referee.

A coach receiving a red card is expelled from the game. The CMYSA Board will convene to review the information and determine any additional action deemed necessary. Continued improper behavior by a coach will result in his expulsion from the CMYSA.

Game decisions by referees may not be questioned. Public or private criticism of referees by coaches, players and parents is not permitted.

It is against the rules of the CMYSA for a coach, parent or player to harass, threaten or intimidate a referee in any way. This includes before, during and after all games, in sight of or in earshot. Failure to comply will result in immediate expulsion with an additional 1 game suspension.

In keeping with CMYSA Competitive League philosophy, running up the score against an opposing team is strongly discouraged. Coaches of a dominating team should take the opportunity to adjust player and team positions to equal out the competition. This will enrich the player's experience and exhibit consideration toward the opponents without compromising the team's desire to win.

Players not in the game and spectators must remain at least three (3) feet back from the touchlines and within the area from the goal line to the goal line. No one is permitted behind the end lines.

Disciplinary action for players concerning missing practices, games etc. is the responsibility of the coach after consultation with the Director of Coaching. The coach must discuss team rules/expectations and disciplinary actions with the parents and players at the teams' first meeting. Difficult situations shall be referred to the Director of Coaching and the Competitive Director.

REGISTERING A COMPLAINT

Complaints for a serious violation of the CMYSA rules must be reported immediately to the Competitive Director. Forms for registering a complaint are available on the CMYSA website and should be forwarded to the Competitive Director.

LEAGUE SPECIFIC RULES

See MYSA website for rules and modifications.

BLOOD AND BLEEDING

CMYSA is concerned that all those in the league take appropriate precautions to prevent the transmission of blood borne and infectious diseases. A player, coach or referee who is bleeding, has an open wound or has blood on the uniform or body shall be prohibited from participating until appropriate treatment is administered.

Precautions for reducing the potential for transmission of infectious agents should include, but not be limited to, the following:

- A bleeding player will be removed from the field of play for treatment. The player will not be allowed to reenter the field until the wound is cleaned and dressed. If any part of the uniform has blood on it, the part must be changed or covered by another article of clothing.
- Routine use of gloved or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated,
- Cleansing of hands and other skin surfaces, if contaminated, (in contact) with blood or other body fluids and immediately after removing gloves.
- Coaches with bleeding or oozing skin conditions should refrain from all athletic care.

****** Notice ******

Changes/additions and deletions to this manual may be made without prior notice to the Membership. Changes will be posted on the CMYSA website at www.cmya.org.