

SCHUYLerville
YOUTH SOCCER PROGRAMS
PARENT AND COACH HANDBOOK
2022 Version

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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 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, equipment. 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/Kindergarten grades
- Under 8-1st/2nd grades
- Under 10-3rd/4th grades
- Under 12-5th/6th grades

3. COMMUNICATION

Soccer communication will be sent out through emails. Parents are encouraged to check out www.osaasports.org/osaasoccer to find 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.

4. ELIGIBILITY

Outdoor fall recreation- Grades Pre-K through 6th OR ages 4-12 on September 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 after Labor Day. Games are held at Schuyler Park. Practices are held by the coach/assistant coach. They typically begin in mid to late August at Schuyler Park. The times, duration, and frequency of these practices are held at your coach's discretion.

6. REGISTRATIONS DEADLINES

Deadline is June 30th, subject to change by the commissioner.

Online registrations for these programs are available at www.osaasports.org/osaasoccer. Parents are encouraged to utilize our easy online registration process. Payment by credit/debit cards is accepted online.

7. FEES

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

2021 Fee - \$60.00

*A multi-player discount of \$10/child will be applied for a second child and additional children 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 at www.osaasports.org/osaasoccer. Each team must have at least one coach and one assistant coach. Coaches will be encouraged to attend a coaching clinic 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 can 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 by the parents of our players and by members of our community. We rely on volunteers to participate in your children's activities so we can provide the best environment for them to have a positive experience. Our job is to make sure they grow as players while having fun. We 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 the season, 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. TEAM SELECTION/COACHES MEETING

Players are placed on teams based on grade (mixed groups), gender, and soccer ranking. Every effort is made to balance teams by ability, grade, and gender. Team selection is final unless a commissioner is contacted with a legitimate reason for a switch by parents/coaches. 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 will be a coaches meeting prior to practices beginning where coaches will review league procedures and discuss rules by division.

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

All practices and games will be held at Schuyler Park.

13. SCHEDULES/PRACTICES

Practice and game schedules will be delivered to coaches sometime in late August. You will 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:

- U6 - once per week
- U8 - once per week
- U10 -twice per week
- U12 -twice per week

14. GAME CANCELLATIONS

In the event of bad weather, games will be cancelled by 8:00 am 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. U10 and U12 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 their 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 later.
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 with some modifications based on coaches digression. The rules are reviewed and revised once per year at the coaches meeting.

**SCHUYLerville YOUTH SOCCER RECREATIONAL OUTDOOR RULES
UNDER 6-PRE-K/KINDERGARTEN LEAGUE (AGE 4 ON SEP 1)**

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: COACH CALLS SUBS ON A DEAD BALL. KEEP PLAYING TIME EVEN.

GAME LENGTH: 2-20 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 BOUNDS

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

COACHES SHOULD ENSURE THAT ALL PLAYERS STAND BACK AWAY FROM THE
CORNER WHERE THE BALL IS BEING KICKED IN.

GOAL KICKS: ALL MEMBERS OF THE DEFENSIVE TEAM MUST MOVE BACK TO THE
CENTER CIRCLE AND CANNOT ENTER THE OTHER SIDE OF THE FIELD UNTIL THE
OFFENSIVE TEAM KICKS THE BALL.

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM
STAYS OUTSIDE THE CIRCLE UNTIL THE BALL IS KICKED.

PENALTIES: NO PENALTIES CALLED BUT COACHES SHOULD STOP PLAY IF NECESSARY
TO TEACH

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: 5 PLAYERS PER TEAM, NO GOALIES

SCORING: NO SCORE KEPT

SUBSTITUTIONS: COACH CALLS SUBS ON A DEAD BALL. KEEP PLAYING TIME EVEN.

GAME LENGTH: 2-25 MINUTE HALVES WITH 2-5 MINUTE BREAK BETWEEN HALVES

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 HAS BALL.

COACHES SHOULD ENSURE THAT ALL PLAYERS STAND BACK AWAY FROM THE
CORNER WHERE THE BALL IS BEING KICKED IN.

GOAL KICKS: ALL MEMBERS OF THE DEFENSIVE TEAM MUST MOVE BACK TO THE
CENTER CIRCLE AND CANNOT ENTER THE OTHER SIDE OF THE FIELD UNTIL THE
OFFENSIVE TEAM KICKS THE BALL.

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM
STAYS OUTSIDE THE CIRCLE UNTIL THE BALL IS KICKED.

PENALTIES: NO PENALTIES CALLED BUT COACHES SHOULD STOP PLAY IF NECESSARY
TO TEACH

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: 7 PLAYERS PER TEAM INCLUDES A GOALIE

SCORING: SCORE KEPT

SUBSTITUTIONS: ON WHISTLE-KEEP PLAYING TIME 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 FROM
CORNER, OPPONENTS REMAIN 4 YARDS AWAY

CORNER KICKS: DEFENSE KICKS OVER END LINE, OFFENSE KICKS FROM CORNER,
OPPONENTS REMAIN 4 YARDS AWAY. A CORNER KICK IS A DIRECT KICK.

GOAL KICKS: OFFENSE KICKS BALL OVER END LINE. DEFENSE MUST GO TO BUILD OUT
LINE (TOP OF ARCH CENTER CIRCLE ON KEEPER SIDE).

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM
STAYS OUTSIDE THE CIRCLE UNTIL THE BALL IS KICKED.

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: ONLY A CORNER KICK IS A DIRECT KICK. A PENALTY
COMMITTED AGAINST AN OFFENSIVE PLAYER IN THE GOALIE BOX (PENALTY
AREA) WILL RESULT IN AN INDIRECT KICK FROM THE 18 YARD LINE (CENTER OF
THE GOALIE BOX LINE).

OFFSIDES: MANAGED BY REF AND ENFORCED AFTER 2ND WEEK

GOALIE BALL: MAY USE HANDS IN BOX. MAY NOT PUNT. CAN ROLL, OR THROW BALL OUT. CAN RUN WITH BALL IN BOX FOR 6 SECONDS. GOALIES CANNOT USE THEIR HANDS ON A BALL KICKED TO THEM BY A TEAMMATE. THE FIRST VIOLATION WILL RESULT IN A WARNING (GOAL KICK FOR THE TEAM WHICH ILLEGALLY TOUCHED THE BALL). THE SECOND VIOLATION WILL BE AN INDIRECT KICK AT THE CENTER OF THE GOALIE BOX LINE FOR THE OFFENSIVE TEAM.

HEADING: INTENTIONAL HEADING IS 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: 9 PLAYERS PER TEAM INCLUDES A GOALIE

SCORING: SCORE KEPT

SUBSTITUTIONS: ON WHISTLE-KEEP PLAYING TIME 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: DEFENSE KICKS OVER END LINE, OFFENSE KICKS FROM CORNER,
OPPONENTS REMAIN 4 YARDS AWAY. A CORNER KICK IS A DIRECT KICK.

GOAL KICKS: TAKEN FROM A CORNER AT THE TOP OF GOAL BOX.

AFTER A GOAL: NORMAL KICKOFF. NON-SCORING TEAM HAS BALL. SCORING TEAM
STAYS OUTSIDE THE CIRCLE UNTIL THE BALL IS KICKED.

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: ONLY A CORNER KICK IS A DIRECT KICK. A PENALTY
COMMITTED AGAINST AN OFFENSIVE PLAYER IN THE GOALIE BOX (PENALTY
AREA) WILL RESULT IN AN INDIRECT KICK FROM THE 18 YARD LINE (CENTER OF
THE GOALIE BOX LINE).

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. GOALIES CANNOT USE THEIR HANDS ON A BALL KICKED TO THEM BY A TEAMMATE. THE FIRST VIOLATION WILL RESULT IN A WARNING (GOAL KICK FOR THE TEAM WHICH ILLEGALLY TOUCHED THE BALL). THE SECOND VIOLATION WILL BE AN INDIRECT KICK AT THE CENTER OF THE GOALIE BOX FOR THE OFFENSIVE TEAM.

HEADING: HEADING IS NOT ALLOWED ON LONG BALLS (GOALIE PUNTS, GOALIE KICKS, CORNER KICKS) BUT IS ALLOWED ON SHORTER BALLS SUCH AS THROW INS OR TO CONTROL OR PASS A SOFT BALL IN THE AIR.