

AYSO 3T FALL 2016 SEASON GUIDELINES

Dear Coaches,

Welcome back to another exciting season of soccer.

Here are some AYSO mandated guidelines to make our children's experience an enjoyable and safe one.

1) Game Reports are due after each match. It's how we gauge the health of our Schedule. We value the feedback from coaches and referees. It also alerts us to any potential issues.

Click on the link below, select a date and click on "Submit Report". Reports are due every Monday. Your RCs are notified weekly.

<https://www.quickbase.com/db/7cafhz5x?a=q&qid=6>

2) Area 3T has a 6-goal difference during matches. Attached are some useful guidelines to keep a match from becoming lopsided.

3) Concussion protocol: All coaches participating in 3T are required to take the AYSO Heads up concussion training. It is free, mandatory and available via www.aysotraining.org

AYSO Resources: <http://www.ayso.org/page1776.aspx#.V9qfWvkrJph>

Use caution and common sense: any players complaining of dizziness, headache, or 'saw stars' during a fall or collision should be pulled out. Heading in U10 and U12 is not allowed. Whistle should be blown and either a drop ball or indirect free kick is applied.

USSF has released a video to help educate all volunteers and parents:

https://www.youtube.com/watch?v=EliVhvn_ROY

4) First-Aid kit, every coach should carry a first aid kit for his/her team. They should include ample ice packs.

5) All coaches are required to carry medical release forms for each player. Have your RC or Division Coordinator send you a PDF copy for each team.

6) **All goals need to be weighted down and/or anchored**. All fields need to be inspected prior to play. Enlist the aid of the opposing coaches and ensure the field and equipment are ready for a match.

7) Fields are a privilege and in high demand in Westchester county. Do not bring pets or leave garbage behind. Ensure your parents and players help cleanup.

8) Respect: Many of the referees are youth referees. Be mindful they will make mistakes, and make them often; it's the only way they will learn. They are someone's son or daughter. The Area will take complaints of referee abuse very seriously. Do not put your team or yourself in jeopardy of being banned from the schedule.

9) Soccer cleats, soccer turf shoes and sneakers only. Do not use American football shoes, lacrosse cleats, etc. Soccer footwear only!

10) Metallic water bottles of any shape or form are not allowed. Inspect all bottles before training and matches.

11) All coaches must wear an identifiable coach shirt.

12) U10 is 7v7 and 48 minutes long, includes goalkeepers. Size 4 ball.

U12 is 9v9 and 60 minutes long, includes goalkeepers. Size 4 ball.

U14 is 11v11 and 70 minutes long, includes goalkeepers. Size 5 ball.

U16-U19 is 11v11 which includes a goalkeeper. Match is 90 minutes long. Size 5 ball.

Every player must play at least 1/2 a match.

13) October 16th is Silent Sunday. This is mandatory. Players may cheer, discuss, and talk to each other. Parents, coaches and spectators polite applause only.

14) Coaches may not unilaterally cancel a match without the expressed approval of their Regional Commissioner.

The Regional Commissioners of the opposing Regions must **agree** to cancel a match. Rain is not cause for cancellation, unless the school or town closes the field. Soccer is played outdoors; there will be hot days, windy days and rainy days.

15) Coaches should reach out to opposing coach a few days before their scheduled match. Confirm the following: Referee availability, field location and time, directions, color of kits, no pets. **DO NOT** move games to different fields or times unless approved by both Regional Commissioners and Area 3T scheduler.

16) If you are short players inform opposing coach and mix up teams, do not cancel matches, parents and players expect to play every Sunday. If you are unavailable to coach your team that day **DO NOT** cancel the match, inform your Division Coordinator and Regional Commissioner, they will find a replacement.

17) Multiple matches are scheduled for the same field, start your match on time and finish on time. Be respectful of the teams waiting to play their match. Clock runs continually in soccer. There are no stops for water breaks or discussions. Halftime break is 5-10 minutes.

18) In the event there is no referee present, take preparations beforehand, and bring a whistle, a yellow jersey. Coaches can split field and referee together. Bring different colored pinnies as well.