



Shawnee Soccer Association

Coaching

## SSA Contacts

Question or Complaint-  
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[ssa@shawneesoccerok.org](mailto:ssa@shawneesoccerok.org)  
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Referee Question or Complaint-  
Jerry Grimes  
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Field Question  
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Fundraising Question  
Paige Hanzlicek  
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## SSA SPRING COACH CONTACT LIST

U6	15 Force	Hayley Gibson	hayheart46@gmail.com	405-343-8299
U6	15 Strikers	Miranda McElroy	Miranda.mcelroy24@gmail.com	580-399-3048
U6	14 Tigers	Cody Barnett	Kaileyc91@yahoo.com	580-272-8355
U6	14 Cox	Kylie Cox	kycox07@yahoo.com	405-613-2899
U6	14 Dragons	Steven Wentzel	Mrschmooshies@gmail.com	717-585-8226
U6	14 Goal Getters	Brady Hanzlicek	Paige.hanzlicek9812@yahoo.com	580-741-1237
U6	14 Lightning	Amanda Reyes	Amanda.c.reyes@gmail.com	405-209-8487
U6	14 Lions	Joseph Ford	JFord@ShawneeMilling.com	4052136555
U6	14 Titans	Robert Frederick	rob.frederick@outlook.com	580-310-4897
U6	15 Revolution	Edwin Bhatti	Edwinbhatti@yahoo.com	405-481-9778
U6	16 Thunderbolts	Andrew Minnigh	annieminnigh@gmail.com	405-788-6060
U8	Cougars	Troy Foote	Troylee454@yahoo.com	405-761-7225
U8	Cyclones	Joe Vorndan	joe@stuartclover.com	405-275-0700
U8	Impact -	Karolyn Bhatti	Edwinbhatti@yahoo.com	405-777-8708
U8	Raiders	Amy Watters	nikkiwatters@yahoo.com	405-833-7341
U8	Cosmos-	Kyle Petitt	elevatedgroundsshawnee@gmail.com	495-229-5275
U8	Force	Brandt Beck	chelsandt@yahoo.com	405-612-0713
U8	Vipers	Gary Frazier	830union@gmail.com	405-432-7729
U9	Celtic Aces Boys	Sebastian Barahona	sabibarahona@live.com	405-365-8055
U10	Scorpions	Tyler smith head Kevin Lovett (asst co)	Lovettsomuch0218@yahoo.com	318-564-3676 405-432-7008
U10	Celtic East Aces Girls	Erik Swanson	Erikdswanson@aol.com	405-694-1649
U10	Fury	Jessica Quezada	jmiller.usmc@yahoo.com	405-999-2015
U10	United -	John Gates		405-921-4934
U12	08 Avengers	Jason Merrell	Merrellj05@gmail.com	405-596-2494
U12	Grinders	Kimberly Bowser	Kimberlybowser1@yahoo.com	405-788-3230
U12	Phantom	Ben Allred	benallredLPC@gmail.com	918-809-4882
U14	Razors	Ashley Neese	aneese11@me.com	405-287-9555
U16	United	Eric Hickman	ehickman_99@yahoo.com	405-651-3581

New this season in **YELLOW**

# Field Availability

Field # 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Staude U19 # 9A							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00	Razors		Razors		Razors		
6:00 - 6:30	Razors	05United	Razors	05United	Razors		
6:30 - 7:00		05United		05United			
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
Field # 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Staude U19 # 9B							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00							
6:00 - 6:30							
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							

Field # 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Staude U12 # 8A							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00	Avengers	Celtic East B&G		Celtic East Boys and girls			
6:00 - 6:30	Avengers	Celtic East B&G		Celtic East Boys and girls			
6:30 - 7:00	08 East Girls	Celtic East B&G	08 East Girls	Celtic East Boys and girls			
7:00 - 7:30	08 East Girls	Celtic East B&G	08 East Girls	Celtic East Boys and girls			
7:30 - 8:00		Celtic East B&G		Celtic East Boys and girls			
8:00 - 8:30		Celtic East B&G		Celtic East Boys and girls			
8:30 - 9:00							

# Field Availability

<b>Field # 8</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Staudé U12 # 8B</b>							
4:30 - 5:00							
5:00 - 5:30	06 Girls			06 Girls			
5:30 - 6:00	06 Girls			06 Girls			
6:00 - 6:30	06 Girls			06 Girls			
6:30 - 7:00	07 08 East Boys			07 08 East Boys			
7:00 - 7:30	07 08 East Boys			07 08 East Boys			
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
<b>Field # 7</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Staudé U10 # 7A</b>							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00				Fury	Fury		
6:00 - 6:30	Scorpions		Scorpions	Fury	Fury		
6:30 - 7:00	Scorpions		Scorpions	Fury	Fury		
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
<b>Field # 7</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Staudé U10 # 7B</b>							
4:30 - 5:00							
5:00 - 5:30	Celtic East Aces Girls			Celtic East Aces Girls			
5:30 - 6:00	Celtic East Aces Girls			Celtic East Aces Girls			
6:00 - 6:30	Celtic East Aces Girls			Celtic East Aces Girls			
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							

# Field Availability

<b>Field # 6</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Staudé U10 # 6A</b>							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00	Celtic Aces girls		Celtic Aces girls				
6:00 - 6:30	Celtic Aces girls		Celtic Aces girls				
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
<b>Field # 6</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Staudé U10 # 6B</b>							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00	Celtic Aces boys	10 United	Celtic Aces boys	10 United			
6:00 - 6:30	Celtic Aces boys	10 United	Celtic Aces boys	10 United			
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
<b>Acme</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>East Full Size</b>							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00				Phantom			
6:00 - 6:30				Phantom			
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							

# Field Availability

Acme	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
West Full Size							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00		Grinders		Grinders			
6:00 - 6:30		Grinders		Grinders			
6:30 - 7:00							
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							



# Code of Conduct for Coaches, Players, & Parents

## Code of Behavior for Players

Players who play within the Shawnee Soccer Association (SSA) are expected to treat game officials, coaches, and other volunteers of the Association with the upmost respect. They are also expected to treat players from other teams with respect and play within the laws of the game of soccer at all times. SSA authorizes its referees and board members to utilize the laws of the game to ensure the safety and fair play of players, coaches, parents, and SSA representatives before, during, and after matches while on any SSA property. Specifically, players may be cautioned, sent off the field, or will be remove from the playing fields for such offenses as:

1. Violent conduct toward a player, coach, or game official
2. Spitting at or on a player, coach, or game official
3. Using offensive, insulting, or abusive language and/or gestures
4. Deliberately failing to adhere to an official's request to follow rules
5. Serious foul play
6. Taunting of other players

In all of these offenses, the game official in charge will determine if an offense has occurred. Players may appeal to the SSA Board if the feel they have been cautioned or removed unfairly. A player who is sent off the field during a game is suspended for the next regularly-scheduled contest for his/her team.

## Code of Behavior for Coaches

Coaches within the Shawnee Soccer Association (SSA) are expected to treat game officials, players, and other volunteers of the Association with respect. SSA authorizes its referees and board members to utilize the laws of the game to ensure the safety and fair play of players, coaches, parents, and SSA representatives before, during, and after matches while on playing fields. Specifically, coaches may be cautioned, sent off the field, or asked to remove themselves from the playing fields for such offenses as:

1. Violent conduct toward a player, coach, or game official
2. Spitting at or on a player, coach, or game official
3. Using offensive, insulting, or abusive language and/or gestures
4. Deliberately failing to adhere to an official's request to follow rules
5. Berating of players, referee's, and club officials
6. Instructing players to play outside the laws of the game

In all of these offenses, the game official in charge will determine if an offense has occurred. Coaches may appeal to the SSA Board if the feel they have been cautioned or removed unfairly. A coach who is sent off the field during a game is suspended for the next regularly-scheduled contest for his/her team.

Any further violation of these policies will result in the following course of action:

1. 1st violation-verbal warning
2. 2nd violation-written letter from SSA board to appear at a special meeting
3. 3rd violation-dismissal from coaching permanently



## **COACH'S CREED**

1. I hereby pledge to provide positive support, care, and encouragement for all children participating in youth sports by following this Code of Conduct.
2. I will present myself in a professional manner, in both attire & attitude, at all team functions, including practices and games.
3. I will place the emotional and physical well-being of my players ahead of any personal desire to win.
4. I will never degrade or humiliate a player for any reason.
5. I will treat each player as an individual, remembering the wide range of emotional and physical development for the same age group.
6. I will do my best to provide a safe playing situation for my players.
7. I will do my best to provide practices that are fun and challenging.
8. I will lead by example, demonstrating fair play and sportsmanship.
9. I will be knowledgeable in the rules of youth soccer and I will teach these rules to my players.
10. I will request help from SSA if I need to learn the skills to teach my players.
11. I will remember that the game is for children, not adults.
12. I will give all my players a fair amount of playing time.
13. I will be certain to have all registration and/or medical forms and emergency contact numbers with me at all team functions, including practices and games.
14. I will bring any problems with or concerns about parents, players, referees, or the league to the attention of the SSA Board or one of its members.

## **Code of Behavior for Parents**

Parents of players within the Shawnee Soccer Association are expected to treat game officials, players, and other volunteers of the Association with respect. They are also expected to instruct any other adult or youth whom they bring to the SSA fields in this Code of Conduct Behavior. SSA authorizes its referees and board members to utilize the laws of the game to ensure the safety and fair play of players, coaches, parents, and SSA representatives before, during, and after matches while on playing fields. Specifically, parents (and visitors) may be cautioned, sent off the field, or will be removed from the playing fields for such offenses as:

1. Violent conduct toward a player, coach, or game official
2. Spitting at or on a player, coach, or game official
3. Using offensive, insulting, or abusive language and/or gestures
4. Deliberately failing to adhere to an official's request to follow rules
5. Berating of players, coaches, referee's, or club officials
6. Instructing players to play outside the laws of the game

In all of these offenses, the game official in charge will determine if an offense has occurred. Any further violation of these policies will result in the following course of action:

1. 1st violation-verbal warning from coach
2. 2nd violation-verbal warning from SSA board called to appear at a special meeting
3. 3rd violation-dismissal from side line for remainder of the season.

## Coaching Practice Plan Websites

These websites are a great tool to get practice ideas from  
and print off ideas.

<https://www.oklahomaceltic.com/practiceplans>

<https://www.ertheo.com/blog/en/top-20-soccer-drills-raise-game-today/>

<http://www.coachingsoccer101.com/drills.htm>

# IN-HOUSE PLAYING RULES FOR COACHES

*Effective August 2018*

## **GAME FORMAT U6**

- A size 3 ball is used.
- U6 will be played 3v3 with NO GOALKEEPER. Only one coach per team will be allowed on the field at this level only. U6 coaches shall not interfere with play or stand in front of goals during games.
- The minimum number of players to start/play a game is 2 players.
- U6 opponents will be 10 feet away on all restarts.
- U6 kick-offs, free kicks, throw ins, corner kicks and goal kicks will be used to restart play and will be taken in vicinity where ball left field.
- Goal kicks must be kicked and clearly move.
- U6 field markings: center line with a 10-foot circle for kickoffs, 12' x 10' goal box.
- U6 games will be played with 4 quarters consisting of 10 minutes per quarter and a 1-2 minute break between each quarter.
- Half time will consist of 5 minutes.
- No overtime period is allowed.
- Scores will not be kept.
- ALL free kicks are INDIRECT
- 2<sup>nd</sup> and 4<sup>th</sup> quarter restarts shall be as if no quarter breaks occurred. *For example, if the first or third quarter was stopped with a throw-in, the next quarter will start with a throw-in, etc.*

## **GAME FORMAT U8**

- A size 3 ball is used.
- U8 will be played 4v4 with NO GOALKEEPER.
- The minimum number of players to start/play a game is 2 players.
- U8 opponents will be 10 feet away on all restarts.
- U8 kick-offs, free kicks, throw ins, corner kicks and goal kicks will be used to restart play and will be taken in vicinity where ball left field.
- Goal kicks must be kicked and clearly move.
- U8 field markings: center line with a 10-foot circle for kickoffs, 12' x 10' goal box.
- U8 will be played with 4 quarters consisting of 10 minutes per quarter and a 1-2 minute break between each quarter.
- Half time will consist of 5 minutes.
- No overtime period is allowed. The score will be entered as it is written at game duration.
- ALL free kicks are INDIRECT.
- 2<sup>nd</sup> and 4<sup>th</sup> quarter restarts shall be as if no quarter breaks occurred. *For example, if the first or third quarter was stopped with a throw-in, the next quarter will start with a throw-in, etc.*

## GAME FORMAT U10

- A size 4 ball is used.
- U10 will be played 7v7 with a designated goalkeeper.
- The minimum number of players to start/play a game is 5 players.
- Offsides will be enforced at the U10 level.
- Players can be penalized for an offside offense between the blue build-out line and the goal-line.
- U10 will be played with 2 halves consisting of 25 minutes per half.
- Half time will consist of 5 minutes.
- No overtime period is allowed. The score will be entered as it is written at game duration.
- Free kicks may be either direct or indirect in accordance with FIFA rules.

## HEADING

- Heading at U6, U8, and the U10 level is NOT allowed. An indirect free kick will be given on **all** deliberate headers.

## MINIMUM NUMBER OF PLAYERS

- If the minimum number of rostered players cannot take the field, the referee shall not start the game. A notation shall be made on both official game cards and no game played.
- Upon agreement, the two teams may play a scrimmage game with an equal number of players on the field. The scrimmage may or may not include players from the opposite team as agreed to by the coaches and referee. To the extent possible, a home team board member shall be informed before start of the scrimmages.
- **No score shall be kept by the referee for this scrimmage.** The official game card in this event shall be referred to the local board, which shall record a forfeit for the team unable to field the minimum number of players. Either team may terminate a scrimmage game at any time. No "guest" players outside the rostered players are allowed for this scrimmage.

## SUBSTITUTIONS

- Substitutions will be unlimited at any stoppage of play when recognized by the referee. **Coaches should not substitute without the referee's approval.**
- Players should enter and exit the field at the half line of the playing field. Substitute players may enter only **after** the player they are substituting for has exited the field.

## PLAYING TIME

- All players should play a minimum of 50% of the total game time. Teams that do not adhere to this rule may be required to forfeit the game.
- Prior to the start of the game, the referee shall be notified of any player on a team who is physically unable to play or who has violated the agreement of the

parent/player liability contract and is being benched for such violations. These players may sit with the team in uniform with a target jersey on (to mark them as non-participating). *It is not the referee's responsibility to ensure all players play 50%. Opposing coaches or team managers must report it to a home team board member and the referee will document the occurrence on the game report game card after the game. The referee may be notified at halftime and he/she can remind the opposing coach to be sure to play all players 50% of game time.*

### **GAME CARDS**

- All game cards must be game specific from the GotSoccer program.
- Each team must submit a game card to the referee **prior** to start of the game.
- The referee may check both teams in on one team game card if both teams do not have the required cards.
- **NO HANDWRITTEN OR ELECTRONIC COPIES OF GAME CARDS ARE ALLOWED.**
- Each coach or assistant coach (or in the absence of a coach/assistant coach, an approved team parent) must sign both teams' game cards after the game.
- Coaches must ensure that the score is recorded and correct. Once a team official signs the game card without protest, they have agreed to the score the referee has recorded.

### **MERCY RULE**

- There will be a 10-goal mercy rule if the losing coach requests it. The "Mercy Rule" cannot be applied until the first half of the game has ended. The losing coach must notify the referee at half time if invoking "Mercy Rule."

### **GAME TERMINATION**

- A game will be considered complete if terminated for any reason only after the start of the second half of the game (i.e. inclement weather). This means at least half of the game must be played in order to avoid a reschedule.

### **GAME BALL**

- The home team will provide the game ball unless by discretion of the referee no suitable ball is provided by the home team, the visiting team may provide it.
- A size 3 ball will be used for U6 and U8 games.
- A size 4 ball will be used for U10 games.

### **EQUIPMENT**

- All players must wear shin guards covered by stocking socks. No exceptions.
- If cleats are worn they cannot have the toe cleat.
- No jewelry is allowed. Taping of jewelry is **not** acceptable.
- Medical identification is allowed but must be kept as safe as possible by the player. Under no circumstances shall medical information be covered by tape or otherwise be made inaccessible to emergency need.
- Glasses will only be allowed for prescription lenses.
- Numbers must be on all jerseys. Duplicate numbers are allowed.

- In the event of extreme cold weather, local officials may use discretion on clothing worn, provided team colors are showing on top. Note: “hoodies” are unsafe, unless the hood is tucked under the outer garment.

### **FORFEITS**

- Games will begin at posted start times unless otherwise determined by the referee in charge. If a team is not ready for play 10 minutes after the posted game time or a club approved game card has not been submitted, the game will be recorded as a 3-0 loss and recorded by the IC League administrator as a forfeit.

### **TEAM BEHAVIOR**

- Coaches and team managers shall be responsible for the team spectators’ behavior.
- The referee may warn unruly spectators. In the event a spectator is requested to leave the area, he/she is expected to do so immediately and without further altercation.
- Players’ parents removed shall wait in their vehicles until the game is over and they can take their child home. All others shall leave the complex immediately.
- Coaches will be held responsible for their players’ behavior.
- Coaches ejected from a game shall immediately leave the field area. He/she may wait in their vehicle if their child is on the team. Coaches observed coaching from another area if ejected and coaches who incite parents to be unruly or disrespectful to referees should be considered unfriendly to the game and the youth and subject to club discipline.
- Visiting teams shall adhere to all local clubs’ rules and regulations and cooperate with field monitors on duty.
- Local board members who are also part of a team that is involved in an altercation should find a “neutral” board member/ field monitor to deal with the issue.
- In the event a game is terminated due to misconduct by spectators/players/coaches, the Coaching Director will review the incident with the possibility of a 3-0 loss (forfeit) for the offending team.

### **PROTEST POLICY**

- The referee’s decision is final. All protests must be related to the referee’s actions or interpretations that do not adhere to the *Laws of The Game* or Interclub rules.
- The team protesting MUST sign the game card as “protesting” and contact the coaching coordinator within 72 hours of the game.
- The protesting coach must pay a \$100 protest fee before the protest panel will meet.

### **RESCHEDULE POLICY**

- The only games allowed to be rescheduled are those in which the home club cancels due to weather or local emergencies.
- Coaches are NOT allowed to reschedule games due to weather. If a team chooses not to play because of the weather, they WILL forfeit the game.

### **LEAGUE SCORING (U8 to U10 only)**

- Win = 3 points

Tie = 1 point

Loss = 0 points

A forfeit is recorded as 3-0.

- League standings will be updated weekly and posted for view on the GotSport web site.
- Tiebreakers for league placement will **not** be broken.
- Regular Season games will determine team placement for the end of the season
- 1<sup>st</sup> and 2<sup>nd</sup> place awards will be given for end of season only.

# OKLAHOMA SOCCER ASSOCIATION

## Recreational League Policies and Procedures

Recommended Recreational Closed League Policies and Procedures

Revised 8-14-2018 (Effective for Fall 2018)



The mission of the Oklahoma Recreational League (ORL) is to develop players and to promote the development of Oklahoma recreational players through training and competition on a weekly basis throughout the playing season.



## ***Oklahoma Recreational League Policies and Procedures***

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## ***Oklahoma Recreational League Policies and Procedures***

### **Part I. Policies and Procedures, Operations Committee, Review of Decisions**

A. League Operation – The Oklahoma Recreational League (ORL) shall operate under these Policies and Procedures and other decisions as adopted by the Recreational League Operating Committee (RLOC).

1. Approval – These Policies and Procedures must be approved by a majority vote of the members of the RLOC and presented to the Oklahoma Soccer Association Executive Committee (OSAEC) for final approval.

2. Revisions – Any revisions of the Policies and Procedures must be approved by majority vote of the members of the OSA Youth Council and presented to the OSAEC for final approval.

### **B. League Operating Committee**

1. The RLOC shall operate under the supervision and direction of the OSAEC and the Recreational Vice-President.

a. The RLOC Commission shall consist of 7 members. The Chairman will be the Recreational VP and will be elected statewide. The four District VPs will be elected from their respective districts, and 2 at-large members.

b. The Recreational VP and the District VPs will recommend a candidate for each of the 2 at large positions. The OSAEC will have final approval of these appointments. The term of the appointed positions will be one year and filled by August 15<sup>th</sup> of each year.

c. Removal of RLOC appointed committee members:  
Any appointed committee member may be removed at the request of the elected RLOC members with the approval of the OSAEC. The reason for the requested removal must be submitted in writing to the OSAEC by the Chairman of the RLOC.

d. Actions and Decisions – All actions and decisions taken by the RLOC shall be made by majority vote of all members of the RLOC. Votes may be taken in person, via email, or any other method that allows all members votes to be made in a time appropriate manner. The RLOC Chairman will cast the deciding vote in case of a tie among other voting members.

C. Meetings – The RLOC shall meet at the request of the Recreational VP or a majority of all members of the LOC, in any form deemed appropriate providing that all standing members are notified of the time, date, and method of such meeting at least 24 hours prior to the meeting.

D. Advisory Subcommittees – The RLOC reserves the right to establish advisory subcommittees to assist in meeting the mission of the ORL. All advisory subcommittees will serve at the discretion of the RLOC Chairman and will only serve in an advisory capacity to the RLOC. It is anticipated that the advisory subcommittees could be used for (but certainly not limited to):

1. Review of rules
2. Recruitment of individuals to fill vacant positions
3. Other issues as needed.

E. Request for Review and Appeal

1. Any Team or Club may request a review of a decision made by the District Games and Disciplinary Committees (DGDC). To request a review of a decision by the DGDC, the following must be accomplished:

- a. Request for review must be submitted in written form (letter or email) and received by the RLOC Chairman within 7 days of the decision.
- b. Only a team's coach and or a club's designated representative may make a request for review.
- c. Only the club or teams' designated representative, filing the appeal, shall provide any additional information including appearing at an RLOC review meeting as required by the RLOC Committee.

2. An appeal will require a \$200.00 appeal fee which will be refunded if the appeal is upheld by the RLOC. The appeal must be in writing and must include a Cashier's Check or cash for the appeal fee. Once a review of a DGDC decision is complete, a team or club may appeal the decision to the OSA Games, Discipline and Appeals Committee. The Appeal must be filed in accordance with the OSA Appeals Policy.

F. District Games and Disciplinary Committees will hear disciplinary matters that may arise from open league games including player and coach send offs and dismissals, review match terminations as well as other matters as needed.

## **Part II. Oklahoma Recreational League Structure**

A. Oklahoma Recreational League can be Open or Closed Leagues

B. The Recreational League Operating Committee (RLOC) will operate the Open Recreational League.

C. A Club(s) hosting a Closed Recreational League will be responsible for operating the closed league.

### Part III. Open League Rules and Policies with Closed League Recommendations

A. The use of the CPP will be allowed in all divisions of the ORL. The policy for the recreational use of CPP will follow the current Recreational CPP policy of Oklahoma Soccer Association. The [Recreational CPP policy](#) is posted on the OSA web site (see Appendix A). Also the use of Secondary Roster Players will be allowed in U9 and above ORL Open Traveling Leagues. The [Recreational Secondary Player Policy](#) is posted on the OSA web site (see Appendix B).

B. Standings, Point System and Tie Breakers:

A team's standing in its division will be determined by the number of points it receives based on its win/loss record during the league season. Points will be awarded as follows:

1. Three (3) points for a win.
2. One (1) point for a tie.
3. Zero (0) points for a loss.

(Ties for the League Championships will not be broken. All teams tied with the most league points will be considered Champions)

C. Forfeits are recorded as a score of 3-0 for the winning team. If a team withdraws from the league before completing its schedule, all games will be considered forfeits. Teams that do not show up to play a game will lose by forfeit. The forfeit must be reviewed by the RLOC, who will enter the forfeit score into GotSoccer. Teams that do not give 48 hours' notice that they will not be able to play a game could also risk losing an additional 3 points in the League Standings. The RLOC will review all no-show games to see if the three-point subtraction is warranted.

D. Games that are not played, or no-plays, will not have a score recorded. Games that are not played are subject to a review by the ORL for a game determination.

E. Minimum number of players to start a game:

- a. 11v11 7 players
- b. 9v9 7 players
- c. 7v7 4 players (5 players for 19U 7v7)
- d. 4v4 2 players

F. A team that allows a non-rostered player, or a player or coach serving a suspension, to participate shall forfeit the game if won. If the game is lost, the first victory thereafter shall be forfeited. The coach will also face a disciplinary hearing on the matter.

1. A suspended coach shall not be within sight or sound of a game(s) that the coach is serving a suspension from.

G. ORL games will be played using FIFA Rules as modified by US Youth Soccer Policy on Players and Playing Rules. These rules shall govern this league with the following exceptions and clarifications: *Note: OSA reserves the right to modify the application of any USYS Policies.*

H. All Recreational players, including Recreational Select, must play a minimum of ½ a game.

#### I. Substitutions

1. All OSA Recreational open/travel leagues:  
Unlimited substitutions at any stoppage with the referee's permission.

#### J. Duration of Match

**8U and younger:** Four 10-minute quarters with a 5-minute break between each quarter.

**9U-10U:** Two 25-minute halves with 10-minute half time.

**11U-12U:** Two 30-minute halves with 10-minute half time.

**13U-14U:** Two 35-minute halves with 10-minute half time.

**15U-16U:** Two 40-minute halves with 10-minute half time.

**17U-19U:** Two 45-minute halves with 10-minute half time.

**17U-19U 7v7:** Two 30-minute halves with 10-minute half time.

#### K. Uniforms

a. Each player shall have a number on the player's jersey. The number shall be affixed to the back of the jersey, be at least four inches tall and shall be clearly visible. Each player on a team must wear a number different from the number of every other player on their team. The official team roster shall include the number of each player's jersey.

b. All players are required to wear shin guards that provide adequate protection.

c. Goalkeepers must wear colors that distinguish them from the other field players.

d. The home team will wear lightest colored jersey. The visiting team will wear the dark jersey. Unless agreed upon by both coaches, the team not wearing the correct uniform will be required to change.

### **Part IV. Hosting Club and Team Responsibilities\***

#### ***\*Part IV applies to all open and closed leagues***

A. The hosting club will have properly prepared fields; including proper markings, nets, goal size, and corner flags. A club representative will be available to fix any problems associated with the fields. If the field is unable to be prepared properly by the hosting club, the game will be played if the referee determines that a hazardous condition does not exist.

B. The hosting club will be responsible for closing the complex in case of inclement weather. If the complex closes, it will be the responsibility of the hosting club to notify the home team and the referee assignor. The home team shall notify the opposing coach and/or manager as soon as possible that the game has been postponed. Failure to notify the opposing coach or manager could result in the game being declared a forfeit.

C. Each team should provide the referees with a copy of the team's official ORL roster or game card. (It is possible that both teams can be checked in from a single game card though) It is highly recommended that the roster includes the correct jersey number of each player. Teams will also supply Official USYS **Laminated** Player Passes, or the Gotsoccer App Version, with the player's picture for all 11U-19U players. If the official player pass cannot be presented to the referee, that player(s) will not be eligible for the match. Coaches and team managers must have USYS Laminated cards as well or the GotSoccer App Version. Referees will check passes against the roster prior to each match. In situations where a rostered player(s) does not have a corresponding player pass or a player pass name is not on the official roster, the player(s) will not be allowed to play.

D. The home team will provide a game ball to the referee. If the referee does not deem any provided games balls to be acceptable, the visiting team may be asked to provide the game ball.

E. Team Rosters/Game Forms are the official document and constitute the record of the game.

a. The referee will give the completed forms to the winning team or, if tied, the home team at the conclusion of the match.

1. After each game, the coach in possession of the Game Forms will phone in the score to GotSoccer.

2. Coaches must maintain the game cards, in their possession, until 30 days after the season is over.

3. Coaches must provide to OSA any game form requested.

4. Each team shall clean up their respective areas before leaving. [The hosting club will be asked to notify the club president if a non-home club team(s) (which could be the home and/or visiting teams) leaves their respective area(s) in an inappropriate manner.]

5. There will be a 10-goal mercy rule if the losing coach requests it. The Mercy Rule cannot be applied until the first half has ended. The losing coach must notify the referee at half time if invoking mercy rule.

6. All medical devices are subject to the approval of the referee with respect to player safety.

## Part V. Referees

*\*Part V applies to all open and closed leagues*

Payment – All referee assignments fees and referee fees will be the home teams' Club financial responsibility.

## Part VI. Procedure for Postponement and Reschedule of Games

- A. If the COMPLEX is closed because of inclement weather or field conditions, the home team shall notify the opposing coach or manager as soon as possible that the game has been postponed.

Failing to notify the opposing coach or manager could result in the game being declared a forfeit for his/her team. The home team will notify the visiting coach by 2 of 3 methods to count as notification. Those methods are by Email, Phone Call or Text Message.

1. Coaching conflicts will be avoided as much as possible when scheduling but no promises can be made. This is especially applicable to coaches who have more than two teams in ORL. Teams are encouraged to have qualified assistant coaches available whenever possible.

### 2. Rescheduling Games

a. Both coaches must agree to have a game rescheduled. The game must be rescheduled within **seven days** of the postponement.

b. Rescheduling games will be subject to the Home team's Club Reschedule Policy.

c. It is NOT anticipated that the season end dates will be extended and determination for this will be the sole discretion of the RLOC.

d. Teams attending a USYS sanctioned tournament will receive a guaranteed postponement/reschedule of any league games scheduled during the tournament.

e. Club Schedulers will not place a rescheduled game on the schedule until they have received written agreement from both coaches. The Home team coach will provide the coaches written agreement to the Club Scheduler.

## Part VII. League Play

A. Teams must be able to start the match within 10 minutes of the scheduled match time. If a team cannot start within 10 minutes of the scheduled match, the other team shall be awarded a victory by forfeit.

B. 'Start the match' is defined as having the minimum number of players appropriately dressed, on the field and ready to play. Merely having the minimum number of players on-site will not be considered sufficient.

C. If a game is terminated because of weather, it shall be judged a completed game if the game had started the second half before the game was terminated. If the match was of lesser duration, then it shall be replayed.

D. If a referee terminates a match because of player, coach or team conduct, the game score shall be reported, as it was at the time the game was terminated. The District Games and Disciplinary Committee will review the causes of termination and determine if the game will be accepted as a complete game, resumed from the point of suspension, or replayed.

E. If a referee suspends a match due to situations other than described in Sections C or D, the game score shall be reported, as it was at the time the game was terminated. The District Games and Disciplinary Committee will review the causes of suspension and determine if the game will be accepted as a complete game, resumed from the point of suspension, or replayed.

F. 9U and older Teams and Coaches will set on one game side of the field and Parents and Spectators will set on the opposite side of the game field.

G. League games that are scheduled on Sunday will not be scheduled to start play before 1:00 PM.

#### **Part VIII. Recreational No Play Dates**

- A. Teams are allowed to submit no-play dates with their application as follows:
1. 11U – 19U teams are allowed 4 no-play days per season.
  2. A Tournament weekend will be 2 No Play Dates.

#### **Part IX. Games, Discipline and Appeals**

A. Any player ejected from an ORL match shall be suspended for their next ORL match and/or next match in any USYS competition.

B. Any coach ejected from an ORL match shall be suspended from the next ORL match and/or next match in any USYS competition for the team they were coaching at the time of the ejection.

C. Ejections (red card) cases that involve "Violent Conduct" (fighting) as noted by the game official's Misconduct Report will always be reviewed by the District Games and Disciplinary Committee and considered for additional game suspensions. If an additional match(es) suspension is determined, the District Games and Disciplinary Committee will notify both the coach and manager in writing after the reviewing the incident and render a decision. District Games and Disciplinary Committee rulings on additional game suspension may **not necessarily** be completed before the next scheduled ORL or USYS Competition.



D. ORL Open League game protest will be heard by the District Games and Disciplinary Committee. A \$200.00 protest fee must accompany the filing of the appeal. The appeal fee must be in cash, cashier's check or money order. The appeal must be in writing and filed, at an OSA office, within 72 hours of the end of the game in protest. If the appeal is granted the protest fee will be refunded.

E. Decisions of the District Games and Disciplinary Committee, or any Closed League Games and Disciplinary Committee, may be appealed to the RLOC.

F. ORL-Closed League game protest will be heard by the Club(s) Games and Disciplinary Committee hosting the league. Decisions by these Committees can be appealed to the RLOC.

G. Decisions of the RLOC may be appealed to the OSA Appeals Committee, per that committee's standing policies.

H. In keeping with US Soccer Bylaw 707, OSA will adhere to the following:  
Section 1. No Organization Member, official, league, club, team, player, coach, administrator, or referee may invoke the aid of the courts in the United States or of a State without first exhausting all available remedies within the appropriate soccer organization, and as provided within the Federation. This bylaw does not apply to the commencement of an arbitration proceeding under these bylaws or the USOC Constitution and Bylaws or the enforcement of a decision rendered in such a proceeding.

Section 2. For a violation of this bylaw, the offending party shall be subject to suspension and fines, and shall be liable to the Federation for all expenses incurred by the Federation and its officers in defending each court action, including but not limited to the following:

- (1) court costs
- (2) attorney fees
- (3) reasonable compensation for time spent by the Federation officials and employees in responding to and defending against allegations in the action, including responses to discovery and court appearances.
- (4) travel expenses.
- (5) expenses for holding special National Council meetings necessitated by the court action.

I. The District Games and Disciplinary Committee may review any ejection for coach, manager, and/or player in situations that it determines to be egregious or excessive and issue additional match suspensions as is deemed necessary.

J. In the case of an ejected coach, the use of radio communication systems, which include cell phones, between players and/or technical staff, is not permitted.

K. A player is allowed to serve his/her suspension at the game on the team bench but may not be in uniform.

L. It is the responsibility of the coach or manager to submit to the OSA office a sit-out verification form (available on the OSA website). The sit-out form provides the reason for the sit-out; previous game ejections, additional suspension imposed by the District Games and Disciplinary Committee and must be submitted immediately following the match the player or coach sat out. If the required suspensions are not served, additional sanctions may be imposed.

M. The referee of the match shall have the responsibility of recording infraction(s) on the game form under FIFA Laws of the game Law XII.

## **Part X. Player Registration**

### ***\*Part X applies to all open and closed leagues***

A. Recreational Teams must be formed by one or more of the six methods listed below that fit the needs of the Club best:

1. School Attendance
2. Geography
3. Neighborhood Concept
4. Player Draft
5. Random Draw
6. Recreational Select (a.k.a. Rec+). The Recreational Select Team Selection Policy. See Part XII

B. The Clubs will register individual players. Clubs will use one or more of the team formation methods listed in A. above. Formation of teams, adding, dropping, releasing and transfers of players shall be controlled by the respective Club rules, where a team is formed, and any OSA rules or policies that may apply. Club team formation guidelines changes shall be submitted to OSA by July 1<sup>st</sup> of each year for OSA approval.

- a. The Club Registrar will maintain all Closed League Team Rosters.
- b. The OSA Registrar will maintain all Open League Team Rosters.
- c. Youth Players must not have reached the age of 19 before January 1<sup>st</sup> of the seasonal year. The age chart will be maintained on the OSA web site. The Clubs will be responsible for verifying all players age.

D. A player may play in an older age division but not in a younger age division.

E. A current roster of all teams shall be provided to OSA. Each team, that wishes to play in the ORL, must be registered with OSA through its local club.

F. Recreational Select teams may be formed at any age level. Recreational Select teams formed at the 8U and lower ages must be scheduled by the home club.

G. Recreational Select teams must have a plus sign (+) added after the team name.

H. Maximum number of players on Recreational teams

- a. 6U & Younger (4v4): Maximum roster size is eight (8)
- b. 7U – 8U (4v4): Maximum roster size is eight (8)
- c. 9U – 10U (7v7): Maximum roster size is twelve (12)
- d. 11U – 12U (9v9): Maximum roster size is sixteen (16)
- e. 13U – 14U (11v11): Maximum roster size is eighteen (18)
- f. 15U – 16U (11v11): Maximum roster size is twenty-two (22)\*
- g. 17U - 19U (11v11): Maximum roster size is twenty-two (22)\*
- h. 17U - 19U (7v7): Maximum roster size is twelve (12)

\*No more than 18 players may be in uniform and/or participate in any particular game.

**Part XI. Team Registration**

**\*Part XI applies to all open and closed leagues**

A. Each team playing in the ORL must be properly registered in its respective Club and OSA fees paid in full.

B. Each player playing or practicing, in the ORL shall be registered with OSA through its member clubs and shall submit a properly completed USYS Youth Registration Form.

**C. Each U11 to U19 player shall have a current, laminated USYS player pass with a current photograph affixed or the digital version from Got Soccer.**

D. Effective January 2014, each coach participating in an ORL competition shall be:

1. Registered with OSA, and Risk Management approved by OSA before participation with youth players.
2. Possess a USYS pass (laminated or digital) with a current photograph affixed.
3. Making progress towards the ORL coaching license recommendations listed below:

	U6-U8		U9-U10		U11-U12		U13-U19			
	Free Online Grassroots Coaching Module	4v4 Online	4v4 In-Person	7v7 Online	7v7 In-Person	9v9 Online	9v9 In-Person	11v11 Online	11v11 In-Person	USSF D License
 	<b>Required</b>	<b>Strongly Recommended</b>								
	<b>Required</b>									

## Part XII. Recreational Select Team Formation Policy

***\*Part XII applies to all open and closed leagues***

OSA Recreational Select teams will be formed each season in accordance with the following policy:

A. Recreational Select Teams – Recreational Select teams also referred to as “Rec+”, may be formed for the purpose of playing in the Oklahoma Recreational League as may be desired by the home club, coach, and team. The team’s Head Coach chooses the teams’ roster (some restrictions may apply – see below rules and requirements).

### B. Recreational Select/Rec+ Rules and Requirements

1. Rec+ teams may be formed in all age groups.
2. Rec+ teams participate in recreational soccer. All Recreational Select players are afforded the same Player’s Right to Play as all recreational players. (I.e. All players must participate in at least 50% of the allotted game time each game. ***The use of tryouts or any similar process to roster players to any team on the basis of talent or ability is prohibited.***
  - a. The following activities are expressly prohibited by OSA:
    - Invitation to, or participation of a recreational player in, an activity with a coach and/or team at any OSA sanctioned or governed activity (including team meetings, practice, and training sessions) with the intention of evaluating the player’s talent or ability for consideration of inclusion on a Rec+ team’s roster; other than as permitted below.
    - Any activity expressly prohibited by the player’s and/or coach’s home club.
  - b. The following activities are not prohibited by OSA:
    - Invitation to, or participation of a recreational player in, any activity with a coach and/or team preceded by mutual agreement that the player will be included on the Rec+ team if the player so chooses to join the roster (*expressly for the player/parent(s) to evaluate the coach/team in coming to a decision to become a rostered player for the Rec+ team*).
    - Observation of a player participating at a regular season game, tournament or other public event.
    - Observation of a player at a club sponsored training event; with permission of the club.
    - Player participation with a team utilizing Club Player Pass in accordance with OSA policy governing such.

- Participation by, or observation of, a player in any event/league that is not sanctioned or governed by OSA. **\*\*\*Note: Activities not sanctioned by OSA are excluded from insurance policies provided to OSA members\*\*\***

- c. Clubs shall publicize these guidelines to all recreational coaches and members via an appropriate and effective means.
  1. Non-compliance with this policy and/or guidelines shall be reported to the RLOC.
  2. Coaches/Teams/Clubs found to be acting in, or condoning, violation of the policy and/or guidelines shall be subject to sanctions as deemed appropriate by the DGDC.

3. Submission of Recreational Select teams must be applied for by the team's Head Coach via submission of a Recreational Select/Rec+ Roster Form to the home club registrar. *Players shall not be placed on Recreational Select rosters without a completed player detail and parent/guardian signature on file with their club registrar.*

4. Head Coaches are responsible for submission of a newly completed Recreational Select/Rec+ roster form to the home club registrar each Fall season, and submission of any roster changes each Spring season by the close of the club's normal registration period.

5. Clubs may also make the decision to submit a team as Recreational Select for inclusion in a Recreational Select League.

6. The Recreational Select/Rec+ Form will be available to the home club.

7. Teams choosing to register as a Recreational Select/Rec+ team for the spring season must place all players returning from the Fall team roster onto the new Rec+ team; unless a player's parent or guardian requests removal from the team.

8. Players may be added to a Rec+ roster in the Spring or Fall, so long as the maximum number of players for the applicable age class is not exceeded.

- a. All Recreational Select/Rec+ team names will be followed by a (+) Plus sign. (i.e. New York Red Bulls+)

- b. Clubs can formulate any other rules for Recreational Select/rec+, which fit the needs of the club. A copy of these rules must be presented by the home club to OSA by July 1<sup>st</sup> of each year.



## **Appendix A**

### **Recreational and Recreational Plus Club Wide Player Pass Guidelines**

All players develop at their own rate due to the difference between chronological age and developmental age. Greater flexibility regarding individual player development must be given to clubs in order to ensure that they are able to help all their players reach the level of excellence that the player desires to achieve as well as to be able to sometimes manage differences in clubs as well.

A Club Player Pass (CPP) system allows for more realistic and fluid movement of players between teams and levels of play. This fluid movement allows the player to be challenged at the appropriate level based on their current level of development. This movement can help reduce the 'win at all cost' team first attitude and put the focus of player development back on the individual player. CPP should never be used to improve a team's standing in league play and should not typically be used to make sure a team has enough players for a game.

### **Player Movement**

#### **Oversight**

It is recommended that any club using CPP in the Recreational or Recreational Plus setting do so under the guidance and oversight of someone with a US Youth National Y License.

#### **Policy/Procedure**

Any club wishing to utilize CPP for Recreational or Recreational Plus in house games must have a written policy/procedure stating:

- a) Club philosophy for use of CPP in those divisions
- b) Any and all internal rules, restrictions, guidelines, and procedure for use of CPP in those divisions

#### **Guidelines**

While OSA does not provide specific guidelines for when CPP may be used in these divisions in house the following are some situations in which it which it might make good sense to use CPP in these divisions:

- a) Allowing a Recreational player to move to a Recreational Select-Plus team in their age group.
- b) Moving a Recreational or Recreational Plus player to a Recreational Plus team one-age division higher.
- c) Moving a Recreational player to a higher ranked same age team or Recreational team one-age division higher.

d) CPP shall only be used for League games. The maximum number of CPP players that can be used for any League game are below.

9U-10U Two CPP Players  
11U-12U Two CPP Players  
13U-14U Three CPP Players  
15U-19U Four CPP Players

e) CPP players will be added by the Club Registrar for recreational teams for a League game in accordance with the number of CPP players allowed.

Following are examples of situations in which it would not be allowed to use CPP:

- a) Recreational Plus player moving to a Recreational team in the same age division.
- b) Recreational Plus player moving to another Recreational Plus team in the same age division.
- c) If the CPP Player(s) will miss their assigned team's game.

CPP may not be used to allow Recreational or Recreational Plus players to play for other teams in the club or teams from another club for tournament play. CPP does not affect any Guest Player guidelines that are in place for tournaments.



## Appendix B

### Oklahoma Recreational Secondary Player Policy

1. A player may be on the Primary Roster of only one team in any League sponsored by OSA. A player may also be on the Secondary Roster of one additional team from the same Club. The Secondary player must be age appropriate.
2. Players shall not miss their Primary team's league game to play for their secondary team.
3. The Maximum numbers of secondary players that can be added to a Primary Roster for any age group are below.
  - 9U-10U Two Secondary Players
  - 11U-12U Two Secondary Players
  - 13U-14U Three Secondary Players
  - 15U-19U Four Secondary Players
4. The use of Secondary or CPP players on a team shall not displace a Primary Player from participating in a game. All Players must play 1/2 game minimum.
5. The use of Secondary or CPP players shall not cause a team to go over the maximum number of players allowed to play for a team in a game. (See Section I)
6. A Club must seek permission from a player's parent to be added as a secondary player on another roster. The Club shall have a form for the Parent to sign for this permission.
7. The use of the Secondary Roster is a Club option.
8. Recreational Select (Recreational Plus) Players cannot be a secondary player on a recreational team.
9. After a Secondary Player has been added to a roster they cannot be removed to add another Secondary Player, unless that secondary player is also "Officially Released" from his/her Primary Team.
10. Secondary players can only be used in ORL League play.

## Appendix C

### **OKLAHOMA RECREATIONAL LEAGUE COMMITTEE POLICY REGARDING RESTRICTED PLAY TIME FOR ALL RECREATIONAL PLAYERS**

*3-26-2015*

As per Oklahoma Recreational Policies and Procedures Part III Section H., each player on a recreational team has the right to play at least 50% of every game in which the team participates. The Oklahoma Recreational League Committee deems that it shall be the responsibility of each coach to strictly comply with this policy. Notwithstanding this, it is recognized that there are instances in which this right may be restricted.

This policy of the Oklahoma Recreational League Committee permits a coach to deny the player's right to play in one game, or restrict playing time to one quarter of a game; provided that the coach must have established a written disciplinary policy setting forth standards which differentiate between discipline for failure to practice and discipline for unsportsmanlike or violent conduct at practice. Such disciplinary policy must be approved by the Home Club and be published to the team's players and players' parent(s)/guardian(s) prior to the commencement of the season. This policy and any club or team standards of conduct shall be uniformly applied, without bias, to all players on a team. In no instance may a coach restrict playing time below one half game in consideration of a player's ability or skill.

The Oklahoma Recreational League Committee has adopted the following requirements for application of this policy:

3. A coach may restrict playing time to a single quarter of one game for three or more absences to practice provided that the reason for such absences are not for attendance at school or church functions. In order to document such absences it is required that each coach note player attendance to practices and be able to provide specific information as to the dates of practices missed. Such restriction must be noted on the game form and the player and player's parent(s)/guardian(s) must be notified in twenty-four hours advance.
4. A coach may deny for one game a players right to play for violent or unsportsmanlike conduct at practice. Such restriction must be noted on the game form and the player and player's parent(s)/guardian(s) must be notified twenty-four hours in advance.
5. In any situation where the coach believes it is necessary to deny or restrict a player's playing time, the written approval of a Club Administrator must be obtained in advance of notification to the player.

This policy does not preclude restriction of a player's playing time due to injury, illness or other substantive reason as mutually agreed upon by the coach, player and/or player's parent(s)/guardian(s).

Failure to comply with this policy may result in disciplinary action against the coach by the governing authority in accordance with ORL Policies and Procedures, Section IX.

## Appendix D

### Oklahoma Soccer Traveling Rec Open/Rec Select Bracketing/Scheduling Guidelines

(Updated 12/17/2017)

This is some of the criteria that will be used when bracketing teams. These guidelines are not weighted, hence no numeric ordering, some will apply to teams, some will not. It will be up to the Oklahoma Recreational League (ORL) committee and OSA recreational admins to make the best determination, keeping the items listed below in mind. In some cases the ORL committee may not be able to use one or more of these guidelines in order to form a viable league(s).

1. In order to be scheduled, a team must first be registered online via Gotsoccer. Registration is the responsibility of the registrar and/or home club.
2. The club and/or coach is responsible for ensuring that the team is entered in the correct age division. Should the team end up in a younger age division, we have no choice but to move the team up into the correct age division.
3. Only the record from the previous playing season will be considered. Tournaments, prior seasons, etc. will have no bearing on placement.
4. Any team returning more than 50% of the players from the previous season is still considered that team. Any team that changes their name will still be considered the previous named team.
5. If teams are merged, that information should be submitted to the OSA recreational admin. Submit both team names, records, etc.
6. Any team that requests to play in the Rec Select Bracket will be placed accordingly. When possible, rec select teams will be placed in a rec select bracket. **If there are not enough teams to make a rec select bracket, those teams will be placed in the highest level Recreational Bracket in the Spring season.**
7. Any team that requests to play in a higher age division will be placed accordingly.
8. A girls' team that requests to play in the boy's division will be placed accordingly.
9. No requests will be considered for a lower skill placement.
10. No requests will be considered for a younger age division. Age of eldest player will determine the appropriate age division.
11. When making the brackets, there will be a minimum of 5 teams (play each other twice for a total of 8 games), and a maximum of 11 teams (play each other once for a total of 10 games)  
The above guidelines will be used when possible.
12. In Leagues with teams that are scheduled to play each opponent an unequal number of times, **only the highest game numbered match will count towards the official standings.** The ORL will let the Coaches know which game numbers will be considered "Official Scrimmages". These official scrimmage game scores will not be

- entered into the standings of the league.
13. The minimum number of games that count towards league standings will be six (6).
  14. The ORL reserves the right to mix age groups to make leagues when needed.
  15. The ORL reserves the right to schedule U15 and up teams in a Statewide League if needed.
  16. The ORL **will not** take into consideration teams that have players playing up when forming leagues. Playing up is a Club and Coach decision that is out of the control of the ORL Committee. All scenarios need to be considered, by the coach and the club, when allowing a player to play up.

### **Promotion and Relegation**

Any team that is dominant in their bracket will move up to the next bracket **between the Fall and Spring** seasons, if there is a higher one. Also, any team that is dominated in their bracket will move down to the next bracket between the **Fall and Spring** seasons, if there is a lower bracket. This could apply to multiple teams as well.

## Appendix E

### 19U 7v7 Policies

*Current ORL policies apply to any item not covered in the special 19U 7v7 policies.*

#### **Age**

“19U” includes 17U, 18U and 19U as defined by US Soccer’s Player Matrix for the current year.

#### **Number of Players**

The maximum number of players on the field per team at any one time is seven (7), one of which is a goal keeper.

The maximum number of players on a roster shall not exceed twelve (12).

The minimum number of players to start a match is five (5).

Coed teams playing in a coed league must always have at least two female players on the field not including the goal keeper.

#### **Field of Play**

Standard 9v9 field: 70x45 min/80x55 max, 21x7 goal

#### **Duration of the Game**

30-minute halves with 10-minute half time.

#### **Goal Kicks/Keeper Played Balls**

A goal kick taken by any player or any ball played by the goal keeper from within his or her own penalty area, from the hands or the feet (thrown, kicked, punted or drop-kicked), **may not** cross the half way line without first touching the ground or any other player.

**SANCTION:** *An indirect free kick is awarded to the opponents on the half way line at the point where the ball crossed.*

#### **Offside Rule**

*Conforms to FIFA*

#### **Substitutions:**

Unlimited at any stoppage of play with the referee’s permission.



# Coaches Handbook

Each coach should hold a minimum of two practices per week.

## U6 Skills

Age	U6
<b>Fitness</b>	<ul style="list-style-type: none"><li>• Tumbling</li><li>• Balance</li><li>• Running</li><li>• Jumping</li><li>• Turning/Spinning</li></ul>
<b>Technique</b>	<ul style="list-style-type: none"><li>• Stopping rolling balls with the feet</li><li>• Dribbling</li><li>• Ball striking</li></ul>
<b>Tactics</b>	<ul style="list-style-type: none"><li>• Orientation (which goal to attack, and which goal to defend)</li><li>• “How to play” (understand basic rules of play)</li></ul>
<b>Psychology</b>	<ul style="list-style-type: none"><li>• Fair play</li><li>• Emotional control</li><li>• Imagination</li><li>• Courage</li></ul>
<b>Training</b>	<ul style="list-style-type: none"><li>• 30-35 practices per year (Academy-style, 40 minutes/practice)</li><li>• Majority of training activities include a ball for each player</li><li>• No activities with more than 4 players per ball</li></ul>
<b>Competition</b>	<ul style="list-style-type: none"><li>• 3v3 to small goals (no goalkeepers)</li><li>• 25-30 scrimmages per year (“street-soccer” style, with “New Ball!” rule used instead of throw-ins or kick-ins)</li><li>• No formal games, jamborees, or tournaments</li></ul>

### U6 Rules of Play:

[https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame\\_6AndUnder.pdf](https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_6AndUnder.pdf)

### Coaches:

The environment and activities are more important than technical coaching at this level. Coach is friendly helper, facilitator, organizer and motivator. The Coach should be patient, enthusiastic, and imaginative. The Coach should experiment with fun activities that include all players.

**Required License:** Youth Module I,

**Optional License:** National Youth License



## **The Training Session (general information):**

The training session should involve fun and imaginative game like activities. Facilitate fun activities that draw out the skill in the player. Games that include 1v1 and 2v2 Training should always conclude with a 3 v 3 game without goalkeepers if possible. The duration of the training session should be 45 minutes. Game duration: four 8-minutes quarters. / Playing numbers:3v3 (no keepers) Possible Formations: 1-2, 2-1

United States Youth Soccer Association Practice Plan

### **1st Activity (warm-up)**

Stop it with the Body Parts - All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.

### **2nd Activity Red Light, Green Light**

All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.

Progressions: Add a ball. - The coach can move around to make the game more challenging.

### **3rd Activity Find the Coach**

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell —ouch|| each time they are hit to make the game more exciting. Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)

### **4th Activity Frog Attack**

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.

Progressions: Add a ball (for the players, not the frogs)

### **5th Activity (the game) Disney Game**

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there is a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.

Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.

### **Additional Activities: Tag**

This drill is based on the common kids' game of tag. Mark off a grid or circle. Everybody needs a ball. Whoever is "it" must dribble to another player and tag him. The other player avoids being tagged by dribbling away from "it." If the player being chased loses his ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

### **Everybody's It**

All players have a ball inside a playing area. Players must keep their ball at their feet and try and tag as many people as they can in a specific amount of time. After time is up, ask players how many they tagged and challenge them by asking them to tag 2 more people for the next round.

Another way it could be played is to divide the team into two and have one team try and tag the other team and count how many they have tagged. Each team collects the total and the other team gets to go.

### **Body Parts**

All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.

### **I can, can you**

All players have a ball inside a playing area. Coach starts by saying I can do this, can you (do something with ball, can start by tossing ball up and catching it). Practice different dribbling and stopping techniques. Then let players be the leaders to show off their talents.

### **Sharks and Minnows**

All players with a ball line up across one end line. Coach is Shark to begin on opposite side. On go players must dribble across field pass the shark and safely to the other line. When the shark steals a ball, that player also becomes a shark. Until only one minnow remains. That minnow starts the next game as the shark.

<b>Age</b>	<b>U8</b>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Eye/foot and eye/hand coordination</li> <li>• Continued refinement of gross motor development</li> <li>• Introduce concepts of warm-up and cool-down</li> </ul>
<b>Technique</b>	<ul style="list-style-type: none"> <li>• Bounce juggling and ball-lifting (with the feet)</li> <li>• Change of direction (using pullbacks and basic cuts)</li> <li>• Receiving ground balls with inside, outside, and sole of the feet</li> <li>• Push pass</li> <li>• Block tackle</li> <li>• Shooting (ground balls, with inside of the foot and with the instep)</li> <li>• Introduce basic throw-in (two-footed)</li> <li>• Introduce full volley (from hands)</li> </ul>
<b>Tactics</b>	<ul style="list-style-type: none"> <li>• 1v1 attacking (courage to dribble toward the goal and at defenders)</li> <li>• 1v1 defending (seek to win the ball)</li> <li>• 2v1 (wall pass)</li> <li>• Recognition of open space</li> <li>• Always control the ball on the first touch (“Kicking is not soccer!”)</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Working in pairs</li> <li>• Sharing</li> <li>• Sportsmanship</li> <li>• Creativity</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 60-70 practices per year (Academy-style, 60 minutes/practice)</li> <li>• Majority of training activities have 1-2 players per ball</li> <li>• No activities with more than 6 players per ball</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• 4v4 to small goals (no goalkeepers)</li> <li>• 10-15 scrimmages per year (“street-soccer” style, with “New Ball!” rule used instead of throw-ins or kick-ins)</li> <li>• 10-15 games per year, which may be part of an organized jamboree/festival (using approved U8 rules, no reported scores/standings)</li> <li>• No tournaments</li> </ul>

**Note:** “Introduce” in the curriculum descriptions implies that we want to give players exposure to certain topics at this stage of development, but success is not expected at this stage.

U8 Rules of Play:

[https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame\\_8AndUnder.pdf](https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_8AndUnder.pdf)

Age	U 1 0
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Endurance</li> <li>• Flexibility (range-of-motion)</li> <li>• Consistent warm-up and cool-down routines</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• Running with the ball</li> <li>• Dribbling moves to beat a defender 1v1 and escape from pressure</li> <li>• Push passes to feet across short and intermediate distances (0-20 yds)</li> <li>• Shielding</li> <li>• Juggling (feet, thighs, and head)</li> <li>• Receiving bouncing balls with the instep, sole, inside, and outside of the feet</li> <li>• Receiving air balls with the chest and thigh</li> <li>• Full volleys, half volleys, and push volleys (bouncing balls)</li> <li>• Instep drive</li> <li>• Throw-ins (split stance)</li> <li>• Introduce heading (held balls, bouncing balls)</li> <li>• Introduce chipping and crossing</li> <li>• Shoulder charge</li> <li>• Poke tackle</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Ready stance</li> <li>• Basic catching ("W" grip above the chest, basket catch below the waist)</li> <li>• Introduce high balls (no pressure)</li> <li>• Basic footwork (lateral movement, stepping to the ball)</li> <li>• Developmental diving (from sitting and squatting positions)</li> <li>• Distribution (throwing, bowling, punting)</li> <li>• Goal kicks</li> </ul>
<b>Tactics</b>	<ul style="list-style-type: none"> <li>• 1v1 attacking (change of pace, change of direction, acceleration to penetrate with the ball)</li> <li>• 1v1 defending (angle and distance of pressure, channeling, restraint)</li> <li>• 2v1 attacking (overlapping runs, takeovers, fakeovers, short support)</li> <li>• 2v2 defending (pressure, cover)</li> <li>• Man-to-man defense</li> <li>• Principles of width and depth on attack and defense</li> <li>• Introduce basic systems of play (learn names of positions, experience playing in all roles)</li> <li>• Introduce set plays (basic attacking and defending roles, short restarts, direct vs. indirect free kicks)</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Working in groups of 3 or 4</li> <li>• Sensitivity (winning and losing gracefully)</li> <li>• Cooperative competition</li> <li>• Sustained focus on task (ability to focus for one entire half of play)</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 65-80 practices per year (Academy-style, 75 minutes/practice)</li> <li>• Majority of training activities have 2-4 players per ball</li> <li>• No activities with more than 8 players per ball</li> </ul>

<b>Competition</b>	<ul style="list-style-type: none"><li>• 6v6, with goalkeepers</li><li>• 10-15 scrimmages per year (using approved U10 rules)</li><li>• 15-20 games per year, up to half of which maybe part of an organized jamboree/festival (using approved U10 rules, no reported scores/standings)</li></ul>
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U10 Rules of Play:

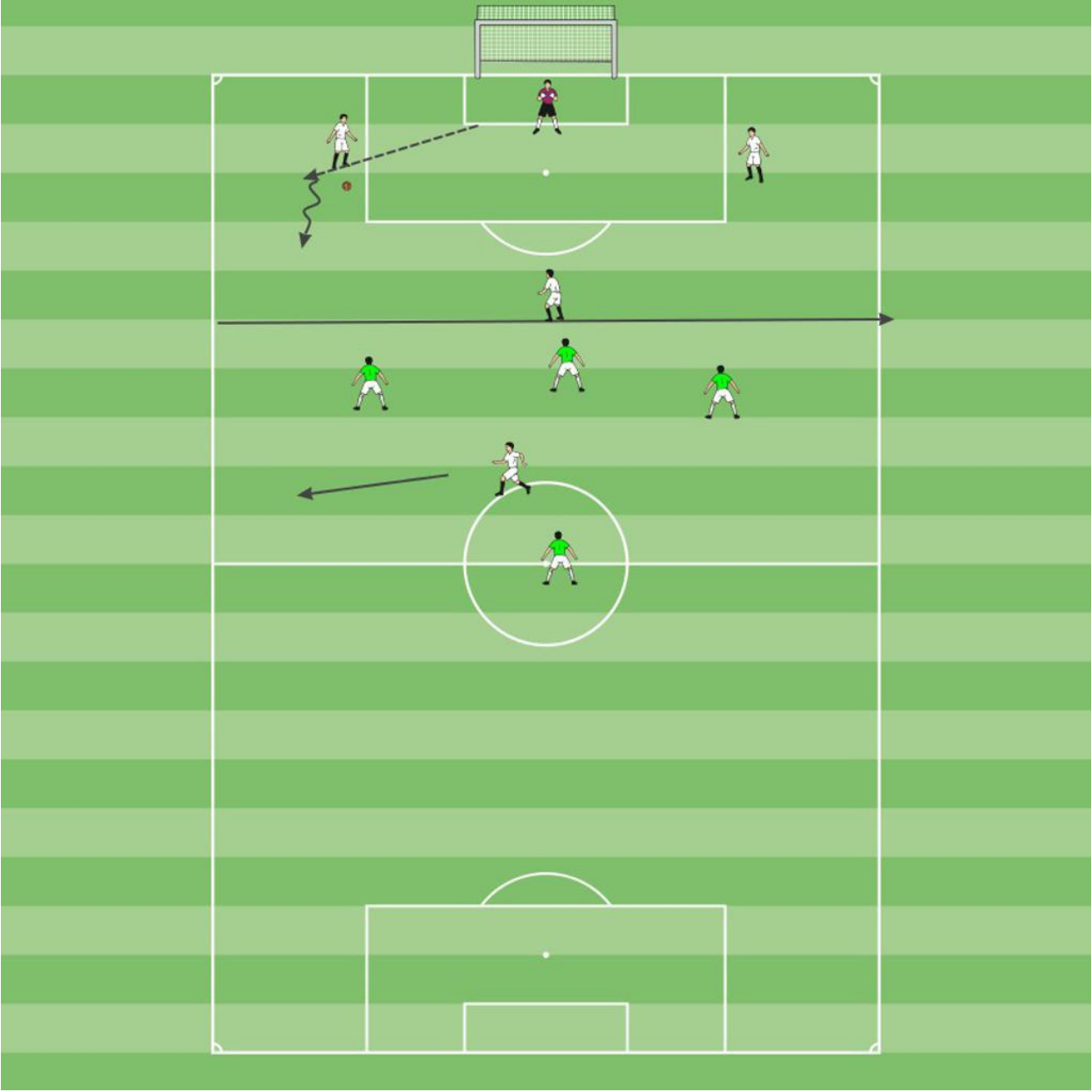
[https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame\\_10AndUnder\(1\).pdf](https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_10AndUnder(1).pdf)

## **BUILD OUT LINES**

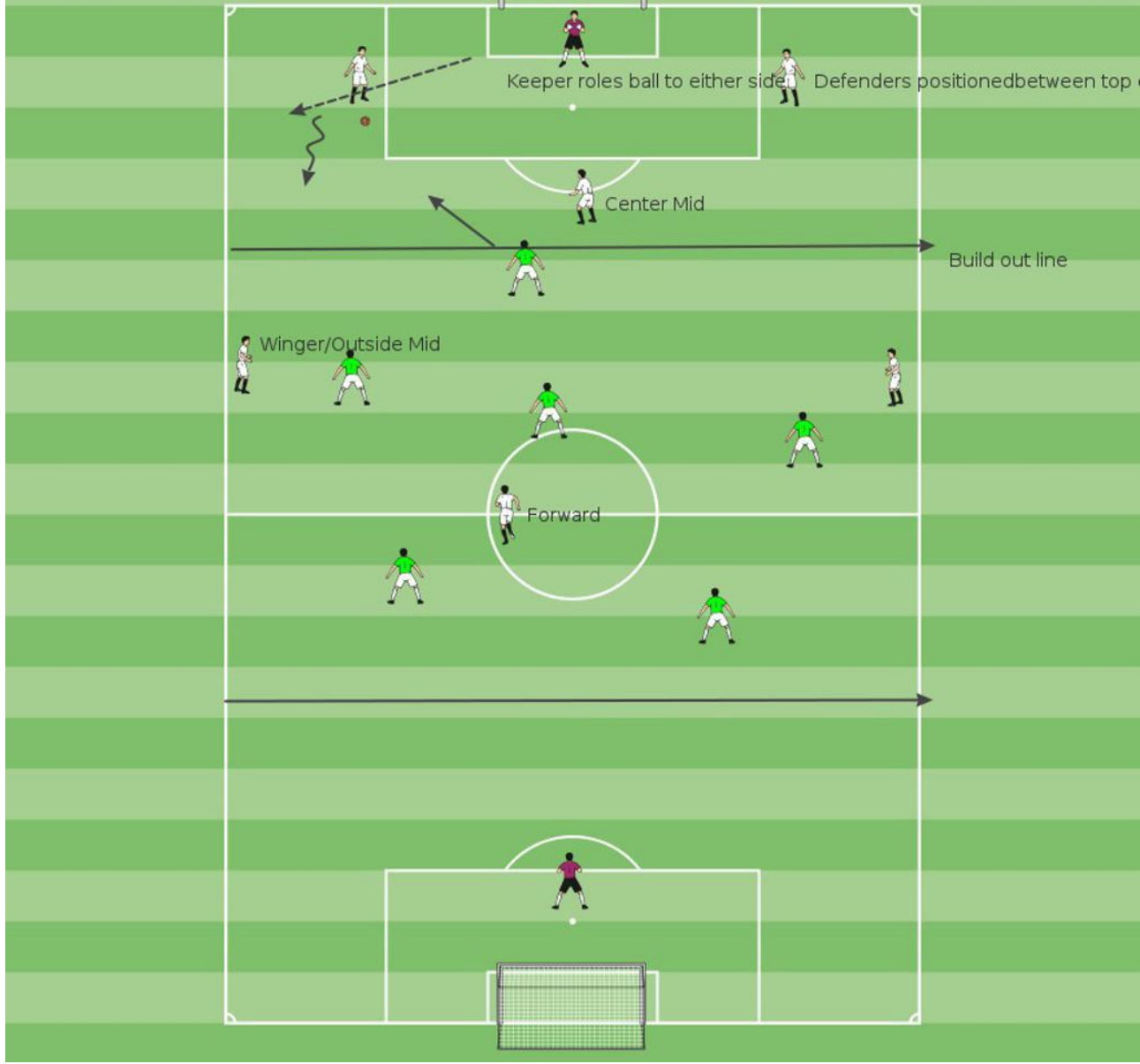
Below is a picture of how to use the build out line to encourage playing out of the back.

Picture 1 is for 5v5

Picture 2 is for 7v7



Team Formation 2-3-1



Keeper roles ball to either side Defenders positioned between top

Center Mid

Build out line

Winger/Outside Mid

Forward

Age	U 12
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Strength</li> <li>• Speed</li> <li>• Aerobic exercise</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• First-touch turning with the ball (feet, thighs, and chest)</li> <li>• Advanced feints, cuts and turns with the ball (performing moves in series)</li> <li>• Passing with the heel, sole, and the outside of the foot</li> <li>• Passing across long distances (20+ yards)</li> <li>• Crossing to near post, far post, and slot targets</li> <li>• Chipping to pass or score</li> <li>• Volleys and headers (to score, to clear)</li> <li>• Introduce diving headers</li> <li>• Introduce the slide tackle</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Advanced footwork (footwork patterns, dropback steps, distinct movements in series, field awareness/vision while in motion)</li> <li>• Reaction training</li> <li>• Low diving (from feet)</li> <li>• Angle play</li> <li>• High balls (played forward into the penalty area, limited pressure)</li> <li>• Dealing with crossed balls (on the ground, in the air)</li> <li>• Introduce 1v1 breakaway saves</li> <li>• Introduce deflecting (punching, boxing, tipping, parrying)</li> <li>• Saving penalty kicks</li> </ul>
<b>Tactics</b>	<ul style="list-style-type: none"> <li>• 1v1 defending (defensive feints)</li> <li>• 2v1 and 2v2(-1) defending (delay/deny penetration, immediate chase)</li> <li>• 2v2 attacking (combination play, reading defensive shape—flat versus deep)</li> <li>• 3v2 and 3v3(-1) attacking (man-up) and defending (man-down) roles</li> <li>• Vision (body shape and eye contact with teammates)</li> <li>• Field player communication (“Man on!”, “Turn!”, “Time!”, “Switch!”, etc.)</li> <li>• Basic goalkeeper communication (“Away!”, “Keeper!”, “Step!”, “Drop!”)</li> <li>• Attacking and defending set plays (long/direct and short/indirect options)</li> <li>• Half-time analysis and implementing half-time adjustments</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Confidence</li> <li>• Desire and intrinsic motivation</li> <li>• Competitiveness</li> <li>• Self-analysis of performances and abilities</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 80-100 practices per year for select-level players (mix of team and Academy-style training, 90 minutes/practice)</li> <li>• 65-80 practices per year for recreational players (Academy-style, 90 minutes/practice)</li> <li>• Separate functional training for goalkeepers (25-35 hours/year)</li> <li>• Majority of training activities have 2-6 players per ball</li> <li>• Very few activities with more than 10 players per ball</li> </ul>



<b>Competition</b>	<ul style="list-style-type: none"><li>• 8v8, with goalkeepers</li><li>• 5-10 scrimmages per year (using approved U12 rules)</li><li>• 25-30 games per year, up to half of which may be part of organized tournaments or jamborees/festivals (using approved U12 rules)</li><li>• 2-5 tournaments (including jamborees/festivals), including an appropriate</li></ul>
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U12 Rules of Play:

[https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame\\_12AndUnder.pdf](https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_12AndUnder.pdf)

<b>Age</b>	<b>U 14</b>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Power</li> <li>• Acceleration</li> <li>• Anaerobic exercise</li> <li>• Cardio respiratory and cardiovascular training</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• Headers and chest traps to win the ball in the air (off punts, goal kicks, etc.)</li> <li>• Heading to pass (including flick-on headers)</li> <li>• Bending balls (inside/outside of the feet, on the ground and in the air)</li> <li>• “Dummying” the ball</li> <li>• Clean first touches away from pressure</li> <li>• Speed dribbling</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Diving saves for medium and high shots</li> <li>• Advanced deflecting (in motion, in traffic, second saves)</li> <li>• Saving the 1v1 breakaway</li> <li>• Dealing with back passes</li> <li>• Throwing to distribute over long distances (30+ yards)</li> </ul>
<b>Tactics (Field Players)</b>	<ul style="list-style-type: none"> <li>• Introduce 11v11 systems of play (4-4-2, 3-4-3, 4-3-3) with some functional specialization (playing 2-3 positions instead of all positions)</li> <li>• Switching the point of attack</li> <li>• Playing out of the back</li> <li>• Transition, counterattacking and speed-of-play</li> <li>• Finishing 1v1 breakaways to goal</li> <li>• Attacking runs (third-man runs, checking runs)</li> <li>• Switching positions (roles) during the run of play</li> <li>• Role of the 3<sup>rd</sup> defender (tracking runs off the ball)</li> <li>• Concentration/compactness in defense (especially in the middle third)</li> </ul>
<b>Tactics (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Command of the penalty area (communication with field player teammates)</li> <li>• 2v1+GK breakaway (stay-or-go decision with a defender in the play)</li> <li>• Supporting the attack within the penalty area</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Overcoming adversity</li> <li>• Positive self-talk</li> <li>• Assertiveness</li> <li>• Emotional management and self-control</li> <li>• Individual and team discipline</li> <li>• Focus on task (full match)</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 80-100 practices per year for select-level players (mix of team and functional/specialized training, 90 minutes/practice)</li> <li>• 65-80 practices per year for recreational players (mix of team and Academy-style training, 90 minutes/practice)</li> <li>• Separate functional training for goalkeepers (25-40 hours/year)</li> <li>• Majority of training activities have 4-8 players per ball</li> <li>• Very few activities with more than 12 players per ball</li> </ul>

<b>Competition</b>	<ul style="list-style-type: none"> <li>• 11v11, with goalkeepers (8v8 may be used for recreational players)</li> <li>• No more than 5 scrimmages per year (using approved U14 rules)</li> <li>• 30-35 games per year, up to half of which may be part of organized tournaments or jamborees/festivals (using approved U14 rules)</li> <li>• Practices and games played outside the club (school teams, guest appearances, etc.) count toward the annual limits for each player</li> </ul>
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<b>Age</b>	<b>U 1 6</b>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Weight training</li> <li>• Core/back/abdominal strength</li> <li>• Interval &amp; sprint-recovery training</li> <li>• SAQ (speed, agility, and quickness) training</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• Diving headers to score and clear</li> <li>• Airborne kicking (scissors volley, overhead volley)</li> <li>• Finishing (power vs. finesse)</li> <li>• Skill mastery (technical execution under pressure)</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Backward (recovery) diving</li> <li>• Drop kicks (half-volley distribution)</li> </ul>
<b>Tactics (Field Players)</b>	<ul style="list-style-type: none"> <li>• Attacking runs (withdrawing, penetrating, crossover)</li> <li>• Collective attacking in the final third</li> <li>• Attacking down the wings</li> <li>• Passing on diagonals</li> <li>• Playing through the thirds of the field</li> <li>• Introduce zonal defending</li> <li>• Collective defending in the defensive third</li> <li>• Recognition of numbers-up/numbers-down situations</li> <li>• Speed of play and controlling the match tempo (build-up vs. counterattack)</li> <li>• Tactical adjustments during the run of play</li> <li>• Post-match analysis (collective and individual)</li> </ul>
<b>Tactics (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Initiating the counterattack</li> <li>• Organizing teammates on defensive set plays</li> <li>• Supporting the attack beyond the penalty area (including attacking free kicks)</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Courage</li> <li>• Independence and self-reliance</li> <li>• Personal and collective accountability</li> <li>• Goal orientation (process and outcome goals)</li> <li>• Willingness to sacrifice to achieve one's best</li> <li>• Mental rehearsal and imagery</li> <li>• Functional specialization (gaining a deep understanding of 1-2 positions and heightened confidence in one's ability to play those positions)</li> </ul>

<b>Training</b>	<ul style="list-style-type: none"> <li>• 90-120 practices per year for select-level players (mix of team and functional/specialized training, 90-105 minutes/practice)</li> <li>• 70-90 practices per year for recreational players (team training, 90 minutes/practice)</li> <li>• Separate functional training for goalkeepers (30-50 hours/year)</li> <li>• Majority of training activities have 4-10 players per ball</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• 11v11, with goalkeepers (8v8 may be used for recreational players)</li> <li>• No more than 5 scrimmages per year (using approved U16 rules)</li> <li>• 30-40 games per year, up to half of which may be part of organized tournaments or jamborees/festivals (using approved U16 rules)</li> <li>• Practices and games played outside the club (school teams, guest appearances, etc.) count toward the annual limits for each player</li> <li>• 3-6 tournaments (including jamborees/festivals), including an appropriate</li> </ul>
<b>Age</b>	<b>U 19</b>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Fitness testing (standards-based)</li> <li>• Overload training</li> <li>• Periodization of training</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• Technical speed of play (all skills rehearsed at match speed and under game conditions)</li> <li>• Technical-functional training</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Power diving</li> <li>• Skill mastery (technical execution under pressure)</li> </ul>

<b>Tactics (Field Players)</b>	<ul style="list-style-type: none"> <li>• Situational tactics (winning/losing by a goal with 10 minutes to play, tactical adjustments for specific opponents, etc.)</li> <li>• Ability to shift system of play during the run of play</li> <li>• Zonal and man-marking combinations in defense</li> <li>• Phase play and patterns of play</li> <li>• Creativity in attack</li> <li>• “Total soccer” concept</li> <li>• Tactical-functional training</li> </ul>
<b>Tactics (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Organization of team shape during run of play</li> <li>• Command beyond the penalty area</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Leadership skills</li> <li>• Playing a role (starter vs. substitute, “piano player vs. piano carrier”)</li> <li>• Emotional control during matches</li> <li>• Reducing mental mistakes</li> <li>• Dedication and commitment to excellence and achievement</li> <li>• Responsibility for off-field factors that influence on-field performances</li> <li>• Selflessness (team comes first)</li> <li>• Results orientation (wins, championships, etc.)</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 90-120 practices per year for select-level players (mix of team and functional/specialized training, 105-120 minutes/practice)</li> <li>• 70-90 practices per year for recreational players (team training, 90 minutes/practice)</li> <li>• Separate functional training for goalkeepers (30-60 hours/year)</li> <li>• Majority of training activities have 4-12 players per ball</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• 11v11, with goalkeepers (8v8 may be used for recreational players)</li> <li>• No more than 5 scrimmages per year (using approved U19 rules)</li> <li>• 30-40 games per year, up to half of which may be part of organized tournaments or jamborees/festivals (using approved U19 rules)</li> <li>• Practices and games played outside the club (school teams, guest appearances, etc.) count toward the annual limits for each player</li> <li>• 3-6 tournaments (including jamborees/festivals), including an</li> </ul>

# Rescheduling Games

It is the home team's responsibility to reschedule games.

You will go to our website and under the coaches' tab there will be a link that says

## *Submitting Game Reschedule*

You will then be brought to a form like the one below and you will fill it out to submit a request to reschedule and assign a referee. Please refer to the referee coordinator contact to reach Jerry Grimes with any questions. Your game is not rescheduled until you receive confirmation from Jerry Grimes (ref assignor) and Shane Fitzgerald (field coordinator).

2/18/2020

Game Reschedules



**SSA Game Reschedule Request**  
This is for home games at Shawnee Soccer Association

Home Coach Email \*  
  
example@example.com

Home Coach/Manager Name  
   
First Name Last Name

Home Team Name \*

Game Number \*  
  
Example: #52

Date Originally Scheduled \*  
  
Date

Time Originally Scheduled  
 :    
Hour Minutes

Reason for Reschedule \*