



# Recreational Program Manual

*The information contained within this document is intended to provide Recreational coaches, parents, volunteers, trainers and referees with sufficient instruction on the procedures used within the Recreational program and their role and responsibility to their team and the Midland Soccer Club (MSC).*

## MIDLAND SOCCER CLUB

### MISSION STATEMENT

“The mission of the MSC is to provide all soccer players with an opportunity to learn, develop, and compete at the highest level of desired play.”

### **MSC recreation program points of emphasis:**

- To provide educational opportunities to all players and coaches.
- To make the sport of soccer available to all interested parties.
- To provide all participants a healthy, safe and enjoyable environment through following US Soccer and MSYSA guidelines on safesport, background check and CDC heads up certification.
- To promote unity within the soccer club and surrounding community.
- To foster honesty, integrity, sportsmanship and good will through soccer.
- To provide administrative and/or technical assistance to individuals, in areas pertaining to the sport of soccer and to the management of the sports organization.
- To affiliate with the national and international governing bodies for soccer.
- To be a positive role model sports organization and provide leadership to the community at large

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## Article 1. Team Formation

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**Recreational Age Group Coordinators** will form all teams in a division. Recreational Age Group Coordinators (AGCs) will be selected by the Director of Recreational Soccer. These Coordinators will work with the Director of Recreation and/or Technical Director, will place all registered AND PAID players on teams.

Teams will be selected on the basis of **age first** and **geographic area second** (usually an elementary school district or adjoining districts). The AGCs responsible for recreational team selection will meet requests concerning these issues to the best of their ability.

- Members of a family playing in the same age bracket will be placed on the same team unless otherwise requested.
- Special placement requests are optional, at the discretion of the AGC. The AGC will honor requests, where possible, that are consistent with the mission of the Midland Soccer Club.

### 1.1 Divisions

Divisions shall be established for the following age brackets. (Age brackets may be combined if there are an insufficient number of players to form teams in a given group.)

<b>Boys</b>	<b>Co-ed</b>	<b>Girls</b>
<u>U6</u>	<u>U4</u>	<u>U6</u>
<u>U7</u>	<u>U5</u>	<u>U7</u>
<u>U8</u>	<u>U14</u>	<u>U8</u>
<u>U10</u>	<u>U19</u>	<u>U10</u>
<u>U12</u>		<u>U12</u>

Up until the age of six, boys and girls will play together. After the age of six, separate age divisions will be made for boys and girls. The Director of Recreation and Technical Director, will present to the board, any concerns on matters where equal playing opportunities are in question.

## 1.2 Team Roster

Each coach will be assigned an appropriate number of players. (See below for recommended MSC Team sizes.)

Group	Under 4	Under 5	Under 6	Under 7	Under 8	Under 10	Under 12	Under 14	Under 19
Number of Players per Team Roster	8	8	8	8	10	12	16	18	18
Number of Players per Team on the Field	4	4	4	4	7	7	9	11	11
Ball size	3	3	3	3	4	4	4	5	5
Recorded Score	No	No	No	No	No	No	Yes	Yes	Yes

## 1.3 Eligibility

- Participants will play in the age bracket corresponding to their age as of January 1<sup>st</sup>.
- Participants are NOT eligible to play recreation if they play for another club without consent from the club Technical Director.

## 1.4 Playing Up

Players are allowed to play in an age group up to 2 birth years above the one designated by their birth date. Play up requests are submitted in the registration process. High school aged players may play in a high school open league.

## 1.5 Playing Down

**Per Michigan State Youth Soccer Association (MSYSA) and US Youth soccer guidelines**, the MSC does not permit players to participate in an age group lower than that designated by their birth date.

**Final decisions on player placement will be at the discretion of the Technical Director and Director of Recreation.**

## 1.6 Recreational League Formation

**League Size** Leagues shall consist of an even number of teams (when possible) and contain a reasonable number of players for each coach to work with. (Recommendation of no fewer than four teams per age group).

A game schedule of 8 games per season is recommended for leagues. Schedules are to be finalized by the Director Recreation in consultation with the Technical Director and Recreational committee as needed

**Standings** For U12/U14/U19, standings will be compiled based on play within each individual league. Three points will be awarded for a win, one for a tie and zero for a loss. The league champions are the team which has compiled the highest number of points at the end of the season. In the event of ties, those teams will be declared co-champions. **Goal differential is NOT used as a tie breaker.** Forfeits count as a 3-0 loss for the team which has forfeited in the standings.

## Article 2. Coaching Criteria

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### 2.1 Coaching Candidates

The MSC encourages all interested adults to participate in coaching in the Recreational Soccer program. Parents may indicate an interest in volunteering as a coach while completing the registration process for their children. Other qualified adults may volunteer to coach a Recreational Team by registering online at the MSC website or contacting the Technical Director. It is not essential for any applicant who wishes to coach in the Recreational league to carry a qualification in soccer coaching. Coaches must complete the following through the club Technical Director- SEE 2.3

- Pass a background Check
- Complete Safesport Training
- Complete CDC Heads up training

### 2.2 Coaching License Requirements

No minimum requirement. However, recreational coaches may wish to pursue a coaching license to advance their coaching abilities. Educational coaches meetings will be held by the Technical Director during each recreational season.

### 2.3 Risk Management

The MSC, on behalf of the MSYSA, requires the Risk Management certification for all persons over the age of 18 that will directly work with youth players (e.g. head coach, assistant coach, team manager and trainers). The purpose of the Risk Management certification is to determine whether an individual has been convicted of crimes against children. The Risk Management card must be presented to the MSC Director of Recreational Soccer upon request. Safesport training must also be completed before coaching as well as CDC Heads-Up concussion training.

### 2.4 First Aid

Although not compulsory, it is recommended that all coaches maintain an active certification for First Aid.

## Article 3. Head Coach Responsibilities

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### 3.1 Time Involvement

Coaching a recreational soccer team requires commitment. Typically, during the season, the head coach will spend 1-2 hours per week in practice, 2-4 hours in games and 2 hours in general administration.

### 3.2 Team Coaching Staff

It is recommended that each recreational Head Coach select an Assistant Coach to help with coaching duties. The acting Head Coach can choose, if he/she wishes, to work alone. However, in the event that a coach has more than one assigned team, it then becomes compulsory that an assistant coach be selected to share responsibility.

**Duties of an Assistant Coach** - It is recommended that the head coach outline specific duties for the assistant coach, mutually agreed upon by both individuals. The assistant coach will have responsibility for helping the head coach with games, practice situations, and administrative tasks.

**3.3 Referee Fees** Referee fees are included in the player registration fees for the season.

### **3.4 Game Report**

For the U8 and higher age groups, the team staff (coach or assistant coach) is required to provide the center referee with a recreational game report sheet, complete with team information, prior to each game. Where required, the center referee is responsible for reporting scores in the game report. For age groups where scores are recorded, the team staff member is responsible for ensuring the proper game score has been recorded. A team staff member is responsible for reviewing and signing the game report sheet following each game. Game sheets and rules can be found on our website.

### **3.5 Rules of Play**

The Head Coach is responsible for knowing the “Laws of the Game” established by the MSC as the Recreational Playing Rules. These rules vary by age group. The rules of play for each of the age groups are included in the Appendix & are posted at the MSC website.

### **3.6 Minimum Playing Time**

Coaches are responsible for ensuring that players are receiving an **equal** percentage of game time. The purpose of this requirement is to ensure that all players have the opportunity to develop their skills equally. Each player shall be permitted to play at least half of each game.

## **Article 4. Team Training**

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### **4.1 Training**

The Head Coach will provide technical and tactical training for the team - developing and improving fundamental skills, ball control and knowledge of the game. Training plans may be found on the MSC website.

### **4.2 Training Focus for 4v4 games (U4-7)**

See website- MSC Curriculum

### **4.3 Training Focus for 9v9 games (U8-10)**

See website- MSC Curriculum

### **4.4 Training Focus for 11v11 games (U13-14)**

See website- MSC Curriculum

### **4.5 Training Focus for 11v11 games for (U15-19)**

See website- MSC Curriculum

#### **4.6 Training Support & Resources for Coaches**

Coaching support for player training / development is provided by the MSC Technical Director. Numerous resources have been put onto our website. For more information, please contact the Technical Director..



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## Article 5. Coaches Meeting

MSC **requires** all head coaches to be in attendance at the coaches meetings. A coaches meeting is held prior to the start of each Spring and Fall session. The Director of Recreational Soccer will address the coaches to present information related to the season and program expectations of coaches, players, and parents.

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## Article 6. Team Practices

### 6.1 Practice Schedule

Practice schedules are the responsibility of the head coach. At the coaches meeting, each coach may sign up for 1- 1hour session on the game fields at MSC. The West end practice end is also available for practices on a first come, first serve basis.

**6.2 Participants** Under no circumstances shall a youth player who is not registered as a MSC player for the current season practice or play.

From time to time, a Recreational player may participate in a Select practice or training session with the approval of the Head Coach of the Select team. Continual participation by a Recreational player in a Select practice or training session is not permitted without the approval of the Director of Select and Director of Recreational Soccer.

### 6.3 Off Season Practices or Games

Player and coach participation in indoor soccer leagues is not covered by MSYSA medical or liability insurance. MSC and MSYSA insurance policy will only cover a player's injury during the MSC playing spring and fall playing seasons.

## Article 7. MSC Facilities

**7.1 MSC Fields** MSC fields are open to all MSC Recreation and Select teams.

### Practice Fields

- Practice fields are open on a "first come – first serve" basis for practice sessions. Coaches shall cooperate with one another to share field space with other teams.
- Impromptu games occupying a fully marked field may only take place if no other coach and team needs any part of that space. Any planned games shall be organized through the MSC.
- Limit drills in goal areas whenever possible to reduce wear.

### Game Fields

- MSC game fields are used by RESERVATION only.
- MSC game fields are open for play at discretion of the club.

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- Game fields may be scheduled for use by Recreational team practices at the discretion of the Club

## 7.2 Safety

Safety is paramount for all involved. Protective equipment is required for all players. Players are required to wear shin guards, covered by socks, during all practice sessions and games. Goals are not to be climbed on or swung from. Please be sure to secure the Culver goals with sand bags to prevent these from falling over.

## 7.3 Inclement Weather

Refer to the MSC Severe Weather Policy.

## 7.4 Scrimmages

Scrimmages during practice times between MSC teams may be held on MSC fields.

**No games or scrimmages may be held between one (1) MSC recreation team and another club (e.g. Saginaw, Bay City, etc.) or another clubs recreation team or a non-sanctioned MSYSA team at any time at any facility.**

## Article 8. Equipment

### 8.1 Uniforms/Apparel

All teams must wear the MSC's official uniform package, which consists of the reversible green/white MSC recreational jersey. Players should not wear clothing articles on top of the uniform or alter it in any way by putting patches, names or markings on it. In inclement weather, warmer clothing may be worn underneath the uniform. The minimum player clothing requirement for games includes: MSC jersey, shorts or pants, shin guards, socks, and shoes.

### 8.2 Appearance

Players are representatives of Midland, the MSC, their team, as well as themselves. They should dress in an appropriate manner. This implies that they should tuck their shirts in and have their socks pulled over their shin guards.

### 8.3 Safety

The wearing of jewelry, including metal barrettes, is not permitted due to safety concerns. Players who wear a cast or other supporting equipment may be permitted to play as long as the cast or equipment is well padded and approved by the head referee before the start of the game. For all play, shin guards shall be completely covered with socks.

#### **8.4 Team Equipment**

Equipment will be provided to each coach at the beginning of the session. All equipment shall be returned at the end of each season.

#### **8.5 Field Equipment**

Coaches or teams shall refrain from moving permanent equipment (e.g. goal posts, corner flags, etc) from their assigned positions.

## Article 9. Special Provisions

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### 9.1 Coaches' Liability

Players, team officials and head coaches that are registered with the MSC are covered by MSYSA liability insurance for both practices and games. Coaches MAY NOT use any external guest trainers. All coaches and trainers MUST be registered with the MSC Technical Director.

### 9.3 Governance

In the event of conflict between the MSC By-Laws and this document, the MSC By-Laws shall govern.

### 9.4 Red and Yellow Card Discipline

When a red card ejection is issued, that player must exit the field areas for the duration of the game. If the player's parents are not at the game, the player should remain in the bench area under the Coach's supervision. All red cards will be referred to the MSC Recreation Director for review.

Cases brought to the attention of the MSC Recreation Director (through a referee's report or through other written communication) in which any player engages in violent conduct against other players, referees, spectators or any league official before, during or after a game, shall receive a minimum four game suspension. If a player commits a second similar offense within two seasonal years, he will appear before the MSC Recreation Review Board (Recreation Director, MSC President, and at least one other MSC Board Member) and could be suspended for at least 12 months.

Cases brought to the attention of the Recreation Director (through a referees report) in which a player is accused of inappropriate behavior above and beyond a card-able offense before, during or after a game will be subject for review.

Card-able offenses will be assigned as follows:

<u>Offense</u>	<u>Points</u>
Yellow Card without Red Card in same game	2
Red Card without Yellow Card in same game	6
Yellow Card and ejection due to second Yellow Card in same game	6
Stand-alone Red Card in same game where a Yellow card was issued	8

- When a player accumulates 6 points in a given season he will be suspended for the next scheduled recreation game.
- If a referee designates that a red card is issued for violent conduct or serious foul play, then a two consecutive game suspension is issued for that player.
- When a player receives 12 points in a given season he will be suspended for 4 consecutive games.
- If a player receives 16 or more points during a given season, he/she will be suspended for 12 months.
- At any point during the season, the MSC may suspend a player above and beyond the number of games outlined above.

\*Red card suspensions will be carried over to the future season(s).

\*Based on the offense and specific circumstances, different sanctions may be given.

\*Coaches are subject to the same rules described above.

