



Mad River Youth Soccer League

Laws of the Game

Last updated Monday, June 25, 2018

Quick Glance Summary

| | U5 & U6 | U7* (only if pure U7*) | U8 (mixed U7 & U8) | U9 & U10 | U11 & U12 | U13 & U14 | U15 & older |
|-----------------------------|--|--|--|---|---|---|---|
| Field Size Ranges (yds) | 15 x 20 | 25-35 x 15-25 | 25-35 x 15-25 | 55-65 x 35-45 | 45-55 x 70-80 | 75 x 112 | 45-55 x 70-80 |
| Ball Size | 3 | 3 | 3 | 4 | 4 | 5 | 5 |
| Goal Area (yds) | None | None | None | 8 x 4 | 18 x 6 | 20 x 8 | 18 x 6 |
| Penalty Area | n/a | n/a | n/a | 34 x 12 | 34 x 14 | 44 x 18 | 34 x 14 |
| Players | 1 – 2 | 3 v 3 | 4 v 4 | 7 v 7 (min 4) | 9 v 9 (min 7) | 11 v 11 (min 7) | 6 v 6 |
| Goal Size (ft) | Cones 4-5 apart | 4 x 6 or smaller | 4 x 6 or smaller | 6 x 18 | 7 x 21 or 6 x 18 | 8 x 24 or 7 x 21 | 7 x 21 or 8 x 24 |
| Game Time | 30-min individual games; 30-min 2 v 2 mini game | 4 x 10 min; 3-5 min break between quarters | 4 x 10 min; 3-5 min break between quarters | 2 x 25 min; 5-min halftime | 2 x 30 min; 5-min halftime | 2 x 35 min; 5-min halftime | 2 x 35 min; 5-min halftime |
| Offside | N | N | N | Y | Y | Y | Y |
| Opponents Kick-off Distance | n/a | 5 yds | 5 yds | 8 yds | 8 yds | 10 yds | 8 yds |
| Restart | Coach rolls "new ball" | Player's choice: kick/pass in, dribble in only | Player's choice: kick/pass in, dribble in only | Throw-in, corner kick, goal kick – as appropriate | Throw-in, corner kick, goal kick – as appropriate | Throw-in, corner kick, goal kick – as appropriate | Throw-in, corner kick, goal kick – as appropriate |
| Free Kicks | n/a | Indirect only | Indirect only | As per Law 12 | As per Law 12 | As per Law 12 | As per Law 12 |
| Referees | None | 1/field | 1/field | 2 | 1 + 2 OR 2 | 1 + 2 | 1 + 2 OR 2 |

* Age-pure U7 teams may or may not be created each year depending on number of players. If teams are combined U7/U8, follow U8 rules.

- No alcoholic beverages, tobacco products, marijuana, or illegal drugs are allowed on or near the field.
- Opposing coaches and players must shake hands before and after each match, per MRYSL's Game Day Respect policy.
- Any player suspected of sustaining a concussion or any type of head injury may not return to play or practice until the player has been cleared to return by a medical professional trained in



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concussions and head injuries, and also cleared to return by CYSA/Cal North. **Referees have the authority to end any game where a player suspected of sustaining a concussion fails to leave the field, or a coach refuses to remove the player from the field.**

- Coaches and players who are not on the field must remain in the team's technical area.
- Parents and spectators must remain on the spectator's side of the field, which is on the touchline opposite of the team technical areas.
- Any spectator, coach or other person who fails to comply with the MRYSL Game Day respect rules may be ordered to leave the area by the referee or league field marshal.
- All players get equal playing time
- Slide tackling is not allowed at any age
- Short Sides: If one of the teams is short a full side, then:
 - Option 1: The team that has enough players will agree to play short so the sides are equal.
 - Option 2: The team that has enough players will agree to lend players from its side to the side that is short so both sides are equal. Especially important if one side is very short and the other side is flush with subs.
 - THE SHORT-SIDE RULE IS MANDATORY FOR MRYSL TEAMS – A MRYSL COACH MAY NOT REFUSE TO LEND PLAYERS OR REFUSE TO PLAY SHORT
- At no time will any player that is not on either team's roster be allowed to play in the game.

U5/U6 Mad Skillz Saturday Game Rules

On Mad Skillz Saturday, both teams will participate together with the coaches of both teams cooperatively guiding the kids through the warm up and the fun dribbling game portion.

For the first half hour of game time, players and coaches should warm up together and play cooperative games. After the halftime break, coaches will divide their kids into two squads, and with the help of the asst coaches run 2 minute 2v2 mini games on adjacent fields. Every two minutes coaches should change out resting players (subs) for active players. Players may be subbed across fields if desired. At the conclusion of each mini-game participating players should high five.

At no time should there ever be more than 2 players per side, (like 3v3) **please adhere to the 2v2 format.**

There is no score kept. There should be no emphasis placed on winning or losing. Both coaches should be sensitive to the needs of children on both teams and do their best to provide a **good experience for all the children.**

It is not necessary that teams remain separated during the second phase of the hour on Saturday. Mixing teams promotes sportsmanship and the idea we are all playing together, learning together.

Mad Skillz Saturday is a huge opportunity for coaches to share ideas and learn from each other.

MRYSL KIDS FIRST POLICY
&
COACH'S CODE OF ETHICS
Kid Centered/Player Centered Guiding Principles

As an MRYSL Coach I recognize and agree to Protect these
PLAYER RIGHTS

1. The Player's right to play for fun as a child, and not have to compete under adult ideals of competition.
2. The Player's right to equal playing time in games.
3. The Player's right to make their own decisions during a game and not be distracted by constant instructions and shouting during the flow of the game.
4. The Player's right to make mistakes as part of the learning process without constant correction or remonstrations.
5. The Player's right to have fun and enjoyment be the number one priority in both games and practices.
6. The Player's right to have the opportunity to play all positions, and not be pigeon holed in set positions.
7. The Player's right to not be judged, along with the right to be given equal attention and consideration as all other players.
8. The Player's right to be protected from children or adults who would disrupt their positive playing experience.
9. The Player's right to be treated with dignity and respect.
10. The Player's right to be taught that values of sportsmanship, effort and respect are more important than winning.

Coach Signature _____ Date _____

MRYSL President:



20 Disadvantages of Spectators Shouting at Players from the Sideline

1. Pressure should come from the game alone. The Game is the Teacher.
2. Soccer is a team sport, players must learn to communicate with each other and play together. Shouting at them only serves to hinder this process.
3. Players must learn game intelligence by being allowed to make their own choices without outside pressure. A coaches silence is not an invitation for the spectators to takeover.
4. Players have more fun when they are allowed to “own” the game.
5. Being shouted at while a child is “playing” is not fun. “Play” is the key word here. Players who have fun keep playing, want to play more, playing more (practice) is really what makes them better players.
6. Often what is shouted at players during games is irrelevant, such as “get the ball” (as though players do not understand this part of the game) and only serves to detract from the player’s experience.
7. Soccer is a game of thought, skill and creativity, not panic, aggression and “go go go.” How can we get our players to relax on the field, get their heads up and make intelligent choices if we are pushing them to run frantically around the field without thought and getting their heads up to see the field and process the game?
8. Soccer is a possession game, a game of control. Wage war on the words “Boot it!” and cheer for skill, creativity, finesse and control.
9. Practices during the week are for instruction. Game Day is the “test”. Should we give our children the answers while they are taking a test?
10. Our goal is creating independent thinking creative players who can create their own solutions to their problems.
11. Soccer is a game of options and risk vs. reward choices. There is rarely just one “right” choice. Players must be allowed to make their own choices.
12. The sideline view of the entire field is completely different from the player’s limited view of the field from a completely different angle and the player is under pressure from the game, the spectator is not. It’s like being a backseat driver to a car going down the road while standing on the sidewalk.
13. Being able to experiment, be creative and make mistakes is an important part of the learning process and what makes the game fun.
14. Players make up to two decisions a second. Instructions while they are trying to play are a distraction to the learning process and a player’s focus on the game.
15. It is a player’s right to be able to play for fun, to express themselves creatively and not have winning as the most important thing.
16. Mistakes cannot be corrected in the flow of the moment by shouting at players.
17. By shouting at players we are passing on our own anxiety to them. The vibe we should be creating is “relax”.
18. Players are okay with playing their best and giving their best effort, and they have no control over the game’s result. By shouting at players when they are making mistakes we are saying we are not ok with their best effort, the one thing they can control.
19. Coaching is the coach’s job, instruction should come from them alone, other wise it is very confusing to players
20. Whose Game is it?

WHAT IS YOUR COACHING PHILOSOPHY?

"What's your philosophy? What do you teach them?...If you don't address that, then what are you doing? Going from week-to-week trying to win games?"

-Claudio Reyna U.S. Soccer Technical Director

Everyone has a coaching philosophy. Even the new mom or pop coach who just got roped into coaching their kid's team cuz no one else would. It might be some gas nebula of ideas floating off in space without form, but it's out there. It might start with simply, "I want the kids to have fun," which is a great start, and grow into something much more complex, layered and poignant.

Whatever your philosophy is, it is important to start writing it down. This will become your road map as a coach. It will give you clarity in your mission towards guiding your players, and help you communicate with conviction what your goals are to the parents of the children that are now under your wing. Having parents understand what you are about is crucial in getting their cooperation throughout the season and beyond.

Here are some questions to ask yourself that might help guide you in developing a philosophy. This is not a test. The answers, or thoughts these questions conjure are for you and you alone. You may not have answers to all these questions right now and that's okay. And the answers you do have may change over time, and that is a good thing. A coaching philosophy is a living breathing thing.

~

What did my participation in sports mean to me as a child? If I still play sports, what does it mean to me now? How has it changed or stayed the same?

What are the values I believe sports can teach?

As a coach, how can I ensure those values are taught?

In a negative sports environment, what are the potential pitfalls and consequences? How can I avoid them?

What are the differences between adult values of competitive sports and what children value?

What challenges can I expect to face reconciling those differences in myself and other adults (other coaches and parents)?

What are the key things I can do to meet the specific needs of the children I am coaching?

How will I measure success in the development of my players/team?

How do "winning and losing" fit into my philosophy?



MRYSL Presents: Intro to Soccer Rules

Welcome to Soccer! Here's some basic information about the game.

The Field

Touchline: the long sidelines. The ball is not considered out-of-bounds until it crosses completely over the touchline. If any part of the ball hangs over the touchline, then the ball is still inbounds.

Goal Line: the entire line across the ends of the field (not just the line where the goal is). In order for a ball to be out of bounds, or count as a goal, the ball has to completely cross the line. No part of the ball can be hanging over the line.

Technical Area: the area next to one touchline where **only** coaches and players can stand.

Spectator Line: A line parallel to the touchline on the side opposite of the Technical Area. The spectator line is usually about 5 yards off the touchline.

Penalty box: the larger of two rectangles at each end of the field. The goalie can handle the ball within the penalty box. Further, defensive fouls within the penalty box usually results in a penalty kick.

Goal area (aka Goalie Box) is the smaller of the two rectangles at each end of the field. It is used primarily to mark where goal kicks should be taken.

Time

There are no time stoppages and no time-outs. Time keeps ticking away, during substitutions, retrieving the ball, etc. The referee does have the authority to **add** time at the end of each half, usually called "extra time" or "stoppage time". So, if a substitution takes an exceptionally long time, or if it looks like a team is intentionally wasting time, the ref could decide to add an extra couple of minutes on to that half. That is entirely up to the referee.

Hands

Soccer players (except goalies) aren't supposed to touch the ball with their hands. **Handling** the ball is called a handball.

A ball that simply hits a player's hand or arm is **not** a hand ball; instead, there must be a *purposeful attempt by the player to gain an advantage by using his or her arm or hands*.

Also, there is one situation in which the goalie cannot use hands: the **pass-back**. Goalkeepers cannot pick up a ball that was kicked to them by a teammate. In this case, the goalkeeper must use his feet.

Throw-ins

A throw-in is taken when the ball completely crosses a **touchline** and leaves the playing field. The ball is thrown in by the team that did not touch the ball last, before it went out of bounds. Two basic soccer rules for a throw-in: (1) both feet must be touching the ground on or behind the touchline, and (2) the ball must be thrown with both hands over the head. (There are more rules for the throw-in.)

A violation of the throw-in rules results in the ball being awarded to the other team. For teaching purposes it is common to allow players under the age of 10 to make more than 1 attempt.

Corner Kicks & Goal Kicks

A corner kick or goal kick is taken when the ball leaves the field across the **goal line** – the lines at either end of the field.

If the offense touched the ball last, the team on defense restarts play with a goal kick – a kick from the goal box. On a goal kick, if the ball does not leave the penalty area, the kick must be retaken. No one can touch the ball until it leaves the penalty box.

If the defense touched the ball last, play is restarted with a corner kick by the offense. The corner kick is taken from the corner nearest to where the ball left the field.

Fouls

A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

While competing for the ball, some physical contact or going shoulder-to-shoulder is permitted, until the hands or elbows come up. Soccer can be a physical sport when two opposing players are going for the soccer ball. Whether physical contact constitutes a foul is a judgment call; not all referees will call it the same way.

Advantage: A referee may choose to not call an obvious foul if he or she feels that stopping play would take an advantage away from the offended team, such as stopping a fast break or a goal scoring opportunity. Referees have the discretion to call the foul back if they feel the advantage did not materialize.

Direct and Indirect Free Kicks

The key difference between the two is this: On a direct kick, the kicker can kick the ball **directly** into the goal for a score. On an indirect kick, the ball must be touched by another player from either team before it can go into the goal – the kicker and a second person.

For an indirect kick, the referee will hold one arm straight up in the air until the second person touches the ball. For a direct kick, the referee does not raise an arm.

In general, a direct kick comes from a contact foul or hand ball. Everything else is usually an indirect kick.

In MRYSL's Rec program, there are no direct kicks or penalty kicks in U-8 games, and no direct free kicks in U-10 games.

Penalty Kick

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. Note: U-8 games do not have a penalty area or penalty kicks.

The ball is placed on the penalty spot, which is usually 12 yards in front of the center of the goal. (It will be a shorter distance for younger players.)

All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is "live" and anyone can play it.

Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. You may see it frequently on kick-offs or direct and indirect kicks. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch.

This also applies to throw-ins. A player cannot throw the ball in and then be the first player to kick it.

Yellow and Red Cards

Generally, a yellow card is "shown" to a player if he commits any of these offenses:

- Unsportsmanlike behavior;
- Argues a ref's decision ("dissent"), by word or action
- delays the restart of play
- enters or re-enters the game without the referee's permission
- deliberately leaves the game without the referee's permission.

If a player receives two yellow cards in a match, he is given a red card and ordered to leave the field.

For serious offenses, a red card can be given at any time without the player first receiving a yellow card.

A red card can be given for:

- Serious foul play (a violent foul)
- Violent conduct (any other act of violence)
- Spitting at anyone
- Committing an offense that denies an opponent an obvious goal-scoring opportunity
- Using offensive, insulting or abusive language or gestures
- Receiving a second yellow card in one match

When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced during that game. The ejected player will be required to sit out at least one more game – perhaps more, depending on the violation.

Offside

The offside rule is perhaps one of the most complex rules in soccer. The following is a general introduction to the rule; keep in mind that offside often is a judgment call by the Ref (with assistance from the AR).

If your child is playing in Rec at U-10 or under, you're in luck – you don't have to worry about the offside rule. Offside is called at U-12 and older in Rec, and applies to all Competitive division games.

To be offside, a player must:

- Be in an offside position,
- At the time the ball is kicked or passed, **and**
- Be involved in active play.

A player is in an offside position if they are nearer to their opponents' goal line than both the ball and the second to last opponent.

A few other key points: Offside does not apply in a corner kick, goal kick, or throw-in, or to a player who dribbles into an offside position, or in one's own half of the field.

For more info, please visit:

<http://www.soccer-for-parents.com/soccer-rules.html>

<http://www.fifa.com/aboutfifa/footballdevelopment/technicalsupport/refereeing/laws-of-the-game/index.html>

MRYSL RECREATIONAL PROGRAM 2014 POLICY ON HEADERS

Children under 14 should not head the ball, in games or in practice. Instead, in situations in which children might be tempted to use their head, children should be redirected into receiving and controlling the ball with their chest, thighs or feet.

Continuing in its efforts to provide a safe and fun environment for children to learn and play soccer, MRYSL's recreational program is joining U.S. Women's Soccer legend Brandi Chastain and Parents and Pros for Soccer (PASS) in their campaign to reduce concussions and brain injuries in children, by eliminating heading by children under 14. TBI (traumatic brain injury) can result from sudden, severe blows to the head and from accumulated repetitive head movements.

Excerpt from PASS's press release:

"As a professional, and now a parent and coach, I believe that the benefits of developing heading skills as children are not worth the thousands of additional concussions that youth soccer players will suffer. As a parent, I won't allow my children to head the ball before high school, and as a coach I would prefer my players had focused solely on foot skills as they develop their love of the game. I believe this change will create better and safer soccer," said Chastain, a two-time FIFA Women's World Cup champion and two-time gold medalist who is best remembered for scoring the game-winning goal for the US on a penalty kick against China in 1999."

"Studies show that at least 30% of concussions in soccer are caused by heading a ball or attempting to head a ball and colliding with another player... this is a clear opportunity to make soccer safer without hurting the game," -Dr. Robert Cantu, clinical professor of neurosurgery at Boston University School of Medicine

Cindy Parlow Cone, who also won two gold medals and a World Cup as a prolific header before retiring due to post-concussion syndrome, believes postponing headers will create better soccer players. "With good coaching, heading skills can be learned during the high school years. Up until the high school age, the focus should be on coordination, technical skills and spatial awareness. Delaying the teaching of heading skills, while still preparing players for heading by teaching jumping and landing and strengthening the neck, not only will help make the sport safer but also is developmentally appropriate,"

We strongly encourage parents and coaches to go to

<http://www.sportslegacy.org/>

to learn more.



Policy Against Abuse

Adopted 7/12/11

The Mad River Youth Soccer League, Inc. is committed to providing a safe environment for its members and participants, and to preventing abusive conduct in any form. Every member of this organization is responsible for protecting our participants and ensuring their safety and well being while involved in sponsored activities.

To this end, we have established the following guidelines of behavior and procedures for our staff, volunteers and participants. All members of this organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

1. Abuse of any kind is not permitted within our organization. This means we do not tolerate physical, sexual, emotional or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents or spectators.
2. Physical and sexual abuse, including, but not limited to, striking, hitting, kicking, biting, indecent or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are strictly prohibited within our organization.
3. Emotional abuse or verbal abuse is also prohibited. These include, but are not limited to such forms of abuse as: insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex or age.
4. We are committed to providing a safe environment for our players, participants and staff. We do so by appointing all coaches, officials and volunteers – and anyone else affiliated with our organization – as protection advocates. Every member of this organization is responsible for reporting any cases of questionable conduct or alleged mistreatment toward our members by any coach, official, volunteer, player, parent, sibling or spectator.
5. Buddy System: We recommend that every activity sponsored by our program put a Buddy System in place. Each youth participant should be assigned a buddy during sponsored activities. No child should go anywhere – to the bathrooms, locker rooms, or other location – without his or her buddy.
6. To further protect our youth participants, as well as our coaches, officials and volunteers, no adult person should allow him/herself to be alone with a child during sponsored activities. In particular, we recommend that coaches or other adult members of this organization:
 - Do not drive alone with a child participant in the car;
 - Do not take a child alone to the locker room, bathrooms or any other private room;
 - Provide one-on-one training or individual coaching with the assistance of another adult or the child's Buddy;
 - If you must have a private conversation with a youth participant, do it within view of others, in the gym or on the field, instead of in a private office
 - Coaches and other adult members of this organization should not socialize individually with the participants outside of sponsored activities.

7. When traveling overnight with youth participants, coaches should not be alone in a room with only one youth participant (unless it is the coach's own child). Children should be paired up with other children of same gender and similar age group.
8. We want to empower our children to trust their feelings and let them know that their concerns, fears and hopes are important by listening to them. Open communication between children and parents, or between children and other adults in the organization may help early warning signs of abuse to surface.
9. We encourage parents to become as active as possible in sponsored activities, games, practices and other events. The more the parents are involved, the less likely it is for abusive situations to develop.
10. We will respond quickly to any and all allegations of abuse within this organization. This information will be communicated to the authorities for investigation and will be reviewed by the organization's directors. The alleged offender will be notified of such allegations promptly.
11. Mad River Youth Soccer League will provide an Incident Reporting Form, available for anyone associated with MRYSL to formally make a report of suspected abuse. Incident Reporting Forms that involve abuse will be investigated by the chair of the particular program involved, and the results of the investigation will be reviewed by the board of directors in a closed session. MRYSL also has a Protest, Appeals and Discipline Committee (PAD), which can be invoked by mailing a written complaint to MRYSL requesting a PAD hearing. More information on the PAD Committee is available on the MRYSL website.
12. Any person accused of sexual or physical abuse may be asked to resign voluntarily or may be suspended by the board until the matter is resolved. Regardless of criminal or civil guilt in the alleged abuse, the continued presence of the person could be detrimental to the reputation of the organization and could be harmful to the participants. A person who is accused but later cleared of charges, may apply to be reinstated within the organization. Reinstatement is not a right, and no guarantee is made that he or she will be reinstated to his/her former position.
13. We promote good sportsmanship throughout the organization and encourage qualities of mutual respect, courtesy and tolerance in all participants, coaches, officials and volunteers. We advocate building strong self-images among the youth participants. Children with a strong self-image may be less likely targets for abuse; similarly, they may be less likely to abuse or bully others around them.



BULLYING

What is Bullying: Bullying is an intentional, aggressive and repeated behavior that involves an imbalance of power or strength. It can be physical, verbal, or both.

Bullying can occur at any age, between teammates, between a parent and child, between a coach (or other adult) and a player, or with referees.

Bullying is a particularly damaging form of abuse. **MRYSL does not tolerate bullying in any form, for any reason.**

Some coaches and parents believe that yelling at, embarrassing and insulting young children will motivate them to practice harder or do better in games. In truth, threats, intimidation, fear, guilt, shame, and name-calling are not motivators for anyone. Instead of motivating children to perform better, these tactics lead to burnout, rebellion and a hatred of a once-loved sport, and can leave scars that may last a lifetime. Fear in particular is a mental game killer for a player. To really benefit from and enjoy sports, young athletes need to feel confident and safe.

Verbal abuse can lead to anxiety, social withdrawal, and nightmares, and can negatively impact the psychological health of children. Words do hurt.

Signs of Bullying

In addition to the obvious signs of abuse – name calling, insults, cruel language – other signs that a child may be a target of bullying include:

- Has unexplained cuts, bruises, and scratches;
- Has few, if any friends, with whom he or she spends time;
- Seems afraid of going to practice or games, and taking part in organized activities with peers;
- Finds or makes up excuses as to why they can't go to school, practice or a game;
- Has suddenly lost interest in soccer;
- Appears sad, moody, teary, or depressed.
- Appears anxious and suffers from low self-esteem

How You Can Help (Coaches and Parents):

Set a *zero tolerance policy* from the very beginning of your season. **In your practices & games do not allow taunting, teasing or physical contact that is not associated with the game, or is not clearly positive behavior (such as high fives, hand shakes etc.) no matter how "harmless" in appearance.** If you see signs of bullying, step in immediately and put a stop to it. Most importantly, lead by your own behavior.

Your players will look to you for cues or examples of how to behave in particular circumstances. Your tone, body language, and other nonverbal messages set the standards of behavior for your team.

If you treat all children and adults (including referees) with respect and dignity, your players are much more likely to treat you and each other with respect as well. But if you tease, mock or insult a player, you are giving permission for your players to do the same, to you and to each other. You may not mean to cause any harm -- but you are inadvertently setting the standard that verbal abuse is OK.

It can be very difficult to treat other adults with respect when they are being disrespectful to you. But by setting the example for your players, you can help break the cycle of bullying.

Do not turn a blind eye to bullying and dismiss your players' behavior. Creating a bully-free environment is the responsibility of every youth sports coach, parents and league volunteer.

You have the power to protect your players and ensure that everyone is respected and feels safe on and off the field. If you are having trouble with bullying on your team, please ask us for help!

The above information came from the following sources:

<http://www.stopbullying.gov/>

www.selfgrowth.com/articles/Help_My_Coach_is_a_Bully_The_Consequences_of_Verbally_Abusive_Coaching.html

www.stompoutbullying.org/adults_tips_bullyingsigns.php

www.sportpsychologytoday.com/youth-sports-psychology/how-bully-coaches-affect-athletes-mental-game/

blog.sportssignup.com/blog/bid/136628/What-Can-Coaches-and-Volunteers-Do-to-Prevent-Bullying-in-Youth-Sports

<http://www.humankinetics.com/asep-successful-coaching-webinar-series/asep-successful-coaching-webinar-series/bully-prevention-and-intervention-realistic-strategies-to-protect-student-athletes-and-students>



CONCUSSIONS

FOR YOUR CHILDREN'S SAFETY, MRYSL URGES YOU TO TAKE THE ONLINE CONCUSSION TRAINING COURSE
www.cdc.gov/concussion/HeadsUp/online_training.html

If you suspect that a player may have a concussion,

DO NOT LET THE PLAYER RETURN TO THE GAME OR ENGAGE IN OTHER PHYSICAL ACTIVITY until the player has been cleared by medical personnel.

Returning to physical activity too soon can lead to significant, permanent brain damage.

Signs of a Concussion

Here's what to look for:

A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head;
AND

A change in the athlete's behavior, thinking, or physical functioning.

WHAT YOU MIGHT SEE:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

WHAT THE CHILD MIGHT REPORT:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

You can't see a concussion. Some athletes may not experience and/or report symptoms until hours or days after the injury.

The good news: most children with a concussion will recover quickly and fully. But for some children, signs and symptoms of concussion can last for days, weeks, or longer.

What Should I Do If I Suspect A Concussion?

If you suspect that a child has suffered a concussion, implement this **4-step action plan**:

- 1) **Remove** the child from play and practices. When in doubt, keep the athlete out.
- 2) Ensure that the child is **evaluated** by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself.
- 3) Inform the child's **parents** about the possible concussion and give them the fact sheet on concussion. Make sure they know that the child should be seen by a health care professional experienced in evaluating for concussion.
- 4) **Keep** the child out of games, practices, and all other physical exertion until a health care professional says the child is symptom-free and it's OK to return to play.

The fourth step is very important, but also very hard to implement, especially if the child seems to be doing OK and *really* wants to play. But, **a repeat concussion that occurs before the brain recovers from the first**—usually within a short period of time (hours, days, or weeks)—**can slow recovery or increase the likelihood of having long-term problems**. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Baseline Testing

Baseline testing is a pre-season exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function, as well as for the presence of any concussion symptoms. Results from baseline tests (or pre-injury tests) can be used and compared to a similar exam conducted by a health care professional during the season if an athlete has a suspected concussion.

In Humboldt County, contact Beth Larson at 707-826-3533 or Elizabeth.Larson@humboldt.edu for more information on **baseline testing**.

For more info, please visit:
www.cdc.gov/concussion/sports/index.html



FIRST AID AND CPR TRAINING

MRYSL strongly encourages each team to have at least one person – coach, assistant coach or team manager – trained in first aid and CPR.

Here are some local organizations that offer First Aid/CPR classes. Please check directly with the organizations for class schedules and costs. **Please note:** MRYSL does not endorse or recommend any particular provider; the following is simply a listing of organizations that provide training.

Humboldt Co. Red Cross:

http://www.redcross.org/courses/index.jsp?_requestid=944091

The Red Cross has an on-line course focusing on first aid training for youth coaches (but it does not include CPR training). They also offer an all-day in-person course in Adult and Pediatric First Aid/CPR/AED.

NorCal Safety (McKinleyville):

<http://www.norcalssafety.com/monthclass.html>

Offers an American Heart Assoc. class in CPR, as well as basic first aid class.

HealthSPORT

707-822-3488

<http://healthsport.com/clubs/arcata/>

Offers a 3-hour Medic First Aid Certification in CPR and AED.

City Ambulance of Eureka:

<http://www.cityambulance.com/TrainingCenter.htm>

(707) 445-4907

Offers classes that are taught by certified nurses, paramedics, and EMTs. Courses meet OSHA requirements for mandatory workplace and CPR training.

Eureka Fire Department:

<http://www.ci.eureka.ca.gov/depts/fire/cpr/>
(707) 441-4000

First Aid Basic: This eight hour class consists of four hours of adult CPR and four hours of basic first aid. The class is offered most months on the 2nd Saturday of the month, from 8:00 a.m. to 5:00 p.m. The cost of the class is \$40.00 per person.

Care Plus CPR: This four hour basic CPR class includes adult, child and infant CPR. The class is offered the fourth Tuesday evening of each month, from 6:00 p.m. to 10:00 p.m. The cost of the class is \$20.00 per person.

American Sport Education Program

http://www.asep.com/courseInfo/purchase_courseinfo.cfm?courseID=182&format=&usaw_status=unknown&orgLetter=A&orgID=0

On-line course in sport first aid covers protocols for conducting emergency action steps and providing life support; conducting the physical assessment; administering first aid for bleeding, tissue damage, and unstable injuries; moving an injured athlete; and returning athletes to play. Cost: \$50.00

National Center for Sports Safety

<http://www.sportssafety.org/content/Programs/PREPARE.aspx>

On-line course was created to educate coaches, parks and recreation staff, parents, and other volunteers on the basics of sports safety and injury prevention, as well as what to do (and what not to do) until professional help arrives in case an injury occurs. Cost: \$41.00

For more info on first aid and sports injuries, please visit:

<http://orthoinfo.aaos.org/topic.cfm?topic=A00307>

www.cdc.gov/concussion/sports/index.html



MRYSL Incident Report

Purpose: To prevent recurrence, not place blame.

Date: _____ Time: _____

Injured Party: _____ Age: _____ Gender: _____

Location of Incident: _____

Coach: _____ Team Involved: _____

Type of Incident: _____ Injury: _____ Conduct: _____

[if injury required more than first aid, a CYSA Incident Report must also be completed and submitted to the MRYSL office]

Describe what happened: [attach more pages, if necessary]

Witnesses: Name and Phone #:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

What action was taken? [attach more pages if needed]

Signature of CD or Rec Chair: _____

Signature of injured party: _____

Signature of the accused: _____



COMPLAINTS

What To Do If You Have A Complaint

For Coaches/ Team Managers:

1. **Talk:** If you are having a problem with parents, players or other coaches, first try to speak with the parents, players or coach about it.

Exception: If you are having problems with a referee, do **NOT** speak with the referee – instead, please let the ref assignor or your program coordinator know about it.

2. **Supervisor:** If, after talking with the person with whom you are having difficulties, your complaint is not resolved, then speak to the person in charge of the program.

League President: Shannon Hall, littlelearners.shannon@gmail.com

3. **Formal Complaint:** If you wish to pursue a formal complaint, MRYSL has a “Protest Appeals and Discipline” procedure. This process can be used to address any violation of MRYSL, CalNorth/CYSA, or US Club rules or policies.

To invoke this procedure, all you need to do is mail your written complaint to the MRYSL office, providing as much detail about your complaint as possible. In about 30 days, a hearing will be held, during which you can present your complaint and witnesses; then the person you are complaining about will have an equal amount of time to present his or her side of the event. Three panelists will then decide whether any rules or policies were violated, and if so, what the proper amount of discipline is, if any.

More information on the PAD process is available at CalNorth CYSA’s website, <http://www.calnorth.org/>

4. **Policies:** If you have a complaint or concern about MRYSL rules or policies, please contact the MRYSL Board of Directors. You can also attend one of our monthly board meetings – we always set aside some time at the beginning of the meeting to hear from MRYSL members or the public.

Mad River Youth Soccer League
P.O. Box 103, Arcata CA 95518
www.mrysl.net 707.822.3333
A non-profit, 501(c)(3) organization

Keep the Ball Rolling...

