

Folsom Soccer Club Operating Procedures
January 17, 2013

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1.0 Scope

This document provides explanations, descriptions, and instructions adopted by the Folsom Soccer Club (FSC) to promote the sport of soccer within the community based on the guidelines established by the FSC Bylaws. This document is more detailed and more comprehensive than the FSC Bylaws and establishes the guidelines for administering the game of soccer throughout the year within FSC.

While these operating procedures should apply to the vast majority of situations encountered throughout the year, no document can anticipate every possible circumstance that can arise. Unusual circumstances may arise that are not covered by the operating procedures or require a waiver from the published operating procedures. In particular, unusual circumstances may arise in the interaction between CYSA-North (a well established FSC association) and US Club Soccer (a new FSC association). Any special request should be discussed with the relevant Board of Directors member where "relevant" refers to the description of the FSC Board of Directors responsibilities defined in the FSC Bylaws. The Board of Directors member will investigate the request and will either:

- a) recommend to the Board of Directors a course of action for the requests within his/her area of responsibility; or
- b) determine that the request is really the domain of another Board of Directors member and pass the request to the correct Board of Directors member; or
- c) determine that the request is wider than the scope of responsibility of any single Board of Directors member and will bring the request to the attention of the entire FSC Board of Directors

2.0 FSC Affiliations

2.1 ARYSL

FSC's Recreational program (class 4) is a member of ARYSL (American River Youth Soccer League) and through ARYSL, a member of CYSA-North, the United States Youth Soccer Association (USYSA), and the United States Soccer Federation (USSF).

2.2 US Club Soccer

FSC's Competitive program is a member of US Club Soccer and through US Club Soccer, a member of the United States Soccer Federation (USSF). FSC is a member of the NorCal Premier Soccer League.

2.3 Precedence of Insurance Policies

- a) The primary insurance policy for FSC players that are members of only one soccer affiliation is the insurance carried through their soccer affiliation.
- b) FSC players that are members of more than one soccer affiliation carry dual insurance policies through membership in CYSA-North and US Club Soccer. In the case of multiple insurance coverage, primary coverage for games and tournaments shall be through the medical insurance associated with the player passes used for a particular game or tournament. The CYSA-North policy is the default policy for practice sessions and activities not requiring player passes and not associated with sponsored games or tournaments.

3.0 Operating Procedures for Coaches

3.1 General Procedures for Coaches

Coaches have the following responsibilities in addition to their ARYSL and/or US Club Soccer responsibilities. The coach is responsible for the management and conduct of the team at all practices and games.

- Coaches must remain at practices and games until ALL players have been picked up.
- The coach is responsible for passing on all club and team related information to the team parent(s), players, and parents.
- The home team coach for the first game scheduled on any game day shall be responsible for the field set up (i.e. set up nets and corner flags) for that day.
- The home-team coach for the last scheduled game of the day shall be responsible for the takedown of nets and corner flags and returning the equipment to the equipment tubs located at each field. (NOTE: If there are no teams waiting to use the field, take down the nets).
- The home-team coach is responsible for calling the visiting coach no later than the Wednesday preceding the game day in order to confirm time, location, directions, and team color conflicts.
- The coach is responsible for notifying FSC of any player that has dropped out or moved immediately upon gaining knowledge of this occurrence.
- Coaches and/or assistant coaches shall conduct at least 2 practice sessions per week and see that the team has a captain for each game. (NOTE: it is suggested that the child who brings the snack to the game be assigned as captain to allow all children the chance to be captain).
- Coaches and/or assistant coaches must have medical release forms for all players during all games, scrimmages, and practices. If a team has joined more than one soccer association (e.g. Cal North and US Club Soccer), the coach is responsible for knowing which medical release form is relevant for a particular game, scrimmage, or practice session.
- A coach may have multiple player cards if a team has joined more than one soccer association (e.g. Cal North and US Club Soccer). Coaches are responsible for the safekeeping and distribution of all player cards and for knowing which player cards he is using for any particular game or tournament.
- For coaches whose teams are members of more than one soccer association, it is strongly recommended that the coach keep in one binder all the medical release forms and all the player passes from all the soccer associations. This eliminates the possibility of having the wrong medical release form or the wrong player passes at any given soccer event where these documents are required.
- Coaches MUST report any game related injuries by 1) contacting the FSC manager, and 2) submitting an appropriate Accident Report form to the appropriate soccer association (e.g. CYSA-North or US Club Soccer).

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- It is strongly recommended that each coach have a First Aid Kit at each practice and game.
- When there is inclement weather on a game day, the coach shall call the rain hotline located on the FSC web page. The hotline is maintained by the City of Folsom to determine if games have been canceled. If games are canceled, it is the responsibility of the Home Team coach to contact the visiting coach to inform him of the cancellation.

3.2 *Field Use*

Practice field assignments for FSC teams are made at the annual mandatory coaches meeting. Once an assignment has been made, coaches are expected to use the fields only during the designated times and days. Use of another field or use of a field during a non-scheduled time shall first be cleared with the FSC's Field Coordinator and shall be agreeable to the coach assigned to that field for that day and time.

Use of fields not designated by the City of Folsom or FSC as being acceptable for soccer practice shall be prohibited. At all times the Field Coordinator shall give priority in assigning fields to all FSC teams and priority in using Folsom fields to FSC.

3.3 *Removal of a Player*

If a coach feels it is necessary to drop a player from the team because of inappropriate behavior, he/she must first try to remedy the situation by communicating with the players' parents/guardians and at the same time notify the coach coordinator of the situation. If an appropriate solution is not forthcoming, the FSC Board of Directors, at the request of the coach coordinator, coach, parent/guardian, or player, will review the facts as presented and resolve the matter. Under no circumstances will a coach be allowed to remove a player without FSC Board of Directors approval.

3.4 *Protest Procedures*

Any protests by coaches must be sent to their appropriate FSC team manager (Red, White, Black or Select Manager) and/or the FSC Manager by email or direct phone call. Do not use the "Hotline" for this purpose.

4.0 Operating Procedures for Referees

Referees are responsible for all circumstances, on and surrounding the field of play, from the conference with coaches until they leave the field. The referee is a virtual dictator whose authority is absolute.

The referees shall see to it that game cards (in recreation soccer games) are left in the properly designated place for all games that he/she has officiated.

5.0 Operating Procedures for the Tournament Committee

5.1 Selecting FSC Tournaments

The Tournament Committee is responsible for determining how many events and tournaments will be hosted by FSC and the dates on which they will be held.

The committee needs to determine for each tournament whether it will be a Cal North tournament, a US Club Soccer tournament, or an open tournament (open to all affiliations).

The final list of proposed events and tournaments must be submitted to the FSC Board of Directors for approval by May 1st. Only those events and tournaments approved by the FSC Board of Directors may be hosted by FSC.

5.2 Securing Fields

The Tournament Committee must work with the FSC Field Coordinator to ensure that fields are available for all proposed tournaments and jamborees.

5.3 Managing Tournaments

The Tournament Committee must ensure that an adequate number of volunteers are available for each proposed tournament and event. All FSC hosted tournaments and events need to be quality events.

6.0 Operating Procedures for the Disciplinary Action Committee (DAC)

6.1 *DAC Formation*

In the event that apparent behavior by any FSC general member, or any other person or persons is deemed by the majority of the FSC Board of Directors as behavior that may justify disciplinary action by FSC, the DAC Chairperson shall assemble the DAC to conduct the investigation, according to the procedures identified in Sections 4.7 and 5.7 of the FSC ByLaws.

6.2 *Notification of Parties*

The DAC Chairperson shall make reasonable efforts to contact the parties to the incident of the date and time scheduled for the DAC hearing. Reasonable means of communications include email, telephone, postal service, and face-to face. In all cases, the DAC Chairperson shall ask for confirmation of the communications from the parties to the incident.

The DAC Chairman shall make reasonable efforts to schedule the DAC hearing so that all parties can attend. It is important that the individual(s) who is/are being accused of the behavior that initiated the request be able to attend the hearing. However, if the DAC Chairperson is unable to accommodate the schedules of all parties involved, the DAC Chairperson will set the schedule.

The affected parties will be notified of the results of the Board's vote on the DAC's recommendations by the DAC Chairperson. The Board of Directors will be responsible for verifying that the disciplinary actions were carried out by the affected parties. The Manager will appoint the specific Board member to verify the results. That individual will report back to the Board and the DAC Chairperson upon completion of the disciplinary action.

6.3 *DAC Report to Board of Directors*

The Board must approve the disciplinary action approved by the DAC. After the hearing has been conducted, the DAC Chairperson shall report the results of the hearing to the Club Manager. The Manager will then distribute the results to the Board for a vote on the recommended actions. If necessary, the DAC Chairperson will attend the Board meeting to report on the incident and respond to questions from the Board.

7.0 FSC Red and White (U5 through U8) Operating Procedures

7.1 Scope

The purpose of the U5 through U8 (U5-8) Red and White Programs is to generate interest in young players for the game of soccer, to have young players enjoy playing soccer, and to teach young players the fundamentals of soccer. The U5-8 Operating Procedures are the same for both the Red and White Programs. The FSC Red and White U5-8 Operating Procedures are designed for the FSC Red and White Managers, the FSC Red and White Committees, and the associated coaches and players.

Rescheduling of games for Rec teams are not allowed, except for the older teams in which the majority of the teams may be impacted by:

- PSAT, SAT and ACT tests that conflict w/ game times.
- Scheduled school events – specifically homecoming or other similar activities.

If such a situation arises that requires rescheduling of a game:

- Field Coordinator and Referee Coordinator must be made aware of intent to cancel no later than the Friday, eight days prior to scheduled match.
- The rescheduled game must be replayed within two weeks before or after scheduled match.

7.2 Age Groups for U5-8

Players must be under 8 years old before August 1st of the playing season. The breakdown of the groups is as follows:

U5 --- 4th birthday on or after August 1st of the previous year and under 5 years old on July 31st of the current year

U6 --- 5th birthday on or after August 1st of the previous year and under 6 years old on July 31st of the current year

U7 --- 6th birthday on or after August 1st of the previous year and under 7 years old on July 31st of the current year

U8 --- 7th birthday on or after August 1st of the previous year and under 8 years old on July 31st of the current year

7.3 Team Formation

a) New Teams - New teams are formed based on local school boundaries. Every effort is made to place a child on a team which has players from his/her school. Requests by players for specific coaches or specific teams will not be honored as such requests generate a prohibitive amount of work given the current size of the club.

b) Returning Players - Returning players registered by the June 1 registration deadline are given first priority to return to the team on which they played during the previous season. Returning players who fail to register by the June 1 registration deadline are not guaranteed a position on the team on which they played in the previous season.

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- c) Sibling Requirements - When two players within the same family meet the age/gender requirements, they may request to be placed on the same team. This will be treated as a request but is not guaranteed. Note that with age pure teams this generally applies only to twins or siblings born close enough to each other to be within the same age group.
- d) Request for a New Team - A player who requests not to return to the same team will be placed on a team, if possible, containing players from his/her school. Requests by those players not returning to the same team but requesting a specific alternate team or a specific alternate coach will not be honored as such requests generate a prohibitive amount of work given the current size of the club.
- e) Age Groups - Players must play within their own age division as defined by the age groups.
- f) The Red or White Manager may, at his or her discretion, authorize the formation of a mixed age group team or teams if there are insufficient players to form an age pure team.

7.4 Request to Play In an Older Age Group

U5-8 players must play in their defined age group. Playing in an older age group is not allowed in U5-8.

7.5 Results and Awards

7.5.1 Game Results

Game results are NOT kept or published by FSC.

7.5.2 League/Club Standings

FSC does NOT keep league or club standings. There are no awards or recognition of any final or intermediate standing of teams other than specifically that of individual tournament results.

7.5.3 Awards

Awards are to be given at the end of the season to all players.

7.5.4 Presentation of Information to the Media

FSC encourages the presentation of articles or stories to the broadcast or print media with the following restrictions:

- Any articles or stories submitted for publication must be accompanied by the author's name, signature, and team/club affiliation.
- No individual player recognition awards are to be made by any person, group, team, or club. Public announcements or awards of individual soccer prowess (such as "most valuable player", "best play maker", "top scorer", "best dribbler", etc.) are strictly and specifically prohibited. No team or group shall make claims to any standing (such as "finished as champions" or "placed first in its division") in any public announcements.

Appropriate disciplinary action will be taken against any person, group, or team that violates the rules in this section.

7.6 Coaches' Responsibilities

Coaches are responsible for following the procedures set forth by the club for all coaches as defined in the Coaches Responsibilities section of the FSC Operating Procedures. They also must follow the rules set forth under the U5-8 program.

7.7 Red Team and White Team Committee Responsibilities

7.7.1 General Responsibilities

Team Formation:

- Attend registration nights.
- Help the FSC Administrator(s) ensure that players provide all required registration documents to FSC.
- Attach photos to player cards.
- Assist the FSC Administrator in recruiting coaches for all teams in the assigned age group.

Team Liaison:

- Act as liaison between teams, team parents, coaches, and the club.
- Give completed player cards to coaches.
- Forward game schedules and picture schedules to coaches.
- Assist in the distribution and collection of equipment for the assigned age group.

Assist the Red and White Manager:

- Check the hotline regularly.
- Attend the coach meeting and the team parent meeting.
- Participate in FSC seeding meetings.
- Forward seeding tournament convener forms to the Red and White Managers
- Collect game scores from the first four games and give them to the Red and White Manager for reseeding the second half.

7.7.2 Hotline

The hotline is the voice mail system for FSC. The Red and White Committee members share the same voice mailbox. During registration through September the club receives many calls. Each week someone is to be assigned to check the voice mail box daily and notify anyone who has messages.

Exact instructions on how to use the system are available. Once the information from a message is written down, the message should be deleted. Home phone numbers of other committee members should not be provided. A message from a parent should be forwarded to the correct Red or White Team Committee member.

7.7.3 Registration Nights

Committee members will be given separate instructions for registration nights on how to register players.

Committee members should use this time to get an early start in contacting coaches. It is important to contact every coach who has signed up. When contacting coaches, the following information should be obtained:

- Verify that the person contacted is agreeing to coach.
- Verify the age group of the coach in order to make sure he/she is going to be coaching in the correct age group.
- Get the team name if one is used from the previous year.
- Get an email address and start an email distribution list.

Committee members should make a list of all the coaches who verified they will coach, their team names, and their neighborhood schools.

7.7.4 Late Registration

FSC will accept late registrations on a first come, first serve basis. FSC will accept registrations up to the point that all teams are at their maximum level. After that point, FSC will not form new teams unless someone is willing to coach and there are enough players to form a new team. A list of players not assigned to a team will be maintained until the end of September in order to facilitate the filling of vacancies on teams that lose players.

7.7.5 Seeding Tournament

A seeding tournament for the Red and White program is held for U7 and U8 teams only. The U7/U8 seeding tournament is handled by FSC.

The seeding tournament is used to verify that teams in a division are of comparable ability. The initial divisions are formed based upon the average age of each team. Each team in a division will play the other teams in their division. After completion of the games, the coaches will rank the teams between 0-100, 100 being the best. If a team is ranked 50, this indicates that the team should stay in the division in which they were initially placed. If a team needs to be moved down to a lower division, that team should receive a score of 25. Likewise, if a team needs to be moved up to a higher division, that team should receive a score of 75. This is not an exact science but a best effort to place teams in divisions in which they will be competitive.

7.7.6 Reseeding

At the midpoint of league play, teams will be reseeded. The goal again is to place teams in divisions in which they will be competitive. After collecting the game scores for the first four to five games and collecting input from coaches, teams may be moved up or down from their current division if appropriate. It is the coaches' responsibility to accurately report the scores of his/her games to facilitate the re-seeding process.

7.8 U5-6 Red and White Program Operating Procedures

7.8.1 Program Description

The U5-6 Red and White Programs begin with first practice sessions on or after August 1 and end with the last league game in November.

The U5-6 Red and White Programs consist of the following:

7.8.1.1 Practice Sessions

Each team is allocated practice time on two days, each practice session lasting 90 minutes from August 1st until October 1st. From October 1st until the end of league play teams are allocated 60 minutes of practice time for each practice session.

The maximum number of training hours allowed for FSC U5-6 Red and White teams is five hours per week. This includes practices, scrimmages, and practice games.

Team training camps are exempt from the five hour limit.

7.8.1.2 League Play

FSC U5-6 Red and White teams play in a FSC fall league. League play consists of ten league games played between September and November.

7.8.1.3 Tournament Play

FSC U5-6 Red and White teams do not play in tournaments.

7.8.1.4 Travel

FSC U5-6 Red and White teams play all games within the City of Folsom.

7.8.1.5 Team Size

FSC U5-6 Red and White teams shall have no more than 10 players per team. Exceptions need to be approved by the Red or White Manager.

FSC U5-6 Red and White teams shall play with 7 players: 6 field players and a goalie. The objective is to maximize the number of touches the kids can get on the ball and maximize playing time during a game.

7.8.1.6 Playing Time

Each player on a FSC U5-6 Red and White team shall play at least half the game. During the course of the season, each player shall play in every position with approximately equal time played by each player at each position.

7.8.2 Game Procedures

7.8.2.1 Referee Procedures

- There will be no referee assigned to U5-6 games – coaches will referee their own games.
- Only one referee per team is to be on the field during U5-6 games. There must be one per team!
- Referees will give instructions to the players about rules and where to be on restarts to keep the game going smoothly. Referees will not provide tactical information.

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- Coaches are responsible for starting games on time.

7.8.2.2 Before the Game

- Game cards are not used in U5-6 games.
- Inspect player's equipment to make sure all players comply. Players must wear shin guards, socks over shin guards, and no metal objects in hair or elsewhere on their body.
- Have watch and whistle ready. Whenever possible, teams and their spectators should be on opposite sides of the fields. Neither coaches nor spectators are allowed behind the goals. The one exception would be someone taking pictures as long as no coaching is done.
- Start games on time and end on time; this means that player inspections must be done **before** game time. Start games with kickoff by the visitors. Use ball size #3. U5-6 games are played with 20-minute halves for total playing time of 40 minutes.
- The game may be shortened due to bad weather.
- Use common sense and work together because most problems in this age group are between coaches or parents and not the kids. The game is for the kids and every effort should be made to keep it that way.

7.8.2.3 During the Game

- Have an assistant coach take care of substituting players.
- Coaches should referee on opposite sides of the field and move with the ball parallel to the touch line and determine who wins the ball when it goes over the touch line or goal line.
- All fouls are penalized with an **indirect kick** (must touch 2 players before enters goal) taken from the spot where the foul occurred. No penalty kicks are given in this age group. Explain all fouls to the guilty players – help them understand what they did wrong.
- Be impartial and fair to all players. Give instruction to players from either team where and when needed! Instruct parents to make only positive comments to players and enforce that request.
- **Throw-in:** Watch player making the throw-in and have him/her retake the throw-in if it is not taken using **both hands** to throw the ball **forward above the head** and with **both feet on the ground**. Give as much instruction as necessary.
- **Goal Kick:** Players may have difficulty kicking the ball beyond the penalty box. To prevent an easy goal, have goalkeeper kick the ball towards the side of the penalty box. The ball must go outside the penalty box before any player can kick it. All attacking players must be outside of penalty box during a goal kick; defenders may be inside penalty box but cannot touch the ball until it leaves the penalty box.

7.9 U7-8 Red and White Program Operating Procedures

7.9.1 Program Description

The U7-8 Red and White Programs begin with first practice sessions on or after August 1 and end with an optional season end jamboree in December. If no jamboree is played in December, the programs end with the last league game in November.

The U7-8 Red and White Programs consist of the following:

7.9.1.1 Practice Sessions

Each team is allocated practice time on two days, each session lasting 90 minutes from August 1st until October 1st. From October 1st until the end of league play teams are allocated 60 minutes of practice time for each practice session.

The maximum number of training hours allowed for FSC U7-8 Red and White teams is five hours per week. This includes practices, scrimmages, and practice games.

Team training camps are exempt from the five hour limit.

7.9.1.2 League Play

FSC U7-8 Red and White teams play in a FSC fall league. League play consists of ten league games played between September and November.

7.9.1.3 Tournament Play

FSC U7-8 Red and White teams do not play in tournaments. FSC U7-8 Red and White teams may play in an optional season end "Soccer Fest" jamboree in December.

7.9.1.4 Travel

FSC U7-8 Red and White teams play all league games within the City of Folsom. The "Soccer Fest" jamboree is held within the CYSA-North District 6 boundary.

7.9.1.5 Team Size

FSC U7-8 Red and White teams shall have no more than 10 players per team. Exceptions need to be approved the Red or White Manager.

FSC U7-8 Red and White teams shall play with 7 players: 6 field players and a goalie. The objective is to maximize the number of touches the kids can get on the ball and maximize playing time during a game.

7.9.1.6 Playing Time

Each player on a FSC U7-8 Red and White team shall play at least half the game. During the course of the season, each player shall play in every position with approximately equal time played by each player at each position.

7.9.2 Game Procedures

7.9.2.1 Referee Procedures

- U7-8 coaches will referee or provide a certified referee for their games (coaches acting as referees themselves do not need to be certified). The club will pay a certified referee in U7-8 games.

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- Referees will give instructions to the players about rules and where to be on restarts to keep the game going smoothly. Referees will not provide tactical information.
- One referee from each team should be provided. If a team does not have a certified referee than the game is referred by one referee. If neither team has a referee then the coaches referee the game.
- Coaches are responsible for starting games on time.

7.9.2.2 Before the Game

- Fill out the game card supplied by the home team.
- Inspect player's equipment to make sure all players comply. Players must wear shin guards, socks over shin guards, and no metal objects in hair or elsewhere on their body.
- Have watch and whistle ready. Whenever possible, teams and their spectators should be on opposite sides of the fields. Neither coaches nor spectators are allowed behind the goals. The one exception would be someone taking pictures as long as no coaching is done.
- Start games on time and end on time; this means that player inspections must be done **before** game time. Start game with kickoff by the visitors. Use ball size #3. U7-8 games are played with 20-minute halves for total playing time of 40 minutes.
- The game may be shortened due to bad weather.
- Use common sense and work together because most problems in this age group are between coaches or parents and not the kids. The game is for the kids and every effort should be made to keep it that way.

7.9.2.3 During the Game

- Have an assistant coach take care of substituting players.
- At the end of the game make sure the score is entered on the game card – deposit all game cards in the drop box attached to shed in parking lot at Lembi Park soccer fields. Cards must be dropped off no later than 7pm on game day!
- All fouls are penalized with an **indirect kick** (must touch 2 players before enters goal) taken from spot where foul occurred. No penalty kicks are given at this age. Explain all fouls to the guilty players – help them understand what they did wrong.
- Be impartial and fair to all players. Give instruction to players from either team where and when needed! Instruct parents to make only positive comments to players and enforce that request.
- **Throw-in:** Watch player making the throw-in and have him/her retake the throw-in if it is not taken using **both hands** to throw the ball **forward above the head** and with **both feet on the ground**. Give as much instruction as necessary.
- **Goal Kick:** Players may have difficulty kicking the ball beyond the penalty box. To prevent an easy goal, have goalkeeper kick the ball towards the side of the penalty box. The ball must go outside the penalty box before any player can kick it. All attacking players must be outside of penalty box during a goal kick; defenders may be inside penalty box but cannot touch the ball until it leaves the penalty box.

8.0 FSC Black (U9 through U19) Operating Procedures

8.1 Scope

The purpose of the U9 through U19 (U9-19) Black Program is to teach young players skills more advanced than those they learned in the U5-8 Red or White Program. The FSC Black U9-19 Operating Procedures are designed for the FSC Black Manager, the FSC Black Committee, and the associated coaches and players.

8.2 Age Groups for U9-19

The breakdown of the groups is as follows:

- U9 --- 8th birthday on or after August 1st of the previous year and under 9 years old on July 31st of the current year
- U10 --- 9th birthday on or after August 1st of the previous year and under 10 years old on July 31st of the current year
- U11 --- 10th birthday on or after August 1st of the previous year and under 11 years old on July 31st of the current year
- U12 --- 11th birthday on or after August 1st of the previous year and under 12 years old on July 31st of the current year
- U13 --- 12th birthday on or after August 1st of the previous year and under 13 years old on July 31st of the current year
- U14 --- 13th birthday on or after August 1st of the previous year and under 14 years old on July 31st of the current year
- U15 --- 14th birthday on or after August 1st of the previous year and under 15 years old on July 31st of the current year
- U16 --- 15th birthday on or after August 1st of the previous year and under 16 years old on July 31st of the current year
- U19 --- 16th birthday on or after August 1st three years prior and under 19 years old on July 31st of the current year

8.3 Team Formation

- a) New Teams - New teams are formed based on local school boundaries. Every effort is made to place a child on a team which has players from his/her school. Requests by players for specific coaches or specific teams will not be honored as such requests generate a prohibitive amount of work given the current size of the club.
- b) Returning Players - Returning players registered by the June 1 registration deadline are given first priority to return to the team on which they played during the previous season. Returning players who fail to register by the June 1 registration deadline are not guaranteed a position on the team on which they played in the previous season.
- c) Sibling Requirements - When two players within the same family meet the age/gender requirements, they may request to be placed on the same team. This will be treated as a request but is not guaranteed. Note that with age pure teams this generally applies only to twins or siblings born close enough to each other to be within the same age group.

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- d) Request for a New Team - A player who requests not to return to the same team will be placed on a team, if possible, containing players from his/her school. Requests by those players not returning to the same team but requesting a specific alternate team or a specific alternate coach will not be honored as such requests generate a prohibitive amount of work given the current size of the club.
- e) Age Groups - Players must play within their own age division as defined by the age groups.
- f) The Black Manager may, at his or her discretion, authorize the formation of a mixed age group team or teams if there are insufficient players to form an age pure team.

8.4 Request to Play In an Older Age Group

All players shall play within the defined age groups. Special consideration shall be given to players wanting to play in an older age division provided the following criteria are met:

- The player or player's guardian must make a request in writing to the Board of Directors of their request to play in an older age division. The request must have the signature of the player's legal guardian.
- The placement of the player on the older age division team must be approved by the coach of the older age division team.
- A player shall NOT be allowed to move up if doing so creates a safety hazard (e.g. player too small for that age group).
- A player shall NOT be allowed to move up if doing so displaces another player who would have otherwise been selected for a team in that age division.
- The request must be approved by majority vote of the Board of Directors.
- All requests must be submitted to the Board of Directors by June 1.

Under NO circumstances shall a player be allowed to move up more than one age division.

8.5 Results and Awards

8.5.1 Game Results

Game results are NOT kept or published by FSC.

8.5.2 League/Club Standings

FSC does NOT keep league or club standings. There are no awards or recognition of any final or intermediate standing of teams other than specifically that of individual tournament results.

8.5.3 Awards

Awards are to be given at the end of the season to all players.

8.5.4 Presentation of Information to the Media

FSC encourages the presentation of articles or stories to the broadcast or print media with the following restrictions:

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- Any articles or stories submitted for publication must be accompanied by the author's name, signature, and team/club affiliation.
- No individual player recognition awards are to be made by any person, group, team, or club. Public announcements or awards of individual soccer prowess (such as "most valuable player", "best play maker", "top scorer", "best dribbler", etc.) are strictly and specifically prohibited. No team or group shall make claims to any standing (such as "finished as champions" or "placed first in its division") in any public announcements.

Appropriate disciplinary action will be taken against any person, group, or team that violates the rules in this section.

8.6 Coaches' Responsibilities

Coaches are responsible for following the procedures set forth by the club for all coaches as defined in the Coaches Responsibilities section of the FSC Operating Procedures. They also must follow the rules set forth under the U9-19 program.

8.7 Black Team Committee Responsibilities

8.7.1 General Responsibilities

Team Formation:

- Attend registration nights.
- Help the FSC Administrator(s) ensure that players provide all required registration documents to FSC.
- Attach photos to player cards.
- Assist the FSC Administrator in recruiting coaches for all teams in the assigned age group.

Team Liaison:

- Act as liaison between teams, team parents, coaches, and the club.
- Give completed player cards to coaches.
- Forward game schedules and picture schedules to coaches.
- Assist in the distribution and collection of equipment for the assigned age group.

Assist the Black Manager:

- Check the hotline regularly.
- Attend the coach meeting and the team parent meeting.
- Participate in FSC seeding meetings.
- Forward seeding tournament convener forms to the Black Manager.
- Collect game scores from the first four games and give them to the Black Manager for reseeding the second half.

8.7.2 Hotline

The hotline is the voice mail system for FSC. Black Committee members share the same voice mailbox. During registration through September the club receives many calls. Each week someone is to be assigned to check the voice mail box daily and notify anyone who has messages.

Exact instructions on how to use the system are available. Once the information from a message is written down, the message should be deleted. Home phone numbers of other committee members should not be provided. A message from a parent should be forwarded to the correct Black Team Committee member.

8.7.3 Registration Nights

Committee members will be given separate instructions for registration nights on how to register players.

Committee members should use this time to get an early start in contacting coaches. It is important to contact every coach who has signed up. When contacting coaches, the following information should be obtained:

- Verify that the person contacted is agreeing to coach.
- Verify the age group of the coach in order to make sure he/she is going to be coaching in the correct age group.
- Get the team name if one is used from the previous year.
- Get an email address and start an email distribution list.

Committee members should make a list of all the coaches who verified they will coach, their team names, and their neighborhood schools.

8.7.4 Late Registration

FSC will accept late registrations on a first come, first serve basis. FSC will accept registrations up to the point that all teams are at their maximum level. After that point, FSC will not form new teams unless someone is willing to coach and there are enough players to form a new team. A list of players not assigned to a team will be maintained until the end of September to facilitate the filling of vacancies on teams that lose players.

8.7.5 Seeding Tournament

A seeding tournament is held for all teams in the Black program. Seeding tournaments for the ARYSL sponsored fall league are handled by ARYSL.

The seeding tournament is used to verify that teams in a division are of comparable ability. The initial divisions are formed based upon the average age of each team.. Each team in a division will play the other teams in their division. The coaches will rank the teams between 0-100, 100 being the best. If a team is ranked 50, this indicates that the team should stay in the division in which they were initially seeded. If a team needs to be moved down to a lower division, that team should receive a score of 25. Likewise, if a team needs to be moved up to a higher division, that team should receive a score of 75. This is not an exact science but a best effort to place teams in divisions in which they will be competitive.

8.7.6 Reseeding

At the midpoint of league play, teams will be reseeded. The goal is to place teams in divisions in which they will be competitive. After collecting the game scores for the first four to five games and collecting input from coaches, teams may be moved up or down from their current division if appropriate. It is the coaches' responsibility to accurately report the scores of his/her games to facilitate the re-seeding process.

8.8 U9-10 Black Program Operating Procedures

8.8.1 Program Description

The U9-10 Black Program begins with first practice sessions on or after August 1 and ends with an optional season end jamborees or tournaments in December. If no jamboree or tournament is played in December, the program ends with the last league game in November.

The U9-10 Black Program consists of the following:

8.8.1.1 Practice Sessions

Each team is allocated practice time on two days, each practice session lasting 90 minutes from August 1st until October 1st. From October 1st until the end of league play teams are allocated 60 minutes of practice time for each practice session.

The maximum number of training hours allowed for FSC U9-10 Black teams is five hours per week. This includes practices, scrimmages, and practice games.

Team training camps are exempt from the five hour limit.

8.8.1.2 League Play

FSC U9-10 Black teams shall play in an ARYSL sanctioned fall league. Fall league games are played between September and November.

8.8.1.3 Tournament Play

FSC U9-10 Black teams may participate in up to 2 tournaments, events, or jamborees between August 1 and end of December. The events can be CYSA-North Division IV events/jamborees/tournaments or US Club Soccer Bronze tournaments. Events that are not fully sanctioned as a CYSA-North Division IV event/jamboree/tournament or a US Club Soccer Bronze tournament (such as scrimmages, indoor soccer games, etc.) do not count toward the tournament limit.

8.8.1.4 Travel

League play and jamborees/tournaments for FSC U9-10 Black teams are within the CYSA-North District 6 geographical boundaries.

8.8.1.5 Team Size

FSC U9-10 Black teams shall have no more than 13 players per team. Exceptions need to be approved the Black Manager.

8.8.1.6 Playing Time

Each player on a U9-10 Black team shall play at least half the game. Each coach is encouraged (but not required) to continue the U5-8 policy of having each player play in

each of the field positions during the season rather than assigning one or two positions to a player.

8.9 U11-19 Black Program Operating Procedures

8.9.1 Program Description

The U11-19 Black Program begins with first practice sessions on or after August 1 and ends with an optional season end jamborees or tournaments in December. If no jamboree or tournament is played in December, the program ends with the last league game in November.

The U11-19 Black Program consists of the following:

8.9.1.1 Practice Sessions

Each team is allocated practice time on two days, each practice session lasting 90 minutes from August 1st until October 1st. From October 1st until the end of league play teams are allocated 60 minutes of practice time for each practice session.

The maximum number of training hours allowed for FSC U11-19 Black teams is five hours per week. This includes practices, scrimmages, and practice games.

Team training camps are exempt from the five hour limit.

8.9.1.2 League Play

FSC U11-19 Black teams shall play in a Cal North sanctioned fall league. Fall league games are played between September and November.

8.9.1.3 Tournament Play

FSC U11-19 Black teams may participate in up to 3 tournaments, events, or jamborees between August 1 and end of December. Tournaments can be CYSA-North Division IV tournaments or US Club Soccer Bronze tournaments. Events that are not fully sanctioned as CYSA-North Division IV tournaments or US Club Soccer Bronze tournaments (such as scrimmages, indoor soccer games, etc.) do not count toward the tournament limit.

8.9.1.4 Travel

League play for FSC U11-19 Black teams is within the CYSA-North District 6 geographical boundaries. Tournaments for FSC U11-19 Black teams are within the CYSA-North geographical boundaries.

8.9.1.5 Team Size

FSC U11-19 Black teams shall have no more than 18 players per team.

8.9.1.6 Playing Time

Each player on a U11-U19 Black team shall play at least half the game.

9.0 FSC Competitive Program Operating Procedures

9.1 Scope

The purpose of the Competitive Program is to teach and develop players with the more advanced skills and enable them to play soccer at a more competitive level than found in the Black Program. Players in the Competitive Program must demonstrate their ability to play soccer at an advanced level through a tryout process in order to secure a position on a Competitive team.

The Competitive Program is more comprehensive than the Black Program in terms of games and tournaments played and expenses incurred by the players and their families. The Competitive Program also requires more travel than the Black Program. For older teams, it may involve travel to out of state tournaments. The Competitive Program is for those players and their families willing to invest considerably more time, effort, and expenses compared to the Black Program.

The Competitive Operating Procedures are designed for the FSC Competitive Manager, the FSC Competitive Team Committee, and the associated coaches and players.

9.2 Age Groups for U9-19

The breakdown of the groups is as follows:

- U9 --- 8th birthday on or after August 1st of the previous year and under 9 years old on July 31st of the current year
- U10 --- 9th birthday on or after August 1st of the previous year and under 10 years old on July 31st of the current year
- U11 --- 10th birthday on or after August 1st of the previous year and under 11 years old on July 31st of the current year
- U12 --- 11th birthday on or after August 1st of the previous year and under 12 years old on July 31st of the current year
- U13 --- 12th birthday on or after August 1st of the previous year and under 13 years old on July 31st of the current year
- U14 --- 13th birthday on or after August 1st of the previous year and under 14 years old on July 31st of the current year
- U15 --- 14th birthday on or after August 1st of the previous year and under 15 years old on July 31st of the current year
- U16 --- 15th birthday on or after August 1st of the previous year and under 16 years old on July 31st of the current year
- U19 --- 16th birthday on or after August 1st three years prior and under 19 years old on July 31st of the current year (Note that this age group covers three years)

9.3 Team Formation

9.3.1 Number of Teams

FSC will form up to 2 Competitive teams per age group. One team shall be designated the Red team and the second team, if formed, the Black team.

The Red team coach will be designated with the first pick of players from the tryout pool. Once the Red team has selected and filled their team the Black team coach will pick from the remaining pool of players.

It is strongly recommended that a player participate on the team to which they were selected. It is recognized that a player may not wish to play for the team that selected them and may play for the other team within an age group with the agreement of both coaches, the Competitive Team Committee and the player's parents.

Formation of more than 2 teams per age group requires approval by the FSC Competitive Team Committee.

The FSC Competitive Team Committee reserves the right to adjust these procedures should an extraordinary situation exist. The Competitive Team Committee may, at their discretion, authorize the formation of a mixed age group team or teams if there are insufficient players to form an age-pure team.

9.3.2 Notification of Players

After Competitive tryouts are completed, Competitive coaches shall contact by telephone all the players who made the team. Once all the selected players have been contacted, Competitive coaches shall post the names of the players who have been offered and accepted positions on the team on the FSC web site. Coaches are not required to contact players who have not made the team by telephone. Coaches may notify players who have not made the team by mail or email using a standard form approved by the Competitive Manager.

9.4 Playing In an Older Age Group

U9 and U10 age players shall play within their defined age groups.

9.5 Tournament Procedures

9.5.1 Applications to Non-FSC Tournaments

All FSC Competitive teams will be provided with instructions for processing CYSA – North tournament applications prior to May 1st. US Club Soccer tournaments are available through the US Club Soccer web sites.

Within each age group, the following procedures will be used to resolve any conflicts between teams:

- a) Each Red team, Black team, and White team is to identify to each other the tournaments to which they wish to apply.
- b) Each Red team, Black team, and White team will identify any conflicts.
- c) For each tournament in which there is a conflict, the teams will alternate choices of tournaments for each weekend, beginning with the Red team identifying their

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tournament of choice for a weekend first. For those age groups that have tournaments that include two age groups (i.e., U14 tournament, as opposed to a U13 and a U14 tournament), the order will be older Red team, older Black team, younger Red team, younger Black team, alternating for each weekend of tournaments. The coaches are responsible for working together to ensure that all teams get a fair opportunity to apply for good tournaments.

Many tournaments, particularly US Club Soccer tournaments, are beginning to accept multiple teams from the same soccer club. FSC teams within the same age group may apply to the same tournament if the coaches of those teams agree and they get approval from the Competitive Manager.

Any team, after being rejected for a tournament they have applied to, may contact and apply to any tournament with availability provided that doing so does not jeopardize the status of another Folsom team which has previously applied.

A final list of tournaments is to be provided by each team to the Competitive Manager no later than May 15th. Any disputes or conflicts which cannot be resolved between the teams will be resolved by the Competitive Manager and his/her decision will be final.

9.5.2 Applications to FSC Tournaments

The FSC Tournament Committee shall consider for participation in FSC tournaments any FSC Competitive team which applies within the specified, published time frames. Any team failing to apply in a timely manner may, at the discretion of the FSC Tournament Committee Chairperson, forfeit their place in the tournament. All Red teams are expected to enter and participate in FSC hosted tournaments.

The FSC Tournament Committee is expected to make available spaces for all FSC Red Competitive teams. FSC Black Competitive teams and White Competitive teams are not guaranteed a spot in a FSC tournament.

Any FSC Competitive team which participates in a FSC tournament shall, in addition to those responsibilities required of all participants, aide the tournament by providing assistance to the FSC Tournament Committee Chairperson as is required. Failure to provide appropriate assistance may, at the discretion of the FSC Board of Directors, result in a team not being able to participate in subsequent years.

All participating FSC Competitive teams are expected to demonstrate the highest level of sportsmanship at all times.

9.6 Team Management

9.6.1 Team Finance

Each Competitive team is responsible for opening and maintaining a team checking account. The account shall be held in both the name of the Folsom Soccer Club and in the team name. The first name line is "Folsom Soccer Club" and the second name line is the team name. The account shall require two (2) signatures to disburse funds. The FSC treasurer shall be a signatory on the account.

All contributions to the team, either from parents or from sponsors, shall be remitted to the FSC treasurer, payable to "Folsom Soccer Club". The FSC treasurer shall remit to

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the team all funds received on the team's behalf, except that the FSC treasurer may withhold amounts necessary to reimburse payments made by FSC on the team's behalf, such as Metro fines and fees and Not Sufficient Funds (NSF) checks and fees.

Once contributed, team funds are the property of FSC. FSC has sole authority and discretion over the use of such funds.

Under no circumstances shall team funds inure to the personal benefit of any team or FSC member. Team funds are not to be used for travel or lodging costs. The exception is that players, officially registered coaches, and other members of the team, who provided significant service to the team may be recognized with an award or gift, the value of which is not to exceed \$25 for each recipient per year. The above limit includes the value of any trophies, food, beverages, non-uniform articles of clothing or other items of a personal nature that are provided to a team member. Team parties must be funded outside of the team's budget.

Team funds may only be expended on events, tournaments, or leagues which are sanctioned by FSC or sanctioned by the soccer associations of which FSC is a member.

Funds donated to the team shall be shared equally among all team members to cover costs and will not be applied to cover the required contribution to the team for the parent who solicited the donation.

Funds received through fund-raising activities shall be shared equally among all team members to cover costs. (As an example, if a team is raising money by working the fireworks booth and there are not enough available work times for each family on the team that desires to work the booth, then any funds raised would be shared equally among all team members.)

At the end of the team's season, defined by completion of District Cup, State Cup, Winter Tournament or Association Cup, any remaining funds shall be applied in the following order

- First - To be retained by the team to pay any anticipated team expenses for the current season, such as post-season tournament fees and to pay or avoid the imposition of bank fees.
- Second - Distributed to each parent who contributed to the team, in proportion to the amount of each parent's contribution to total parental contributions to the team.
- Third - Any remaining balance above \$100 shall be remitted to the FSC. The team may retain any balance of \$100 or below as seed money for the team for the next year.

Each team will provide a summary of its season's financial operations and present them to the FSC Competitive Manager and to the FSC Treasurer by January 15 and at the end of the team's season.

Each team shall also provide updated budget and actual expense information to each parent by October 15, reflecting budget details as of Sept 30th.

9.6.2 Team Budget

Each year FSC shall approve a budget for each Competitive team. Each team must submit a preliminary budget to the Competitive Manager for approval no later than three weeks after the completion of tryouts for the age group to which the team belongs. The Competitive Manager will work with the Competitive Team Committee to review the team budgets as to the reasonableness of the preliminary budget. The Competitive Manager will identify required modifications to the budget and present it back to the team as an approved team budget with a copy to the FSC Treasurer.

The approved team budget will serve as the basis for determining the maximum contribution which may be required on behalf of a player and the maximum amount that a team may spend. The approved budget will be presented to all parents on the team. The express purpose of this budget is to insure that a team has sufficient funds to accomplish its goals while also insuring that players are not excluded from the Competitive program by reason of financial need.

If there is a need to increase the budget, the coach of the team shall document the reason for the increase and the additional amount required and present it to the Competitive Manager for review, as described above. If approved, the adjusted budget will then be presented by the coach to all parents on the team. If the team is proposing to use existing team funds to fund the increase in the budget, or if additional player contributions are required to fund the increase in the budget, the parents of every player on the team must submit their approval in writing. If such approval is not obtained from all parents, then the team may collect funds from those parents who wish to contribute, solicit additional contributions from donors, or perform additional fundraising to fund the additional amount required.

No player shall be excluded from any team activity because of budgetary funding issues.

9.6.3 Team Accounting

The team coach or his/her designee is accountable to FSC for the receipt and disbursement of all team funds. Receipts must be provided for any expenditure in excess of \$50.

Such accounting shall be made at intervals to be determined by the FSC Treasurer and in the form requested by the FSC Treasurer. All teams will comply with financial processes and procedures identified by the FSC Treasurer.

9.6.4 Team Equipment

Any equipment purchased by the team is the property of FSC. At the end of the season, each team shall provide an inventory of equipment to the FSC Equipment Manager. If the coach is not returning for the following season, either because of his/her choice or a determination made by FSC, all equipment must be immediately returned to FSC.

9.7 Coaches' Responsibilities

Coaches are responsible for following the procedures set forth by the club for all coaches as defined in the Coaches Responsibilities section of the FSC Operating Procedures. They also must follow the rules set forth under the Competitive program.

9.8 Competitive Team Committee Responsibilities

9.8.1 Selection of Coaches

Folsom Soccer Club recognizes the importance of establishing strong coaching at the youngest age groups to positively influence long-term player and team development. The Competitive Team Committee shall have the responsibility to recruit candidates, advertise for candidates, review candidate's qualifications, and recommend coaches for all Competitive teams within the Folsom Soccer Club, with an emphasis on identifying candidates and recruiting candidates for U9-U11 level.

Recruitment of candidates shall be conducted each year and shall include, at a minimum, the following methods:

- Review parent and coach evaluations of all coaches when identifying best candidates per age group per team gender.
- Identify the top U9 Competitive coach candidates per team/gender from the current U8 coaches via close collaboration with the Red and White Program managers at the U8 season halfway point.
- Observe a minimum of one game for each of the top U9 Competitive coach candidates during the second half of the U8 season.
- Present top candidates per age group per team gender to the Board of Directors to ensure candidates are in good standing
- Contact top candidates per age group per team gender and ask if they would consider being a Competitive Coach

Advertising for candidates shall be conducted year round and shall include, at a minimum, the following methods:

- The FSC Web Site shall be kept current with the information that will be helpful for potential Competitive coach candidates, and all pertinent information for current Competitive coaches.

Reviewing qualifications and interviewing of all candidates, from both the recruiting and advertising effort, shall include at a minimum the following criteria:

- Ability to teach individual skills to players
- Ability to teach game/team strategy to players
- Ability to create a positive and enthusiastic atmosphere among players
- Ability to communicate effectively and generate support among parents
- Ability to keep in perspective long range benefits of sport over short term objectives
- Ability to practice self control, fairness, and honor during practices and games
- Ability to treat game officials with courtesy and respect they deserve
- Ability to present a positive image at public events/ games/ tournaments
- Ability to organize and manage a Competitive team

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- Ability to referee at tournaments
- Years of experience playing and coaching soccer
- Years of coaching an established FSC Competitive team
- Level of coaching credentials and knowledge of the laws of soccer
- Willingness to commit to coaching for season regardless of child's status
- Good standing in Club/League/District for disciplinary issues or number of complaints
- Reputation in the soccer community

FSC requires that all head coaches and assistant coaches meet coach license and referee certification requirements.

All qualified candidates are to be evaluated by the Competitive Team Committee using the criteria above. The Competitive Team Committee shall not consider other criteria unrelated to coaching, such as number of years on the Board of Directors, ability of coach's child, etc.

Members of the Competitive Team Committee that are themselves candidates for coaching shall not participate in the review, evaluation, discussion, or voting of the recommended candidate in his/her age group and gender. In addition, the Competitive Manager is authorized to disqualify any member of the committee from participating in the evaluation and selection of candidates in a particular age group/gender if the Competitive Manager believes, in good faith, that the committee member has a conflict of interest.

The Competitive Team Committee shall present to the Board of Directors for approval the recommended "slate of candidates". The Competitive Team Committee shall also present to the Board of Directors a list of all candidates considered for each age and gender in the order ranked during the evaluation process.

The Competitive Team Committee shall strive to have coach recommendations presented to the Board of Directors for vote using the following schedule:

- U9 – U11 prior to January 15 of each year
- U12 – U14 prior to February 15 of each year
- U15 – U19 prior to March 15 of each year

9.8.2 Regular Tryouts

The Competitive Team Committee will establish a tryout schedule which will include no fewer than three separate tryout dates. Players are required to participate in a minimum of one tryout in order to be considered eligible for selection.

The Competitive Team Committee is responsible for scheduling tryout times and fields in coordination with the Folsom Parks and Recreation, all advertising and notification, as well as administering the actual tryouts.

Separate tryouts are to be conducted for each age group and gender. The tryouts are to be conducted by the appropriate coaches. The Red, Black, and White coaches are expected to work cooperatively and all players are to be evaluated by each coach.

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Coaches are to make every effort to evaluate players as consistently and objectively as possible.

Tryout date windows will follow the NorCal Premier Region 6 tryout window and are subject to change per NorCal Region 6. The window dates can be obtained from the NorCal Region 6 website.

The Competitive Manager may, with the verbal approval of the Folsom Soccer Club Manager, cancel one tryout due to extended inclement weather and/or poor field conditions. The City of Folsom Parks and Recreation Department retains ultimate authority for closing fields due to weather conditions.

9.8.3 Special Tryouts

Special tryouts may be conducted when a coach has space on the team roster and wishes to add a player after regular tryouts are completed.

- If a coach wishes to add a player who participated in the regular tryouts who did not initially make the team, the coach may add that player without a special tryout.
- If a coach wishes to add a player who did not participate in the regular tryouts, a special tryout is required.

When a Competitive coach wishes to add a player who did not participate in the regular tryouts, the coach shall discuss with the Competitive Team Committee and the other Competitive coaches of his/her age group and gender and explain the circumstances of why a player or players did not attend the regular tryouts. The Competitive Team Committee shall determine if a special tryout is required and if any other requirements are to be imposed on the special tryout. One example of such additional requirements is allowing the other Competitive coaches in the same age group and gender the opportunity to attend the special tryout and select for their teams the players trying out.

9.9 U9-11 Competitive Program Operating Procedures

9.9.1 Program Description

The U9-11 Competitive Program begins with team formation via U9-11 Competitive tryouts in February / March. The first team activities may begin in March. The U9-11 Competitive Program ends with optional tournaments in December. If no tournament is played in December, the U9-11 Competitive Program ends with the last league game in November.

The U9-11 Competitive Program consists of the following:

9.9.1.1 Practice Sessions

Each team is allocated practice time from June 1st until the end of the season. Teams may practice prior to June 1st but will be responsible for the cost of field rental as outlined by the City of Folsom Parks and Recreation Department.

The maximum number of training hours allowed for FSC U9-11 Competitive teams is five hours per week. This includes practices, scrimmages, and practice games.

Team training camps are exempt from the five hour limit.

9.9.1.2 League Play

FSC U9-11 Competitive teams may play in an optional spring league between April and June.

FSC U9-11 Competitive teams shall play in Cal North or NorCal Premier League. Fall league games are played between August and November.

9.9.1.3 Tournament Play

FSC U9-11 Competitive teams may play in an unlimited number of tournaments as approved by their team's budget.

9.9.1.4 Travel

League play and tournaments for FSC U9-11 Competitive teams are within the Cal North and NorCal Premier geographical boundaries.

9.9.1.5 Team Size

FSC U9-11 Competitive teams shall have no more than 13 players per team. Exceptions need to be approved by the Competitive Manager.

9.9.1.6 Playing Time

Each player on a U9-11 Competitive team shall play at least half the game in all matches.

9.10 U12-19 Competitive Program Operating Procedures

9.10.1 Program Description

The U12-19 Competitive Program begins with team formation via U12-19 Competitive tryouts as outlined by the NorCal Premier Soccer Region 6 Try-out Windows. The U12-19 Competitive Program ends with state championship tournaments (Association Cup or State Cup) sponsored by CYSA-North or a state championship tournament sponsored by US Club Soccer. If no state championship tournament is entered, the

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U12-19 Competitive Program ends with the last available regular tournament prior to the state championship tournaments.

The U12-19 Competitive Program consists of the following:

9.10.1.1 Practice Sessions

Each team is allocated practice time from June 1st until the end of the season. Teams may practice prior to June 1 but are responsible for field rental per the City of Folsom Parks and Recreation department's rental policy.

9.10.1.2 League Play

FSC U12-19 Competitive teams shall play in a Cal North sanctioned fall league or in NorCal Premier fall league. Fall league games are played between August and November.

9.10.1.3 Tournament Play

No specific restrictions on the number of tournaments played are placed on FSC U12-19 Competitive teams.

9.10.1.4 Travel

League play for FSC U12-19 Competitive teams is within the CYSA-North and NorCal Premier's geographical boundaries. No specific restrictions on travel to tournaments are placed on FSC U12-19 teams. However, teams intending to travel to an out of state tournament shall notify the Competitive Manager of their plans.

9.10.1.5 Team Size

FSC U12-19 Competitive teams shall have no more than 18 players per team.

9.10.1.6 Playing Time

Red teams playing in NorCal Premier league have no minimum restrictions on playing time. Black and White teams are required to play each player at least half the game. Exceptions to this rule are for injuries and disciplinary reasons that have been discussed with the player and parent(s) prior to the game.

10.0 FSC Administrator(s) Operating Procedures

10.1 Administrator Allocation between Red, White, Black and Competitive Programs

FSC will hire an administrator or administrators to support the Red, White, Black and Competitive Programs.

10.2 Administrator Tasks and Responsibilities

- Ensure that players provide all required registration documents to FSC.
- Register all youth soccer players for FSC.
- Work with Field Coordinator in the assignment of fields to teams prior to data entry.
- Keep registration records as defined by CYSA-North and US Club Soccer regulations.
- Send necessary registration documents to the affiliated league.
- Prepare the necessary documents needed for seeding teams.
- Assign players to correct teams by age group as defined in the FSC Operating Procedures.
- Forward volunteer data to appropriate coordinators (field, opening day, soccer social, etc)
- Recruit and assign coaches for all teams in the assigned age group.
- Register all Competitive players and coaches and submit all necessary documentation to the ARYSL registrar and/or the US Club Soccer registrar.
- Ensure that all Competitive coaches are properly licensed and that all appropriate documents are submitted to the ARYSL registrar and/or the US Club Soccer registrar.
- Ensure that coach evaluation forms are supplied to families of all players in the Competitive program.
- Reserve schools for registration nights.
- Mail registration forms to prior year's players.
- Distribute flyers to schools.
- Mail coach registration forms to prior year's coaches.
- Attend registration nights.
- Assist the treasurer with mail pick up during registration season.