

# TRACYTON SOCCER CLUB



## COACH'S BINDER

**A Note to Coaches:** To help keep our fees reasonable, we ask that you please turn in your equipment at the end of the season. This will enable you to receive your coaching discount on next year's registration.

# **Table of Contents**

<a href="#">Contact Information</a>	<a href="#">2</a>
<a href="#">Important Dates</a>	<a href="#">4</a>
<a href="#">Soccer to the Maxx Jamboree</a>	<a href="#">6</a>
<a href="#">Pictures and Annual Food Drive</a>	<a href="#">7</a>
<a href="#">Recreational Cup</a>	<a href="#">8</a>
<a href="#">Weather and Environment Guidelines</a>	<a href="#">9</a>
<a href="#">Thunder and Lightning</a>	<a href="#">9</a>
<a href="#">Warm Weather and Extreme Heat</a>	<a href="#">9</a>
<a href="#">Cold Weather and Freezing Temperatures</a>	<a href="#">10</a>
<a href="#">Air Quality</a>	<a href="#">12</a>
<a href="#">Coach Code of Conduct</a>	<a href="#">13</a>
<a href="#">Player Code of Conduct</a>	<a href="#">17</a>
<a href="#">Parent Code of Conduct</a>	<a href="#">19</a>
<a href="#">Game Schedule</a>	<a href="#">21</a>
<a href="#">U5-U8</a>	<a href="#">21</a>
<a href="#">U9-U19</a>	<a href="#">21</a>
<a href="#">Match Reports</a>	<a href="#">23</a>
<a href="#">Field Set-Up and Take-Down</a>	<a href="#">24</a>
<a href="#">Set-Up</a>	<a href="#">24</a>
<a href="#">Take-Down</a>	<a href="#">25</a>
<a href="#">Field Rules</a>	<a href="#">26</a>
<a href="#">Referee Abuse</a>	<a href="#">27</a>
<a href="#">Mercy Rule</a>	<a href="#">29</a>

# **Contact Information**

## **Mailing Address:**

Tracyton Soccer Club  
PO Box 302  
Tracyton, WA 98393

## **Website:**

[TracytonSoccer.com](http://TracytonSoccer.com)

## **TSC Board of Directors:**

President - Alanna Standaert

- ◆ Email: [President@TracytonSoccer.com](mailto:President@TracytonSoccer.com)
- ◆ Phone: (360) 551-1653

Secretary - Vacant

- ◆ Email: [Secretary@TracytonSoccer.com](mailto:Secretary@TracytonSoccer.com)

Treasurer - Bryan Lile

- ◆ Email: [Treasurer@TracytonSoccer.com](mailto:Treasurer@TracytonSoccer.com)

Registrar/Admin/Scheduler - Susie McGill

- ◆ Email: [Registrar@TracytonSoccer.com](mailto:Registrar@TracytonSoccer.com)
- ◆ Phone: (360) 509-5571

Admin Assistant - Haille McGill

- ◆ Email: [Assistant@TracytonSoccer.com](mailto:Assistant@TracytonSoccer.com)

Director of Coaching - Brynn James

- ◆ Email: [Coaching@TracytonSoccer.com](mailto:Coaching@TracytonSoccer.com)

Director of Competition - Chris Breon

- ◆ Email: [Competition@TracytonSoccer.com](mailto:Competition@TracytonSoccer.com)
- ◆ Phone: (206) 495-1145

Director of Mod Competition - Tina Corbo

- ◆ Email: [ModCompetition@TracytonSoccer.com](mailto:ModCompetition@TracytonSoccer.com)
- ◆ Phone: (360) 516-9794

Director of Select - Sarah Canfield

- ◆ Email: [Select@TracytonSoccer.com](mailto:Select@TracytonSoccer.com)
- ◆ Phone: (360) 473-6670

Director of Fields - Brian Russell

- ◆ Email: [TSCFields@TracytonSoccer.com](mailto:TSCFields@TracytonSoccer.com)
- ◆ Phone: (360) 509-5973

Director of Referee Admin - Destanie Mazurek

- ◆ Email: [RefAdmin@TracytonSoccer.com](mailto:RefAdmin@TracytonSoccer.com)

Director of Fundraising - Miranda Gillenwaters

- ◆ Email: [Fundrasing@TracytonSoccer.com](mailto:Fundrasing@TracytonSoccer.com)

Equipment Manager - Kaya McGill

- ◆ Email: [Equipment@TracytonSoccer.com](mailto:Equipment@TracytonSoccer.com)

Social Media Manager - Aaron Nawai

- ◆ Email: [SocialMedia@TracytonSoccer.com](mailto:SocialMedia@TracytonSoccer.com)

Association Club Representative - Vicky Web

- ◆ Email: [NSYSAREp@TracytonSoccer.com](mailto:NSYSAREp@TracytonSoccer.com)

Safety Coordinator - Travis Buell

- ◆ Email: [Safety@TracytonSoccer.com](mailto:Safety@TracytonSoccer.com)

Small-Sided Referee Trainer - Darcy Buell

- ◆ Email: [Ref@TracytonSoccer.com](mailto:Ref@TracytonSoccer.com)

If you are unsure of who to contact, try using the TSC Contact Card:

<https://TSCContactCard.carrrd.co>

# **Important Dates**

## **Tracyton Jamboree - Saturday, September 6th**

All U5-U8 teams will play 2 micro games to kick off the season and get a feel for the sport. There will also be a fundraising table set up as well as a food truck.

## **TSC Team and Individual Photos & Annual Food Drive - Saturday, September 20th and Sunday, September 21st**

TSC will be having Team and Individual Pictures hosted by T&C Photo at the Swine Barn behind Gordon 2 at the Fairgrounds. The Picture Day schedule will be made available on the [TSC website](#) when it is completed and a reminder will go out on the TSC Facebook page.

## **Soccer to the Maxx Tournament - Sunday, October 5th**

The Soccer to the Maxx Jamboree is open to all teams U8-U10. The Jamboree will take place Sunday, October 5th hosted by North Mason Soccer Club. There will be no regular season games for these age groups on the day of the jamboree.

## **TSC's Annual General Meeting (AGM) - Wednesday, October 29th**

The meeting will take place from 7-9pm at the Eagle's Nest building at the Fairgrounds. At the AGM, the membership will confirm the Board of Directors or vote new people into those positions, approve changes to the constitution, and approve the budget for next year.

## **NSYSA Recreational Cup Application Deadline - Sunday, October 26th**

Recreational Cup is open to all U9-U19 teams. Preliminary matches will take place on Saturday, November 15th and Sunday, November 16th are being hosted by TSC.

### **TSC Awards Ceremony - January or February 2026**

The exact date and time and location are still to be determined.  
Please check your email, the [TSC website](#), and TSC Facebook page for this information at the end of the Fall 2025 season.

# **Soccer to the Maxx Jamboree**

The Soccer to the Maxx Jamboree is open to all teams U7-U10. The Jamboree will take place Sunday, October 5th hosted by North Mason Soccer Club. There will be no regular season games for these age groups on the day of the jamboree. Each player and two coaches on each participating team will receive a Soccer to the Maxx t-shirt. TSC covers half the cost of entry, so each team will have to pay \$70 if they wish to participate.

To register:

1. If your team is U7-U8, you must contact the TSC Registrar before registering.
2. Login to your NSYSA account on the [NSYSA website](#).
3. Click on the “Coaches” tab.
4. Click on “Applications”.
5. Choose “Soccer to the Maxx”.
6. Enter in your players’ t-shirt sizes and coaches’ t-shirt sizes.
7. Click “Apply”.
8. Mail a check to TSC or contact the club to pay online (with a small processing fee).

# **Pictures and Annual Food Drive**

On Saturday, September 20th and Sunday, September 21st, TSC will be having Team and Individual Pictures hosted by [T&C Photos](#) at the Swine Barn behind Gordon 2 at the Fairgrounds. Please advise the players and/or the parents that parking is limited and that they should account for parking at Gordon Field and walking behind the fields to the Swine Barn. Please hand out the picture packets to your team in advance. The Picture Day schedule will be made available on the [TSC website](#) when it is completed and a reminder will go out on the TSC Facebook page. Please have your players ready 20 minutes before your scheduled time slot with their picture form filled out. Prices will be listed on the picture packets, and players will receive a Memory Mate (package #22) at a reduced rate of \$5.

For the photos, all players must wear their orange jersey, black shorts, and black socks. They may bring their own ball to pose with.

On these dates, TSC is also holding our Annual Food Drive. If they are able, TSC encourages all members to bring non-perishable food items to be donated to [Central Kitsap Food Bank](#). The food items will be collected in large bins at the Swine Barn and can be brought there during any team's photos.



# **Recreational Cup**

Recreational Cup is open to all U9-U19 teams. Preliminary matches will take place on Saturday, November 15th and Sunday, November 16th and are being hosted by TSC. Afterwards, teams may play the quarterfinal match anywhere in the Western portion of the state and teams will need to attend that game. The Home and Away teams for the quarterfinal match is determined by a blind draw at the state-level and will not be revealed until after the preliminary round is complete. Quarterfinal matches are expected to take place on Saturday, December 6th and Sunday, December 7th. All semifinal and final matches are expected to be played at the [Starfire Sports Complex](#) in Tukwila on Saturday, December 13th and Sunday, December 14th. There are no game requests at this tournament. TSC covers half of the entry fee and teams should expect to only need to pay \$200 if they wish to participate.

To register:

1. Login to your NSYSA account on the [NSYSA website](#).
2. Click on the “Coaches” tab.
3. Click on “Applications”.
4. Choose “Recreational Cup”.
5. Click “Apply”.
6. Mail a check to TSC or contact the club to pay online (with a small processing fee).

# **Weather and Environment Guidelines**

## **Thunder and Lightning**

If you hear thunder or see lightning, you must remove your team from the field immediately and take shelter in an enclosed building or in a car. Not all buildings or cars will protect you or your players from getting struck by lightning. Buildings with exposed openings such as metal sheds, picnic shelters/pavilions, and baseball dugouts and convertible vehicles (even with the “top” closed) are not safe to shelter in during thunderstorms. You cannot return to the field until 30 minutes after the last thunder clap or lightning strike. Even if you believe the storm is far, lightning can still strike outside of the area of the storm itself. It is always better to be safer rather than sorry.

To read more, visit the [National Oceanic and Atmospheric Administration’s web article on Lightning Safety.](#)

## **Warm Weather and Extreme Heat**

US Soccer has specific rules for practicing in warm weather conditions. Coaches will need to keep an eye on the weather forecast and plan their practices accordingly or notify parents if they need to cancel the session. To determine if they need to modify or cancel a practice, coaches will need to refer to the following charts to determine the Wet Bulb Globe Temperature (WBGT) and then determine the Alert Level and implement the recommended accommodations for their players.

In reference to the second chart, our Regional Category is CAT 1.

Unconditioned or other high risk athletes should not practice if the WBGT is above 84.2 (Alert Level “Red”).

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																
Relative Humidity (%)	Temperature in Degrees Fahrenheit																															
	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0	
0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	86.0	87.8	87.8	89.6	89.6
5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	69.8	71.6	71.6	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	
15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	91.4	93.2	95.0	96.8	96.8	100.4	102.2		
20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2				
25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2						
30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	102.2									
35	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2										
40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2										
45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	100.4												
50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	102.2													
55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4														
60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4															
65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4																
70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2																
75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2																	
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																		
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																		
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																			
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																				
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																				
NOTE: This table is compiled from an assignment formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology.																																

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology

### STEP 3

### FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
<b>BLACK</b>	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
<b>RED</b>	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
<b>ORANGE</b>	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
<b>YELLOW</b>	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
<b>GREEN</b>	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes

## Cold Weather and Freezing Temperatures

US Soccer also has specific rules for playing in cold weather conditions. Coaches will need to keep an eye on the weather forecast and plan their practices accordingly or notify parents if they need to cancel the session. To determine if they need to modify or cancel a practice, coaches will need to refer to the following charts to determine the Wind Chill Temperature (WCT) and then determine the Alert Level and implement the recommended accommodations for their players.

WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT														
WIND SPEED		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60
ALERT LEVEL		WCT (F)		EVENT CONDITIONS			RECOMMENDED ACTION							
<b>BLACK</b>		< 0		Extreme Conditions*			Cancel or attempt to move activities indoors. Frostbite could occur							
<b>RED</b>		1-15		High Risk for Cold Related Illness*			Consider modifying activity to limit exposure and allow for more frequent chances to rewarm							
<b>ORANGE</b>		16-24		Moderate Risk for Cold Related Illness*			Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming							
<b>YELLOW</b>		25-30		Less than Ideal Conditions*			Be aware of the potential for cold injury and notify appropriate personnel of the potential							
<b>GREEN</b>		>30		Good Conditions			Normal activities							

TSC also has their own recommendations for cold weather conditions.

- ◆ For WCTs between 25-40 degrees (Alert Levels Green and Yellow), players should wear sweatshirts or other long sleeve thermal layers during practice. Consider requiring sweatpants and shortening practice, especially for teams U14 and younger.
- ◆ For WCTs between 16-24 degrees (Alert Level Orange), players should wear long sleeves, sweatpants, a knit hat, and gloves during practice. Practice time will be shortened to no longer

than 1 hour. Practices for teams U14 and younger will be canceled if the WCT falls below 20 degrees.

- ◆ For WCTs below 15 degrees (Alert Levels Red and Black), TSC will cancel all practices.

TSC reserves the right to cancel all practices outside of guidelines in the event of severe weather including, but not limited to, snow, ice, sleet, etc.

## **Air Quality**

Coaches are to use the [www.AIRNOW.gov](http://www.AIRNOW.gov) website to determine the Air Quality Index (AQI) for the local area. AQI is to be read 1 hour before teams are to start warming up.

Based on the AQI, the following must be implemented:

- ◆ AQI 100-150
  - ◆ Hydration breaks will be added after 30 minutes and 75 minutes of training or at any natural break that occurs close to these times.
  - ◆ Players with underlying health conditions should take extra caution while playing.
- ◆ AQI 151+
  - ◆ All practices and games will be canceled

# **Coach Code of Conduct**

When you volunteered and registered as a coach, you agreed to the Coach's Code of Conduct form. Below is a copy of the terms you have agreed to.

## **As a TSC Representative I will:**

- ◆ *Treat players, families, coaches, officials, spectators, and league representatives with respect. Demonstrate responsible behavior, good citizenship and adhere to all team, club and association guidelines and rules.*
- ◆ *Refrain from using sound projecting devices such as music speakers, bull or air horns during practices and games.*
- ◆ *Do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of soccer.*
- ◆ *Become familiar with the rules of soccer.*
- ◆ *Become familiar with the mission of TSC.*
- ◆ *Attempt to obtain a Grassroots License.*
- ◆ *Supervise as the coach and/or assist as a volunteer upon request. Be eighteen years, or older, or be supervised by someone 18 years or older.*
- ◆ *Have completed the Washington Youth Soccer (WYS) Risk Management Assessment requirements (RMA) before I am eligible to participate.*
- ◆ *Be a member in good standing of TSC.*
- ◆ *Respect the authority of officials who are assigned to matches and not allow my players, families, or team staff to question referees.*
- ◆ *Be responsible for the behavior of my sidelines and will receive negative consequences for misbehavior. Consequences may include verbal warnings, yellow or red cards, ejection, and other possible disciplinary actions. I will not use abusive*

*language toward players, families, spectators, officials, or league officials.*

- ◆ *Strive to learn the abilities of my players and to place them into situations for success. I will safely conduct practices and games so all players have an opportunity to improve their skill level through active participation.*
- ◆ *Play all rostered players at least 50 percent of each game per WYS rules and regulations. (All recreational players must play at least 50 percent of each game)*
- ◆ *Protect the health and safety of my players by insisting that all the activities under my control are conducted for their psychological and physiological welfare.*
- ◆ *Report all injuries within 24 hours to families and encourage players to do the same.*
- ◆ *Report all serious injuries to the appropriate board members and submit a report via the online system.*
- ◆ *Be gracious in victory and as well as in defeat. I will positively encourage and coach all players.*
- ◆ *Never leave a player(s) unattended. I am responsible for them until they leave the facility.*
- ◆ *Be aware of players' personal space and avoid physical contact.*
- ◆ *Never be alone with a player who is not my own child. I will always have another adult present at any team activity (practices, matches, meetings, etc.).*
- ◆ *Communicate the rights and responsibilities of individuals to my players and their families.*
- ◆ *Cooperate with the representatives of TSC in the enforcement of rules, regulations, and program philosophy.*
- ◆ *Report any irregularities that violate sound competitive or ethical practices or situations which may not be in the best interest of the participants.*

- ◆ *Attend any Club instructional programs which will assist with my development.*
- ◆ *Share with my players and families the TSC Parent and Player Codes of Conduct.*
- ◆ *Communicate with TSC making them aware of any misbehavior or misconduct by players, families, coaches, or game officials for investigation and appropriate action as needed.*
- ◆ *Complete in a timely manner all required and/or requested paperwork.*
- ◆ *Understand that all teams are expected to be represented at every Tracyton Soccer Club Coaches and Annual General Meetings by the Head Coach or a designated alternate.*
- ◆ *Return all equipment provided to me at the end of the season and report to the [TSC Equipment Manager](#) any defective equipment immediately.*

**Furthermore, it is understood that as a Head Coach I will:**

- ◆ *Communicate any issues to the [TSC Director of Coaching](#) and the [TSC Director of Competition](#) and/or [Mod Competition](#).*
- ◆ *Be responsible for keeping team families informed and updated with all practice, game, field locations, and times including any changes.*
- ◆ *Actively support and encourage all fundraising opportunities.*
- ◆ *Be responsible for distributing pictures in a timely manner.*
- ◆ *Make sure you have access to emergency medical information and a club-provided basic first aid kit at every practice and game.*
- ◆ *Always display appropriate sportsmanship.*
- ◆ *Not question or yell at the referee, players, or opposing teams/coaches.*



Should you violate the terms of the Code of Conduct above, TSC reserves the right to terminate your volunteer services as a coach without cause and without notice.

# **Player Code of Conduct**

During the registration process, all players agreed to the Player Code of Conduct. Below is a copy of terms your team has agreed to.

- ◆ *As a TSC player, I am a visible representative of my club, myself, and my family. My personal actions will be a reflection on each of those at all times, whether I am in uniform, on or off the field.*
- ◆ *I will demonstrate responsible behavior, respect for all players, coaches, families, and officials and their personal property. I will display good citizenship, and adhere to all team, club, and association guidelines and rules. I accept the fact that failure to comply may result in a loss of playing time, suspension, or dismissal from the team. The penalties may be for a game, the rest of the season, or indefinitely. Should my behavior result in my suspension at a game or tournament, it will be my families' responsibility to bear the financial costs of travel arrangements. No monetary reimbursement will be made to players or families of dismissed players.*
- ◆ *I will adhere to the current rules with regards to any blue (U5 – U10), yellow, and/or red cards received during a match. If I have any questions, I will contact the [TSC Director of Competition](#).*
- ◆ *I understand that substance abuse (alcohol or any other drugs) will not be tolerated and any consumption and/or possession will not be allowed. I understand that in the event that disciplinary action is necessary, I will comply with the disciplinary decision(s) which may include but not be limited to suspension, loss of playing time, or dismissal from the team. No monetary reimbursement will be made to players or families of dismissed players.*

- ◆ *I will always conduct myself with good sportsmanship. I will be gracious in victory and defeat. I will obey the rules of the game and accept the decisions of the officials with dignity. I will endeavor to perform as a team player whether winning or losing. I will personally support the efforts of my teammates. I will play hard to win, but I will always play fair. I will work to bring honor to my team.*
- ◆ *Leave your fields clean at the end of your practices and games.*

TSC reserves the right to discipline players as they see fit should they violate the terms in the Player Code of Conduct.

# **Parent Code of Conduct**

During the registration process, all parents and guardians agreed to the Parent Code of Conduct. Below is a copy of terms your team's parents and guardians have agreed to.

- ◆ *The coach of your player's team is also responsible for YOUR behavior at the match. We encourage you to enjoy watching the game. Be positive in your remarks, support all players, coaches and officials, and always be a positive role model of good sportsmanship.*
- ◆ *Please refrain from coaching any player from the sidelines.*
- ◆ *If you offer to assist your coach, please be aware there are requirements that need to be met to participate. If the Head coach accepts the assistance, please contact the [TSC Registrar](#) for coaching requirements and Risk Management Assessment. The team's rostered coaches are responsible for coaching the team during practices and games.*
- ◆ *If you believe there is a problem, first discuss it privately with the coach. If your concerns have not been addressed, then contact the [Director of Competition](#) or the [Director of Modified Competition](#).*
- ◆ *TSC players are asked to take responsibility for themselves and their actions. Support them by giving them the guidance that they need. If there are reasons that your player cannot fully participate (such as financial hardship), or other commitments please discuss this with the coach at the beginning of the season.*
- ◆ *Strive for the same standards of sportsmanship that are expected of the players. Be considerate of others when watching the game.*
- ◆ *Do not yell at other players, families, coaches, or officials.*
- ◆ *Leave your fields clean at the end of practices and games.*

TSC reserves the right to discipline parents and guardians as they see fit should they violate the terms in the Parent Code of Conduct.

# **Game Schedule**

## **U5-U8**

For all U5-U8 games, the game schedule for the season will be found by logging into your Team Central account on the [TSC website](#) or through the Game Changer app. Please check the schedule as soon as it's available to make sure your login works and, if you are the head coach of multiple teams, to check to see if there are any schedule conflicts. Also, check the schedule every Thursday to make sure that your game time hasn't changed. If you see a home game that is more than 2 weeks out that needs to be changed, please email the [TSC Registrar](#). **If it is within 2 weeks of the game, a reschedule may not be possible.**

Coaches will also need to print rosters for each game. These rosters can be printed on the [TSC website](#). To do so:

1. Hover over "Coaching Corner" and click on "Training Equipment".
2. Click on "Game Day Roster (PDF)".
3. Download and fill out with your team's information.
4. Print 2 copies.

## **U9-U19**

For all U9-U19 games, the game schedule for the season will be found by logging into the [NSYSA website](#). Please check the schedule as soon as it's available to make sure your login works and, if you are the head coach of multiple teams, to check to see if there are any schedule conflicts. Also, check the schedule every Thursday to make sure that your game time hasn't changed. If you see a home game that is more than 2 weeks out that needs to be changed, please email the [TSC Registrar](#). **If it is within 2 weeks of the game, a reschedule may not be possible.**

Coaches will also need to print 3 rosters for each game. These rosters can be printed on the [NSYSA website](#). To do so:

1. Login.
2. Click on the “Coaches” tab.
3. Click on “Schedules”.
4. In the “Schedule Query Criteria” section, check the box to the right of “Action” and search for the match you need to print a roster for.
5. The far right column of the search results should be labeled “Action” and in that column should be a printer icon.
6. Click on the printer icon on the same line as the game for which you need the roster.

# **Match Reports**

For all U9-U19 games, the Head Coach should file a match report after every match. This can be done on the [NSYSA website](#). To do so:

1. Login to the NSYSA website.
2. Click on the “Coach” tab.
3. Click on “Match Report”.
4. A list of games will appear; find the game you just played and click on the Match Number (first column).
5. Fill out the report accurately (if the opposing team no-showed, please enter the score as 1-0 in your favor and check the box labeled “No Opponent”).
6. There will be a Comment Box for any game comments or if you have any issues that need our attention.
7. For U11-U19 teams, rate the other team’s sportsmanship.



# **Field Set-Up and Take-Down**

If you have the first game (at home) you have field set-up. If you have the last game, you have take-down. First games can start any time of the day, last games can end anytime of the day so do always check. An email will go each week to remind the coaches that have set-up and take-down of this. If you coach U9-U19, you can also see which days you have set-up or take-down on the [NSYSA website](#) by clicking on “Field Setup” on the “Coaches” tab after logging in. If you have any questions about setting up or taking down any of the fields or have any trouble setting up or taking down any of the fields, contact the [TSC Director of Fields](#).

## **Set-Up**

### **Gordon 1 (Turf)**

- ◆ Ensure both goals are in good condition
- ◆ Ensure both goals are secured to the ground (either by sandbags or locked into the field)
- ◆ Place corner flags (round bases) on each of the corners of the field

### **Integrity Stadium (Turf)**

- ◆ Ensure both goals are in good condition
- ◆ Ensure both goals are secured to the ground with sandbags
- ◆ Place corner flags (round bases, located in the shed at Lobe Fields) on each of the corners of the field

### **Lobe 2 & 3 (Turf)**

- ◆ Ensure the goals are in good condition
- ◆ Carry the goals (do not drag) from where they are located at the fence to their appropriate spots on the field

- ◆ Secure the goals with at least one green sandbag from the shed
- ◆ Place corner flags (round bases) on each of the corners of the field

#### **Lobe 4 (Grass)**

- ◆ Ensure the goals are in good condition
- ◆ Carry the goals (do not drag) from where they are located to their appropriate spots on the field
- ◆ Secure the goals with at least one white or orange sandbag from the shed
- ◆ Place corner flags (stakes) on each of the corners of the field

### **Take-Down**

#### **Gordon 1 (Turf)**

- ◆ Return all corner flags to the shed

#### **Integrity Stadium (Turf)**

- ◆ Return all corner flags to the shed at Lobe Fields

#### **Lobe 2 & 3 (Turf)**

- ◆ Return sandbags and corner posts to the shed
- ◆ Carry (do not drag) the goals up against the fence

#### **Lobe 4 (Grass)**

- ◆ Return sandbags and corner posts to the shed
- ◆ Carry (do not drag) the goals to the infield so that the county can mow the grass

# **Field Rules**

In addition to the field rules imposed by the owner of the facility, NSYSA have their own rules which apply to any field in use by any NSYSA club. The rules are as follows:

## **FIELD RULES (APPLICABLE TO ALL NSYSA FIELDS)**

- ◆ No pets
- ◆ No smoking, vaping, or chewing
- ◆ No weapons
- ◆ No alcohol
- ◆ Vehicles are only allowed in designated areas (do not block fire lanes)
- ◆ Please place all garbage in the appropriate receptacles
- ◆ No bicycles, skateboards, skates, or other similar devices are permitted on the field

## **TURF FIELD RULES (APPLICABLE TO ALL NSYSA TURF FIELDS)**

- ◆ Only water is permitted on the artificial surface
- ◆ No food, gum, or seeds
- ◆ Game snack cannot be distributed to the team while on the artificial surface
- ◆ No spikes on the artificial surface (no metal spiked cleats, skates, etc.)

Anyone in violation of these rules or the facility rules may be asked to leave the field. Continued violations of the rules may result in NSYSA and the clubs within the organization to lose access to these facilities.

# **Referee Abuse**

In March of 2025, US Soccer updated its policy on Referee Abuse Prevention (Policy 531-9) as part of their “Respect the Call” initiative. TSC stands firm in its stance on treating all match officials with respect and will hold our membership to the terms they agreed to in the TSC Codes of Conduct, especially in those instances involving verbal or physical misconduct towards match officials.

Below, you can find a copy of Section 1 of Policy 531-9 “Misconduct Toward Game Officials in Amateur Matches” and a copy of the Penalties Matrix for both non-physical and physical offenses. For more information about the “Respect the Call” initiative and for the full policy, visit [US Soccer’s webpage on referee abuse prevention](#).

## **Section 1. General**

*Misconduct against Referees may occur before, during, and/or after the match, specifically when the Referee arrives at and/or departs the venue. Misconduct may occur also at later times when directly related to duties of a match affiliated with U.S. Soccer or its Organizational Members.*

## **Penalties Matrix**

### **NON-PHYSICAL OFFENSES** of gross misconduct, abuse, and / or assault

<b>NON-PHYSICAL *</b>	<b>MIN. GAMES</b>	<b>TIME</b>
<b>Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority</b>	2	
<b>Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language</b>	4	
<b>Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language</b>	6	6 - 24 Months
<b>Offensive or Discriminatory Act</b>	10	12 - 24 Months

### **PHYSICAL OFFENSES** of gross misconduct, abuse, and / or assault

<b>PHYSICAL *</b>	<b>MIN. GAMES</b>	<b>TIME</b>
<b>Minor or Slight Deliberate Touching</b>	3	1 - 6 Months
<b>Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage</b>	10	6 - 24 Months
<b>Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner</b>		12 Months - Lifetime

*(\*) Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.*

# **Mercy Rule**

NSYSA has released Guidelines for Mitigation of Runaway Scores in Games also known as the Mercy Rule. As of August 2025, the Mercy Rule is as follows:

- ◆ *If the score differential reaches five (5) goals, then the coach of the team with fewer goals may add one (1) player to the field. If the goal differential returns to three (3) goals, then the coach must remove the one (1) additional player.*
- ◆ *If the score differential reaches eight (8) goals, then the coach of the team with the fewer goals may add a second additional player to the field. If the goal differential returns to six (6) goals, then the second additional player must be removed from the field.*