

TRACYTON SELECT COACH/MANAGER GUIDE



Director's Note

Welcome to the 2025-2026 Select Season. Your participation is critical to the success of this program. This handbook has been prepared to answer all of the frequently asked questions we have gotten over the years. If there is anything you need that is not in the book, please reach out early and often.

Before we kick off, I wanted to take a minute to talk about why we do what we do and the philosophy behind our program. Tracyton has been emphasizing sportsmanship during our past couple of seasons and that will be our ongoing emphasis. But, how does that apply to Select?

First, it applies as we, coaches, managers, and the board, are all on the same team. As a team, we support each other, we work together, and we always talk to each other rather than talking about each other.

Second, we teach our teams how to be good sports in both winning and losing. The key to teaching them is starting with ourselves. Coaching requires a high degree of emotional regulation, especially on game day. Our behavior is observed by our players and they follow our lead. We stay as calm as possible and focus on what we can do rather than blaming others (the ref, the other team's coach, the other team's players).

Third, we support our players' health - both mental and physical. We don't put a player on the field that is injured. We use specific, kind, helpful feedback to develop them as players. We focus on the idea of being better every day and working toward big goals.

I'm grateful for each person that is on this team and I think we have a great year ahead of us. We have lots of opportunities to improve and grow our program and I want to hear all of them from you. We will continue our quarterly coaches meetings, but in between, please call or text me with your questions and ideas.

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Contact Information

Website:

TracytonSoccer.com

TSC Board of Directors:

Go to the TSC website, hover over the “About Us” tab on the top ribbon, and click on “Board of Directors.”

Key Contacts:

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

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Director of Fields - Brian Russell

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Resources/Reference Materials

Washington Youth Soccer

A plethora of resources can be found on the [Washington Youth Soccer website](#) under the “[Resources](#)” tab on the top ribbon. These include, but are not limited to, resources about SafeSport, Risk Management, gameplay, referees, health and safety, and community programs.

The Washington Youth Soccer Sports Connect website is where you will upload player photos and enter jersey numbers, as well as other procedures as detailed later in this guide. The website can be found at wys.AffinitySoccer.com/Foundation/login.aspx and your login will be the same as your TSC account.

Also on the “[Resources](#)” page on the [Washington Youth Soccer website](#), is the [WA Team Admin Handbook](#) which details how to use and navigate the Sports Connect website. It can be found under “Operations.”

North Puget Sound League

The North Puget Sound League website can be found at NorthPugetSoundLeague.org and contains a number of resources under the “[Resources](#)” tab on the top ribbon. Included in these are the NPSL Operating Procedures, Team Manager Game Checklist, and NPSL Game Rosters.

Manager Responsibilities

The Team Manager is typically a parent or guardian of one of the players on the team who willingly volunteers for the position and is appointed by the coach. The Team Manager will be responsible for assisting with team communications, tracking of player availability, scheduling (in addition to what is provided by the Scheduler), and coordinating with other teams' coaches and managers. Team Managers will be responsible for gathering all team related documentation and maintaining it throughout the season. They will print and provide game roster report sheets to officials prior to each match as indicated by the league rules. The Team Manager will complete tournament registration forms and other required documentation as indicated for each tournament in which the team participates.

Player Registration

All players must be completely registered and current on dues to be able to participate in any games or practices. They must agree to all codes of conduct and the medical release, sudden cardiac, and concussion awareness protocols.

The [Club Registrar](#) will send emails to coaches and managers detailing all players that have been assigned to the team. Any player that has not finished the registration process will not be allowed on the field for practice and will not receive their training shirts, unless prior arrangement has been made with the club.

Copies of birth certificates are not necessary and should not be kept by the Team Managers. All proof of age is validated by the club at the time of registration.

Player Registration Status:

- ◆ **Accepted** - finished and good to go
- ◆ **Pending** - has not accepted their spot on the team or completed the registration process
- ◆ **Missing** - still needs to register, accept the spot on the team, and complete the registration process

Uniform Ordering

At minimum, players must purchase and maintain in their possession a home and away uniform kit. Optional elements are available such as warm-ups, hoodies, and backpacks as indicated by the club. Players may purchase items such as additional uniform kits, additional training shirts, rain jackets, or other optional items at their discretion.

Player jersey numbers will be determined by the team as a group with existing players retaining their numbers from the previous year if they so wish.

Training shirts are included with registration and will be ordered by the club. The club will also set a date for try-on.

For more information, please contact the [Director of Select](#).

Equipment

The following equipment will be provided by the club:

- ◆ 8 Practice Balls
- ◆ 3 Game Balls
- ◆ Cones
- ◆ Pennies

Additional equipment can be purchased after uniforms have been purchased. Each coach will have a budget for their team based on their uniform purchases. Equipment acquired in this manner will belong to the coach and can be used for any purposes.

Suggested additional equipment includes:

- ◆ Gates
- ◆ Poles
- ◆ Agility Ladder
- ◆ Agility Hurdles

NOTE: When using equipment on turf, please do not use any that need to pierce the turf. Use weighted bases, or alternatives to anything that needs to be stabilized prior to use.

New Season Preparation

Risk Management Assessment

All coaches, assistant coaches, team managers, and trainers must have an approved Risk Management Assessment (RMA). To complete, register as a volunteer on the [TSC website](#) and follow the instructions you will have received in a confirmation email about two online courses taken on the [US Soccer Learning Center website](#) (“Intro to Safety” and “Safesport”) and submitting your background check. **A new RMA must be completed each year.** For a more detailed explanation of the RMA process, visit the [TSC website](#), hover over “Coaching Corner” on the top ribbon, and click on “Background Check.”

NOTE: Only complete phase one in the US Soccer Learning Center. **Do not** pay for your background check.

Medical Release

Have all families complete a medical release for each of their player(s). The medical release form can be found on the [Washington Youth Soccer website](#). Hover over “Resources” on the top ribbon and click on “[Administrators](#).” The Medical Release Form can be found under “Downloads” on the left side of the page. A new form must be filled out at the start of every season. A printed copy of each player’s signed medical release form must be kept in a team binder and be available at all competitions. Most tournaments require that these forms are displayed when the team checks in. Some tournaments require copies be provided to the tournament administration at check-in.

Jersey Numbers

Enter all player jersey numbers into the [Washington Youth Soccer Association Sports Connect website](#). Coaches and Team Managers can log into their account and assign the jersey numbers to each of their players. These jersey numbers will appear on State cup and Tournament rosters

printed from the system. To update jersey numbers, follow the steps below:

1. Log in to the [Washington Youth Soccer Association Sports Connect website](#).
2. Click on the “Teams” tab.
3. Click on the “Team Info” link across from the team’s listing.
4. Click on the “Team Roster” tab.
5. Scroll down to the bottom of the roster.
6. Select the “Edit Player/Team Info” button.
7. Enter the jersey numbers of each player.
8. Click “Save Changes.”

Player Cards

Player and coaches cards are required at every league match and during the State Cup. No in-state summer tournaments require player cards.

For those games in which player and coaches cards are required:

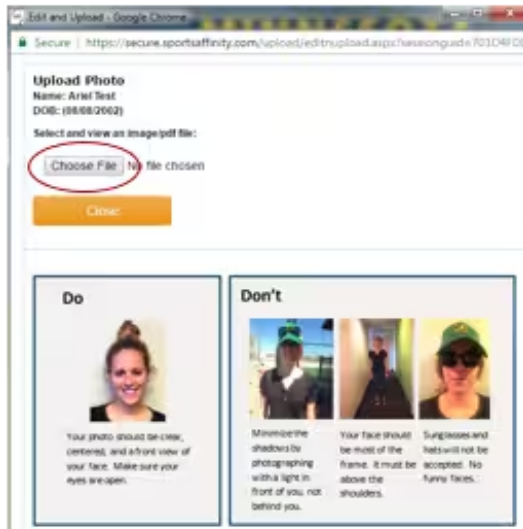
- ◆ A player without a player card cannot play
- ◆ A volunteer without a coach card cannot be on the coaches’ sideline
- ◆ All player and coach cards **must** have a photo of the player/coach
- ◆ Only coaches, assistant coaches, and managers with an approved RMA will be printed a card and there can be no more than four per team

Player Card Photos

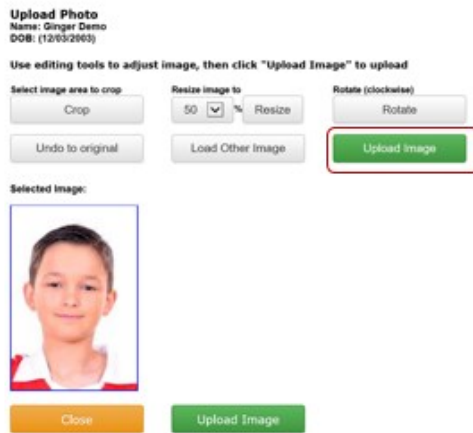
Upload all player card photos from a computer and not a phone to ensure the photos have the correct orientation. To upload a player’s photo, see below:

1. Log in to the [Washington Youth Soccer Association Sports Connect website](#).
2. Click on the “Teams” tab.
3. Click on the “Team Info” link across from the team’s listing.
4. Click on the “Team Roster” tab.
5. Select the box next to the person whose photo you are uploading.

6. Select the photo from your computer's files. Edit as necessary.



7. Click “Upload Image.”



NOTE: Once a player's photo has been uploaded, only your Playing League Registrar or Club Registrar can delete/change the photo.

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: www.noaa.gov/jetstream/lightning/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	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	98.6	100.4	102.2	
20	62.6	64.4	64.4	66.2	68.0	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	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	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		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	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.
ORANGE	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.
YELLOW	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
GREEN	<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 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							
BLACK		< 0		Extreme Conditions*			Cancel or attempt to move activities indoors. Frostbite could occur							
RED		1-15		High Risk for Cold Related Illness*			Consider modifying activity to limit exposure and allow for more frequent chances to rewarm							
ORANGE		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							
YELLOW		25-30		Less than Ideal Conditions*			Be aware of the potential for cold injury and notify appropriate personnel of the potential							
GREEN		>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 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 caution
- ◆ AQI 151+
 - ◇ All practices and games will be canceled

Field Set-Up and Take-Down

If you have the first home game, you have field set-up. If you have the last home game, you have field take-down. The first game can start at any time of the day and the last game can end at any time of the day so always check your email. An email will go out each week to remind the coaches that have set-up and take-down of this. 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 [Director of Fields](#).

Practice Schedule

Teams will, for the most part, stay at the field for practice week-to-week but will need to rotate spots on the field with other teams. The practice schedule for each month will be shared by the [Registrar](#). It will have a map of the fields with their spots labeled and will list each team and what spot they will occupy on a given practice day. TSC does not own any fields and therefore we cannot guarantee that we will have access to the same fields at the same times each week and our field reservations are subject to cancellation with short notice. Thus, it is important to check the spreadsheet regularly for changes.

NOTE: Do not screenshot and rely on that to know where your practice spot is as it may have changed.

Tournaments

Teams should expect to play in 2-4 summer tournaments, one or more of which they may be directed to participate in by the club. The Team Manager should be the center for all communications pertaining to the team's participation in all summer tournaments. Registration and the associated fees for most tournaments will be handled by the team. There will be clear communication from the club if TSC is handling the registration for the tournament.

Tournament Rosters

Please submit a request via email to the [Registrar](#) one week in advance of a tournament for a signed roster. For any regularly rostered players to play in a tournament they must be “accepted” on your roster (refer to “Player Registration” for more information). Please include the following in your request:

- ◆ Name of the tournament
- ◆ Dates of the tournament
- ◆ Players on your team not playing
- ◆ Guest players (must be Washington Youth Soccer players)
 - ◇ Please include the following information for each guest player:
 - ◆ Legal name
 - ◆ Current club
 - ◆ Date of birth
 - ◆ Washington Youth Soccer Player ID number (if known)

The Registrar will send the signed roster to the Coach and Team Manager the Thursday before the tournament.

Guest Players

It is TSC's recommendation that guest players be played as a supplement to your team and not as a full member of your team. We recommend that you start your TSC registered players and that the TSC registered players have more play time than guest players so that your TSC team is ready for league play. We ask that you put your team's development over a

win/loss record. Players develop when they are given the game time to do so. Also, the playing of guest players ahead of your own registered players can cause a lot of unnecessary stress on a team dynamic from parents to players and the effects on a player's confidence could take months to undo. Please keep this in mind when you request a guest player.

League Play

TSC Select teams play games in the North Puget Sound League (NPSL).

BU10 and **GU10** play in both the Fall and the Spring. In the Fall, the season will consist of ten games taking place from the first Saturday after Labor Day to the second weekend of December. In the Spring, the season will consist of six games starting from the last weekend of February to the first weekend of April.

BU11-BU14 and **GU11-GU14** play in both the Fall and Spring. In the Fall, the season will consist of twelve games taking place from the first Saturday after Labor Day to the second weekend of December. In the Spring, the season will consist of six games starting from the last weekend of February to the first weekend of April.

GU15 plays in the Winter and, if they have enough players, in the Fall as well. In the Winter, the season will consist of twelve games taking place from the second weekend of December to the last weekend of March. If they play in the Fall, the season will consist of six games starting the Saturday after Labor Day. Because teams are organized based on their birth years, some players will still be in the 8th grade while the rest are already in high school and possibly playing for their high school soccer team. This optional Fall season is offered to allow those younger players an opportunity to continue playing when they otherwise would not.

BU15 plays in the Fall and, if they have enough players, in the Spring as well. In the Fall, the season will consist of twelve games taking place from the first Saturday after Labor Day to the second weekend of December. If they play in the Spring, the season will consist of six games starting from the last weekend of February to the first weekend of April. Because teams are organized based on their birth years, some players will still be in the 8th grade while the rest are already in high school and possibly playing for their high school soccer team. This optional Spring season is offered to

allow those younger players an opportunity to continue playing when they otherwise would not.

BU16-BU19 play in the Fall. In the Fall, the season will consist of twelve games taking place from the first Saturday after Labor Day to the second weekend of December.

GU16-GU19 play in the Winter. In the Winter, the season will consist of twelve games taking place from the second weekend of December to the last weekend of March.

The Club will register each team for their division. Division level decisions will be made by the [Director of Select](#) and the coach of the team. Prior to the scheduling meeting for each season, the Director of Select will ask the coach for input on which division is appropriate for the team. Please make sure the [Registrar](#) has the head coach and team manager's email addresses and phone numbers that they would like published for the other teams to contact.

Game Day Rosters

Each team must fill out a game roster prior to each game. Three copies are required and are to be presented to the referee along with the player cards. Following the match, the referee will return one copy of your team's roster as well as a copy of the opposing team's roster. Both of these rosters should have the final score filled in by the referee. Game rosters are available to be printed on the [NPSL website](#) in either Word or PDF format under "[Resources](#)." Rosters must be filled in on the computer and then printed.

NOTE: They **cannot** be filled out by hand.

Player Pass

If at any point during the season your team doesn't have a sufficient number of players able to attend a match, you are able to Player Pass

other players from a lower league or division. The rules for Player Pass are detailed on the [NPSL website](#) in a document on the “[Resources](#)” page called “NPSL Player Pass Procedure.”

Game Schedules

Season schedules will be released 2-3 weeks prior to the start of each season. The TSC [Scheduler](#) will start to build out your schedule and publish it as quickly as possible on the [NPSL website](#).

When the schedule is made available, it is the team manager’s job to:

- ◆ Contact the away team’s manager and confirm the date and time of the match
- ◆ Communicate all requests to the Scheduler as soon as possible for all home games
- ◆ The week before a home game, contact the away team’s manager about the following:
 - ◆ Uniform colors to avoid a potential color conflict on game day
 - ◆ The Field Rules of the home field (no pets, only water on the turf, no heaters on turf, no smoking or other nicotine devices)
 - ◆ Address and directions to the field

Other things to note about the schedule:

- ◆ Teams that must travel more than 75 minutes will have game start time between 11am-3pm. All other matches will have a game start time between 9am-5pm. More information on this policy and a list of the travel times can be found under “[Travel Time Policy](#)”
- ◆ TSC will need a minimum of **TWO WEEKS** to make changes to games (see “[Reschedules](#)” for more information)
- ◆ **DO NOT CHANGE** any information in the schedule for home games without express written permission from the Scheduler
 - ◆ Specifically, in the Fall when our home schedule is very full on Saturdays
- ◆ The [Scheduler](#) has no control over how away games are scheduled

Travel Time Policy

The start time of games is determined by the home team, but there are rules about the time range in which kickoff can start that depends on the travel time of the away team. The travel time is from the away team's association address and the home team's field address. When determining the travel time, use the NSYSA address for away games and the Gordon Fields, Lobe Fields, Ridgetop Middle School, or Integrity Stadium addresses for home games. Teams that must travel more than 75 minutes will have game start time between 11am-3pm. All other matches will have a game start time between 9am-5pm.

NSYSA Address:

PO Box #8
Silverdale, WA 98383

Travel Times Less Than 75 Minutes:

- ◆ [North Sound Youth Soccer Association](#) (10-15 Minutes)
 - ◆ Bainbridge Island Football Club, Jefferson County Soccer Club, North Kitsap Soccer Club, South Kitsap Soccer Club, Storm King Soccer Club
- ◆ [Pierce County Soccer Association](#) (45 Minutes)
 - ◆ Harbor Soccer Club (HSC), Fife-Milton-Edgewater Soccer Club (FME), Lakewood Steilacoom Dupont Soccer Club (LSDSC), Rainier Soccer Alliance (RSA), South Tacoma United (STU)
- ◆ [Highline Soccer Association](#) (68 Minutes)
 - ◆ Highline Soccer Association (HSA)
- ◆ [South County Soccer Association](#) (70 Minutes)
 - ◆ Valor Soccer
- ◆ [Seattle Youth Soccer Association](#) (71 Minutes)
 - ◆ Seattle United (SU)
- ◆ [Greater Renton Soccer Association](#) (75 Minutes)
 - ◆ South Lake Select (SLS), Pacific NW Soccer Club (PACNW)

Travel Times More Than 75 Minutes:

- ◆ [Eastside Youth Soccer Association](#) (86 Minutes)
 - ◇ Bellevue United Foot Club (BUFC), Issaquah Football Club (IFC), Mercer Island Football Club (MIFC), Lake Hills Soccer Club (LHSC)
- ◆ [Northshore Youth Soccer Association](#) (88 Minutes)
 - ◇ Northshore Select Club (NSC)
- ◆ [Lake Washington Soccer Association](#) (90 Minutes)
 - ◇ Crossfire Select Club (XFS)
- ◆ [Snoqualmie Valley Youth Soccer Association](#) (90 Minutes)
 - ◇ Cascade Football Club (CFC)
- ◆ [North County Youth Soccer Association](#) (101 Minutes)
 - ◇ Washington Rush Select (Rush), Pilchuck Soccer Alliance (PSA)

Score Reporting

The team Coach or Manager is responsible for reporting the score of the game **within 48 hours of the match**. To report the score, go to the [NPSL website](#), click on “[Schedule](#),” then find your division. Then, click on your team name (which should be hyperlinked), and log in to your team page. After logging in, you will then be given the option to report the score. If you have not logged in before, you will need to request a PIN number, which will be emailed to the contacts listed for the team (coach or manager).

Washington Youth Soccer State Cup

Tracyton Select teams will play in either the Founders Cup or Presidents Cup. All boys teams and all girls teams U10-14 will play in Founders Cup unless they won Division 1 the previous year. All girls teams U15-19 and those teams who won Division 1 of Founders Cup the previous year will play in Presidents Cup.

Founders Cup

Founders Cup will begin the first weekend of January unless that weekend encompasses New Year's Day in which the tournament will begin the following weekend. It is a round-robin tournament, the first round of which takes place over three weekends. Next is the quarter final stage which, if required for the bracket, typically takes place the last weekend of January and finally the semifinal and final stages which typically take place the first weekend of February at Starfire Field in Tukwila.

Presidents Cup

For GU15-19 teams, Presidents Cup will begin sometime in April depending on when Easter falls that year. It is a round-robin tournament, the first stage of which takes place over three to four weekends (not including Easter weekend). Next is the quarter final stage which, if required for the bracket, typically takes place the first weekend of May and finally the seminal and final stages the following weekend in May at Starfire Field in Tukwila.

For those teams participating in Presidents Cup because of their win in Division 1 of Founders Cup the previous year, see the [Washington Youth Soccer State Cup website](#) for information about the tournament scheduling for your team's bracket.

State Cup Schedules

State Cup games will be scheduled by the Club [Scheduler](#) as soon as they are released. These schedules will be made available on the [Washington](#)

[Youth Soccer State Cup website](#). Do not change any information in the schedule for home games without express written permission from the Scheduler.

Requirements For All State Cup Home Matches:

No less than 72 hours before a home game, contact the away team's manager about the following:

- ◆ Uniform colors to avoid a potential color conflict on game day
- ◆ The Field Rules of the home field (no pets, only water on the turf, no heaters on turf, no smoking or other nicotine devices)
- ◆ Address and directions to the field

If this requirement is not followed it may result in a forfeiture of the match, a monetary fine, and a suspension from state cup matches for one (1) year.

Reschedules

If you need to reschedule a home game, please submit a request to the [Scheduler](#) at least two weeks prior to the originally scheduled game. All reschedule requests must be agreed upon by both teams in writing. The Scheduler will coordinate to reschedule the match. There is no guarantee that a match will be rescheduled if the request is made within two weeks of the original match date.

Fields in Fall season are notoriously fully booked, so please make your reschedule requests as soon as possible.

If you need to reschedule an away game, please reach out to the opposing team as soon as possible to request a reschedule.

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

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

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

PHYSICAL *	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
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		12 Months - Lifetime

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