

# Southwest Washington Youth Soccer Association

## Rules of Competition And Administrative Regulations



SOUTHWEST WASHINGTON  
YOUTH SOCCER ASSOCIATION

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## SWYSA League Standards

These format guidelines apply to all teams and games in SWYSA's recreational leagues. For a complete description of all modified format guidelines at U12 and younger, see the modified SWYSA Rules and Regulations. Teams in regional, select and RCL premier leagues should check with their league registrar regarding rules and regulations.

This chart incorporates changes to U12 play beginning in fall, 2019, as recommended in the newest US Soccer Standards Chart, and voted on by the SWYSA Board of Commissioners.

### SWYSA Rules of Competition Chart

U8 rules are unique to SWYSA with continued evaluation, adding a 5th player to the field (goalkeeper)

Field Sizes are recommended dimensions. Adjustments to fit physical constraints or permanent markings are acceptable. The offside rule will not be enforced for U6-U8. However, players cherry picking or standing in front of the opponent goal will be called offside U9; Soft Offside - Allow players to be a step or 2 ahead of the opponent, but not to be positioned for a break away or "cherry picking".

**Buildout line:** retreat by opposing team will continue until the ball is in play by receipt of the ball by teammate beneath the build out line. If the ball is played quickly, the opponent may cease retreat to buildout line when ball is received by teammate. If the ball is intercepted by the opposition beneath buildout line, restart of goal kick.

# **SOUTHWEST WASHINGTON YOUTH SOCCER ASSOCIATION**

Current officers, commissioners, and staff

March 2023

## **SWYSA GOVERNANCE BOARD**

President	Nick Underland
VP Admin	Martijn Halsema
Secretary	Rachelle Beatty
Treasurer	Julius Agbayani
Member At Large	Russ Vilhauer
Referee Coordinator/ Judicial Chair	Russ Vilhauer

## **SWYSA MCR'S MCR Commissioners**

Pacific Soccer Club	Tonya Ingle
Salmon Creek Soccer Club	Angela Marchese
Vancouver West Soccer Club	Nick Underland
Columbia Premier Soccer Club	Nick Martinez

## **SWYSA Staff**

SWYSA Administrator/Registrar/VP of Operations	Michelle Beard
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### SWYSA Rules of Competition Chart

	U5	U6	U7	U8	U9	U10	U11	U12	U13- U14	U15- U16	U17- U19
# of Players on Field	3	4	4	5	7	7	9	9	11	11	11
Max # of Players on Roster	6	8	8	10	12	12	16	16	18	22	22
Max # of Players for a Game	6	8	8	10	12	12	16	16	18	18	18
Recommended Roster Size	6	8	8	9	11	11	13	13	16	16	18
Game Time Period (Minutes)	4x8	4 x 8	4 x 8	2 X 20	2 x 25	2 x 25	2 x 30	2 x 30	2 x 35	2 x 40	2 x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5	5	5	5	5
Ball Size	3	3	3	3	4	4	4	4	5	5	5
Field Width (yards)	15-25	15-25	15-25	15-25	35-45	35-45	45-55	45-55	50-75	50-75	50-75
Field Length (yards)	25-35	25-35	25-35	30-40	55-65	55-65	70-80	70-80	100-115	100-115	100-115
Preferred WxL (yards)	20x30	20x30	20x30	25x40	40x60	40x60	50x80	50x80	70x110	70x110	70x110
Build out Line	Half Line	Half Line	Half Line	Half Line	Half Line	Half Line	Half Line	No	No	No	No
Center Circle Radius (Yards)	3	3	3	3	5	5	7	7	10	10	10
Goal Area (Yards)	none	none	none	none	4x15	4x15	6x18	6x18	6 X 20	6 X 20	6 X 20
Penalty Area (Yards)	none	none	none	none	10x30	10x30	14x40	14x40	18 X 44	18 X 44	18 X 44
Corner Arc Radius (Feet)	2	2	2	2	3	3	3	3	3	3	3
Goal Size (feet)	4x6 to 6x6	4x6 to 6x6	4x6 to 6x6	6x8 to 6x12	6x12 to 6.5x18.5	6x12 to 6.5x18.5	6.5x18 to 7x21	6.5x18 to 7x21	8 X 24	8 X 24	8 X 24
Goal Size (feet)	4x6	4x6	4x6	6x8	6x12	6.5x18.5	6.5x18.5	6.5x18.5	8 X 24	8 X 24	8 X 24
Slide Tackling	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Heading	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes
Goalkeeper	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes
Offside Rule ****	No	No	No	No	No **	Yes	Yes	Yes	Yes	Yes	Yes
Assistant Referee (linesmen)	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Penalty Kick Distance (Yards)	No	No	No	No	7	7	8	8	12	12	12
Direct Free Kicks	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	3	3	3	3	5	5	7	7	10	10	10
Retake on Throw-In or Kick-Off	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2	2	2	2	2
Goal Scored from Goal Kick	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes

## SWYSA RULES OF COMPETITION

### I. INTRODUCTION

Coaches are responsible for compliance with SWYSA Rules and Regulations. In addition, coaches must know the FIFA Laws (<http://www.FIFA.com>) and the WYS Rules of Competition [www.washingtonyouthsoccer.org](http://www.washingtonyouthsoccer.org)

All competition shall be governed by the Rules herein.

#### **RULE I Game Rules - In General**

1.1 All SWYSA league and tournament play shall be governed by the FIFA Laws in effect on the first of July of the current year.

1.2 The WYS Rules of Competition-Outdoor/Field are incorporated herein by reference. These SWYSA Rules of Competition shall govern for SWYSA league play in cases of conflict.

1.3 Comments about a player's race, sex, ethnic, or religious background are in all instances considered foul or abusive language and as such are cause for a sendoff under FIFA Law.

1.4 Post-game formalities between teams (e.g. handshake lines) are not required but are encouraged. Coaches should emphasize pre-game and post-game courtesy. A player may be disciplined for inappropriate conduct at any time.

1.5 If it has been determined that a game is abandoned by the referee due to actions of the coach, players, spectators, or any combination thereof, NO REPLAY WILL BE GRANTED.

1.5.1 If at the time of the abandonment:

(1) The opposing team is ahead, the score will be the final score.

(2) The team causing the abandonment is ahead, the game shall be considered forfeited and a score of 1-0 in favor of the opposing team will be awarded.

(3) If the score is tied, the game shall be considered forfeited and a score of 1-0 in favor of the opposing team will be awarded.

(4) If it has been determined that both teams caused the abandonment, then both teams will be given a loss, zero points for both teams with a reported score of 0-1, and neither would advance from a city tournament match.

(5) Any coach or player whose actions caused the abandonment of the game may be suspended by the Disciplinary Committee for a maximum of three games.

## **RULE II Uniforms**

- 2.1 All players of the same team on the field, other than Goalkeepers, must be attired in jerseys that match to the satisfaction of the referee. In the event of a color clash, the designated home team will change jerseys.
- 2.2 Shin guards are mandatory and must be covered by socks.
- 2.3 Goalkeepers may wear long pants at any time.
- 2.4 When playing in inclement weather, players shall be allowed to wear sweatpants or tights under the uniform shorts or zippered warm-ups over the shorts, as well as hats, gloves, knee pads, and elbow pads provided that no dangerous protruding or hard objects are used. The determination as to whether a player is properly attired shall be made in the sole discretion of the referee.
- 2.5 All players U9 and above shall wear numbered jerseys, provided that:
  - 2.5.1 Unique player numbers are not required.
  - 2.5.2 Number color must contrast with jersey color.
  - 2.5.3 Numbers must be block type and six (6) inch minimum height, and readily discernible from the touchlines.
  - 2.5.4 Numbers must be securely attached so as not to create a hazard to anyone.
  - 2.5.5 Numbers must be on the back of the jersey.
- 2.6 Metal or metal-tipped cleats (including aluminum) or cleats with any metal showing are prohibited in SWYSA sanctioned play. Should a detachable cleat be worn so as to expose metal, the referee shall not allow that player to begin or continue with play until the cleat is repaired or the shoe replaced.
- 2.7 Under no circumstances may jewelry of any sort be worn in SWYSA competitions. Jewelry includes, but is not limited to, watches, rings, bracelets, chains, necklaces, earrings (including posts), hair barrettes, and other similar objects.

## **RULE III Team/Player Participation**

- 3.1 Roster sizes for each team participating in SWYSA leagues shall be:
  - 3.1.1 For age group U5, six players maximum on the roster
  - 3.1.2 For age groups U6 and U7, eight players maximum on the roster
  - 3.1.3 For age group U8, 10 players maximum on the roster
  - 3.1.4 For age groups U9 and U10, 12 players maximum on the roster
  - 3.1.5 For age groups U11 and U12, 16 players maximum on the roster
  - 3.1.6 For age groups U-13 through U-15, maximum of eighteen players on the roster
  - 3.1.7 For age groups U-16 through U-19, maximum of twenty-two registered players. No more than eighteen registered players from a team shall be listed on the game sheet for and participate in a single match.
- 3.2 No team shall be allowed to participate in both SWYSA league play and State, or

District play during the same season, with the exception of those teams playing development league at U8-U10; HS boys and girls are allowed to have up to 3 advance competition players on a rec roster.

3.3 No player shall be allowed to register or participate simultaneously on more than one WYS registered team during the same season. This includes the situation where a player is registered to and plays for a recreational team under SWYSA, and simultaneously for a team within another club or association that is also part of WYS.

3.4 USYS determined that all 18-year-old need to complete the Safe sport training 30 days prior to their 18th birthday

## **RULE IV Coaching**

4.1 Coaching from the sidelines, i.e. giving ~~direction~~ to one's own team or players is permitted, ~~provided~~

4.1.1 Neither mechanical nor electronic devices are used;

4.1.2 The tone of voice is informative and not a harangue;

4.2 Each coach, substitute, or player is to remain within the coaching area (2 yards behind the touchline, and not closer to the end line than 18 yards from the corner of the field, nor behind the goal).

4.2.1 No person, shall give instructions or directions to any player during a game while outside the coaching area as defined above.

4.3 No coach, or player is to make derogatory remarks or gestures to the referees, other players, or spectators.

4.4 No coach, or player is to use profanity.

4.5 No coach, or player, is to incite, in any manner, disruptive behavior of any kind. It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager and team shall be held accountable for the conduct of the spectators from their respective teams. At no time shall foul or abusive language be permitted at any field with the coach having the final responsibility.

4.6 A coach may be cautioned or sent off (red carded) by the referee if in violation of any of the Rules of Competition. If the Coach is sent off, an assistant coach identified as such to the referee may then be permitted to act as coach. Any coach, parent or spectator who is sent off by a referee must leave the field, and not return.

4.7 It is the responsibility of each coach to take all precautions necessary before, during or after the game to protect both the safety of persons and public or private property on which games take place.

4.8 It is the responsibility of the home coach to:

4.8.1 Provide a legal game ball properly inflated.

4.8.2 Provide and install nets and goal safety weights for all games.

4.8.3 teams and their supporters must, to the extent conditions permit, and to the



satisfaction of the referees, be on opposite sides of the field of play. The home team for any game shall have the choice of sides.

4.9 It is the responsibility of each coach to:

4.9.1 Submit to the referee, prior to the start of the game, a copy of a SWYSA Game Sheet/Player Roster generated by the Association's registration system. Each copy shall include name of club, team, head coach and any assistant coaches who will be present at the match. Each player must be identified by first name and last name, and jersey number whether generated by the registration software or handwritten, that is not worn by any other teammate. Each player must report to the referee to confirm this information prior to the game or when the player first enters the game, and upon any change of jersey. Players not listed on the game sheet and not properly identified are not eligible to play in the game. For those age groups where the number of players allowed on the roster is greater than the number of players allowed to participate in a match, players who will not participate must be clearly shown by crossing out the player's name and indicating "not playing" or words with equivalent meaning.

4.9.2 Provide a person to run lines in the absence of referees (except U-11 through U-19 teams).

4.9.3 Fall scores need to be reported within 48 hours and report the game score and which team(s) received yellow or red cards and how many.

4.10 Any coach, manager or official found guilty by a WYS, district or member association board of directors or a WYS disciplinary or ethics committee of knowingly using ineligible player(s) (over-age, improperly registered, or under disciplinary suspension) will be suspended from participation in all WYS activities not to exceed two seasonal years.

**4.11** The intent of the league is to get players on the field so All games will be played **as scheduled**

- If a coach is not available, then it is the team's responsibility to ensure that an adult is available to act as coach.
- If at the game a team does not have enough players, then the two coaches will come to a solution that allows the game to be played.
- If a referee is not at the game prior to game time a person will be chosen by the coaches to act as referee and the game will be played.
- If a team does not turn up for a game, they will forfeit that game and will be removed from the schedule for they're their next game, be it league or state cup.
- If a team is removed from their next game, then their next scheduled opponent can use the now open game time as they wish, and the referees will still be scheduled. If they choose not to use the available time, then the referee assigner must be notified at least 24 hours in advance so the ref can be told there is no game.
- If a team fails to show for two or more games, then the disciplinary committee will review and issue a penalty up to suspending the team for the remainder of the year which will include state cup games.
- The only changes to the above is if the covid restrictions change and the association suspends the season in which case all changes will be passed on the clubs and teams.

## **RULE V Officiating**

5.1 For SWYSA league and tournament play at age levels U-10 through U-14, it shall be the responsibility of the home team's club to provide a qualified referee to officiate the match.

5.2 The failure of an assigned referee to appear shall not be the cause for canceling the match. Upon the agreement of both coaches, a substitute official may be chosen whose decisions shall be final.

5.3 Any referee appointed to officiate at a game shall do so with the authority specified under FIFA Law V, subject to such local amendments as specified by USSF, WYS, and SWYSA.

5.4 Referees who are also coaches, team managers, members of the immediate family or directly connected with players of record shall not be assigned to games of that team if at all possible.

5.5 No referee who is less than three (3) years older than the players shall be assigned to a match.

5.6 Additional rules governing game officials:

5.6.1 U-15 through U-19 SWYSA league games and city tournament final and semi-final games must have a qualified neutral referee and two neutral linesmen assigned by SWYSA.

5.6.2 Should the assigned referee fail to appear, the more senior of the linesmen may serve as referee for the game. Should neither linesman wish to serve as referee, the game may either be rescheduled, or upon the agreement of both coaches, a substitute referee may be chosen whose decisions shall be final.

5.6.3 Should a neutral linesman fail to appear, a substitute may be appointed by the referee.

5.6.4 In all instances where there is only one neutral linesman, the referee will run the same diagonal for the entire game, while the neutral linesman will remain in the same half of the same side of the field for both halves of the game.

5.6.5 A club linesman may be appointed for the other side, and such club linesman may only serve to bring the referee's attention to the ball being in or out of touch and the person last touching the ball.

## **RULE VI Substitutions**

6.1 Substitutions may be made with the consent of the referee at any stoppage of play.

6.2 Incoming players may not enter the field of play until outgoing players are off the field.

## **RULE VII Charging the Goalkeeper**

7.1 The following Rules apply to all competitions under

the jurisdiction of the SWYSA:

7.1.1 In all Under 11 age groups and younger: No player shall make physical contact with the goalkeeper or attempt to play ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever.

7.1.2 In all Under 12 age groups and older: No player shall make physical contact with the goalkeeper **WITHIN THE GOAL AREA**. No player shall harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. For infringement of this special Rule, an indirect kick shall be awarded.

7.1.3 Included in the definition of "having control of the ball" is the situation in which the goalkeeper holds the ball on the ground with one or both hands.

## **RULE VIII Appeals and Protests**

8.1 Any person sent off (red carded) by a referee before, during or following a match shall be subject to an automatic suspension from the next league or tournament game unless such matter is appealed within forty-eight (48) hours to the Disciplinary Committee. The appeal must be endorsed by the club disciplinary representative or club president. The matter is subject to additional action by the Disciplinary Committee.

8.2 Protests of any referee's actions or other game related incidents must be given verbally by the protesting coach to the referee and the opposing coach after the game, and before leaving the field.

8.2.1 A written protest must be submitted to the Disciplinary Chair, or the club's disciplinary committee member, and postmarked within seventy-two (72) hours of the incident. The protest must be signed by the coach, and specify the date of the game, the field, the names of the teams involved, and their clubs, sex, and age group, the name of the referee (if known), and a description of the protested incident. The protest must be endorsed by the club disciplinary representative or club president.

8.2.2 Protests shall be accompanied by a \$25 filing fee. Paid to SWYSA

8.2.3 Protests involving matters within a referee's discretion will not be heard or reviewed by the Disciplinary Committee.

8.3 The Disciplinary Committee may issue orders of discipline, as it in its discretion deems appropriate. Discipline imposed may include warnings, suspension, or permanent expulsion from the activities of the corporation. Suspensions shall be in accordance with Washington Youth Soccer Disciplinary Rule 605.

8.3.1 Any person sent off (red carded) by a referee before, during, or following a match shall leave the field of play to the satisfaction of the referee, and not return.

8.3.2 Any person who is cautioned (yellow carded) by a referee three times in any season shall be suspended for the next league or tournament game. Any additional yellow card received in that season will each result in an additional game suspension.

8.3.3 The disciplinary committee may in its discretion use a point system assigning 3 points for a red card, and one point for a yellow card as an advisory system in establishing disciplinary action for players and/or teams. Players accumulating more than six points during a season can be subject to special sanctions including special reporting requirements, and/or expulsion.

## **RULE IX Season**

9.1 The season length for U5 through U19 teams shall be nine games for the fall season, and eight games for the spring season.

9.2 Any postponed regularly scheduled game must be replayed not later than seven (7) calendar days after completion of the league season, subject to field availability.

9.3 The SWYSA Game Scheduler will determine the rescheduled date. Game Scheduler will work with the teams on reschedules. Failure to comply will result in a recorded loss for the non-participating team.

9.4 League game cancellations caused by field closures by field providers because of bad weather such as extended periods of rain, or other events beyond the control of SWYSA, occasionally occur. SWYSA will make every effort to reschedule these games, but there is no guarantee that they can be rescheduled. In such cases, adjustments to the league standings as appropriate will be made. Player and/or team registration fee refunds will not be made.

## **APPENDIX A: SWYSA POLICY ON MAXIMUM ROSTER SIZES**

It is the direction of the SWYSA Board of Commissioners that:

- Established maximum roster sizes are to the benefit of the players, to ensure each can receive adequate playing time.
  
- For U9 and under leagues administered by the clubs, prevailing practices and final decisions on roster sizes rest with the clubs.
  
- For U10 and older leagues administered by SWYSA, it is recognized that in individual circumstances, variances to allow larger- than-maximum roster sizes may be the best and, in some cases, the only option. Therefore, variances may be granted under the following conditions:
  - A good-faith effort has been made by the club registrar to place the player on an appropriately sized team either within the club, or in a neighboring club in SWYSA, to the satisfaction of player and parents.
  - The coach of the team consents to carrying a larger roster.
  - It can be shown that considering the situation, that the variance is the best option among the alternatives.
  - Recreational soccer principles (no coach selection or placement based on playing ability) are not being violated.
  
- For teams participating at the recreational level outside of SWYSA (such as WYS Recreational Cup or recreational tournaments), coaches are advised that SWYSA rules and policies do not override those of other competitions

## SWYSA ADMINISTRATIVE REGULATIONS

### Regulation I Player Eligibility

1.1 Players who on December 31 of the current seasonal year are under 19 years of age shall be eligible to play.

1.2 All Players must be registered with SWYSA and WYS in accordance with Regulation 3 to be eligible to play in SWYSA competition.

1.3 Players are required to play in a division of their own age group. They will not be allowed to play in a division of players younger than themselves. They may play in a division of players older than themselves with the approval of their club. Use of an overage player shall result in forfeiture of all games in which that player participated.

1.3.1 In the event a player has a medical or developmental reason to play on a team in the age group one division younger, such player may make complete an application for an exception to this Rule. Such application shall be made using forms provided by WYS and accompanied by statements from a medical provider that meet the guidelines and standards provided on those forms. Such exception will be granted only for good cause. The application must be submitted and approved by WYS and sent to the SWYSA Registrar at least 14 days prior to the first league game in which the player participates and will be granted for the SWYSA seasonal year.

1.4 Players are required to play in a division of players of their own gender, except for special circumstances as described in this rule.

1.4.1 If a player identifies with a gender other than their gender at birth, the player may register and play with a gender team with which the player identifies, subject to supplying documentation as specified by currently prevailing USSF inclusion policy. SWYSA Board will determine if the player meets the USSF policy.

1.4.2 For the SWYSA Recreational league, a female can play on a boys' team if requested by her parents and approved by the club the player is participating in. The team would remain a boys' team and play in the boys' division of the age group based on the date of birth of the oldest player on the team.

1.5 In order to be registered, each player and their parent or guardian must sign a Code of Conduct form in the player registration. All such forms shall be retained by the player's club.

### Regulation II Coach Eligibility

2.1 No person shall be eligible to coach any SWYSA team until the following requirements are met.

2.1.1 The individual has received RMA clearance after submitting the Washington Youth Soccer Risk Management application (pursuant to Child & Adult Abuse Information Act).

2.1.2 The individual has completed the Sudden Cardiac Arrest Certification (pursuant to Sudden Cardiac Arrest Awareness Act) and has sent completed certification to SWYSA Registrar for verification.

2.1.3 The individual has completed the SafeSport Certification (pursuant to Protecting young victims from sexual abuse/SafeSport Authorization Act) and certification has been submitted for SWYSA Registrar verification

2.1.4 Any additional requirements that clubs have indicated during registration.

2.2 Assistant coaches, team managers, team trainers, or anyone else working with players must complete all three requirements as listed in 2.1.

2.3 SWYSA recommends that all coaches coaching a team hold the completed Grass Roots coaching license or higher.

### **Regulation III Team/Player Registration**

3.1 All clubs affiliated with SWYSA must register every soccer player, every team, and all team officials (coaches and managers) that are sponsored, financed, coached or administered by the club, whether they be male or female.

3.2 Each year the VP of Operations will make available to each club registrar, a WYS Registration Guidebook which provides procedures and information necessary for proper registration of players and teams.

3.3 Team Registration - All teams shall be registered in the appropriate registration system as designated by the VP of Operations.

3.3.1 SWYSA categories of team registration are:

3.3.1.1 U5 to U12 teams that play under WYS small-sided rules, including revisions as enacted by SWYSA.

3.3.1.2 U13 to U19 teams that play regular 11- p e r - side teams including association, district, and state league teams.

3.3.2 A team's age-level is determined by the age of its oldest player as of December 31 of the current seasonal year.

3.3.3 Teams participating in District or state leagues, or recreational competitions outside of SWYSA, shall be bound by limits in force for those leagues and competitions.

3.3.4 Teams submitted for association play must have on their roster at least the number of field players specified by the applicable rules of competition for their age group.

3.3.5 Players cannot be written in on rosters, players must be on the registration system generated roster signed by the association registrar. Only 3 Advance Competition players allowed on a spring roster (cannot be on an advanced competition team for spring).

3.3.6 No member club shall field a team selected by tryouts or other ability- b a s e d selection process for competition in any SWYSA recreational league.

3.3.7 No team may be registered with any name that could create confusion as to the team's affiliation or could be confused with another club other than the club within SWYSA with which the team is affiliated. Names chosen in violation of this rule may be reviewed by the VP Operations who shall work with the team to choose a qualifying name.

3.3.8 The VP of Operations WILL NOT accept team registration from any club under the following conditions:

- When registration format other than those designated by the VP of Operations are used.
- When a team attempts to register after WYS and SWYSA published deadlines.
- When a team includes an overage player.
- When a team includes a coach or other adult that does not meet the requirements list in Rule 2.

3.3.9 The VP of Operations will return to the club registrar any rejected teams that fall within any of the conditions above, with instructions that the team(s) will not be accepted for registration with SWYSA until the improper condition has been rectified.

3.3.10 The VP of Operations shall inform the Judicial Board and an official of the non-complying team's club of any registration violations.

3.3.11 In consultation with the SWYSA Scheduler, each year the VP Operations will set team formation deadlines for fall/spring soccer recreational leagues and communicate said deadlines to club registrars. Teams submitted by clubs for league play must meet all team registration requirements set forth in Regulation III, including roster size, by the deadline date. Exceptions for the good of the game may be granted by the VP Operations in consultation with the club requesting the exception. Teams meeting the requirements or granted an exception on the deadline date will be submitted to the scheduler for inclusion in league play. Any teams dropping after the deadline, including those granted a deadline exception, will incur a fine of \$100 payable by the club to the Association to cover the costs, such as the scheduler's time spent reworking the schedules, communicating to the teams, revising the field bookings and reflecting the changes on the referees' site.

#### 3.4 Player Registration:

3.4.1 All players must be registered and be approved by the VP of Operations. Player registration must include Medical and Waiver Release during registration. Each player must register with a specific team and only to one team.

3.4.2 Players are encouraged to register within the geographic area of the club where they reside.

3.4.3 No coach, parent, or club administrator shall institute contact with any player registered on an existing SWYSA league team for the purpose of recruiting them to play on a team for such person's club for Association play.

3.4.4 Every player must have a state issued birth certificate or passport uploaded and verified in the current WYS registration system.

3.4.5 Upload can be done through a direct automated system, upload from parent/guardian, or upload from approved persons. If a certificate is received via paper or email, the approved person must upload to the WYS registration system and then destroy the document received.

3.4.6 Approved documentation must be state/government issued which can be one of the following:

- birth certificate



- passport or alien registration card issued by the US Government
- hospital issued birth certificates are NOT acceptable documents
- document must show the following
- state issued or government agency issuing document
- first and last name
- date of birth including month, day, year
- gender
- place of birth

3.4.7 All players registered on a team are bound to that team for the seasonal year unless properly transferred. No player may play in any scheduled SWYSA game except with the team on which he/she is registered.

3.4.8 No player may be registered on more than one team at any given time within SWYSA or WYS jurisdictions.

#### **Regulation IV Player Transfer and Release**

4.1 A transfer is defined as the movement of a registered player from one team to another team within the seasonal year. WYS annually sets the dates by which a transfer must be completed.

4.2 Transfer of a player between teams shall be approved by both clubs and SWYSA Registrar.

4.3 No player may be released or dropped from a team's current roster without written parental approval for release.

4.4 Exceptions to the above rule are as follows:

- Non-payment of player registration fees
- Disciplinary reasons the club approves

#### **Regulation V Scheduling**

5.1 The Scheduler shall be appointed by the board each year and that appointment will be subject to board confirmation.

5.2 The Scheduling Committee shall consist of the Scheduler and one representative from each club.

5.3 The Scheduler will schedule each SWYSA division, ensuring that each team in a division has an equal number of games.

5.4 Teams from U9 to U12 may elect to be placed in a specific division. Divisions are started with Division 1 being the best or top teams in the age group. Teams in U5 through U8 and U13 through U19 shall be placed in divisions dependent on the number of available teams. These divisions are not determined by skill, teams are randomly placed and will be designated as Divisions A and B.

5.5 At ages where standings are kept, promotion and relegation will be based on a team's finish in the standings the previous season. Only severe problems such as break-up of a team will be an excuse to refuse promotion. Any such claim will be subject to SWYSA verification, and review.

5.6 Recreational teams may not recruit players from across club or association boundaries.

#### **Regulation VI Team Travel**

6.1 When traveling outside of Washington, Oregon, California, Montana, Idaho, Nevada, or Arizona, coaches or team managers need to email a copy of their travel roster and the name of the tournament to the SWYSA Registrar.

6.2 For insurance to be effective, the activity must be US Youth sanctioned and permission granted by Washington Youth Soccer.

### **Select and Premier Teams – SWYSA.**

7.1 Member clubs may sponsor, and field select and premier teams in appropriate age groups

7.2 Open Tryouts -- To establish uniform guidelines for tryouts that better protect competitive-level players and their teams, the following rules apply:

7.2.1 Tryouts shall begin at the earliest date permitted depending on what league teams are participating in. i.e. Washington Youth Soccer, Oregon Youth Soccer Association, Puget Sound Premier League, etc.

7.3 Misrepresentation - No coach may misrepresent him/herself or the team holding tryouts, including but not limited to misrepresenting coaching qualifications/credential, level of play, intended competition league, club affiliation or in any other manner. No team may claim any titles or championships unless attained, i.e. only State Championship Cup teams may call themselves State Champions, only Tournament winners may call themselves as such, etc. Players are not to be influenced or coerced by team coaches or other team representatives with misrepresentations or rumors regarding other teams.

7.3.3 Players are not to be coerced or threatened by an adult in any way connected to youth soccer. Any adult who uses his/her office or authority in youth soccer or professional position to try to force a player onto another team which he/she does not want to play for violates this rule.

7.3.4 No players may be called by a coach and recruited without the permission of the player and/or the parent(s). No coach may make personal phone calls to players trying out for his/her team (or eligible to try out) between 10:00 p.m. and 9:00 a.m.

7.3.5 Any violations of these rules will result in the minimum penalty of 6 months suspension of the coach and a maximum penalty of 1-year suspension and dissolution of the violating team.

7.4 Select and Premier Teams - The following are the suggested minimum standards a team should meet in order to hold tryouts and compete at a district or higher level.

7.4.1 There must be a designated team manager.

7.4.2 The coach of any select or premier team is advised to have a grassroots or higher license by the start of league play and should attain a D or equivalent higher license within 2 years.

7.4.3 A financial report, updated quarterly, must be available for review upon request by SWYSA, the registering club and or the team parents.

7.4.4 Each team must have a designated team treasurer who is responsible for the team's fiscal matters and who is not the coach or trainer.

7.4.5 All select or premier teams within SWYSA must be a part of a club that has 501c3 status with the Internal Revenue Service.

7.4.6 SWYSA expects all member clubs to follow IRS regulations including the appropriate use of Form 1099-Misc for payments to coaches/trainers.

7.5 SWYSA requires that the parent or guardian of every select or premier player registered with SWYSA understand the following statement:

Any team that has been organized under the jurisdiction of SWYSA and its member clubs, neither SWYSA nor its member clubs monitor the collection and disbursement of team money and therefore cannot be held responsible for the oversight of such funds. I understand that it is my individual responsibility as a parent to make sure the coach, treasurer or other parent charged with managing the team's funds does so in a fiscally responsible manner."

7.5.1 To assure that parents have the information required to monitor a team's fiscal management, SWYSA strongly recommends that each team prepare a budget for parent approval at the beginning of each year and a budget report at the end of the year showing how funds have been spent. It is recommended that these reports be submitted to the local club for record keeping.

## **Regulation VIII Discipline**

8.1 As set forth in the By-Laws the judicial committee shall have authority to hear all disciplinary matters.

8.1.1 The Disciplinary Committee may establish its own rules to be followed in hearing any matter before the Committee so long as such rules are not in conflict with the SWYSA By-Laws, and so long as such rules allow a fair hearing of the matter presented.

8.2 Any person or associated club who fails or refuses to follow the Articles of Incorporation, By-laws or Rules and Regulations of the SWYSA, or who attempt to circumvent a decision rendered by the SWYSA or which seriously damages the interest of the SWYSA or the good of youth soccer, may be censured, expended, or expelled from further participation in SWYSA at a special Judicial Board meeting called for this purpose.

8.2.1 A fifteen (15) day notice of such meeting shall be sent to the party involved. A motion for expulsion shall require an affirmative vote equal to 75% of the full membership of the Judicial Board and must be confirmed by a 2/3 majority of the Board of Commissioners.

8.3 A Code of Conduct is attached to these rules which sets forth the minimum standards of conduct expected by the players, coaches, parents, and administrators of SWYSA.

## **Regulation IX Meetings**

9.1 Meetings of the Board of Commissioners of SWYSA, and of its individual committees shall be conducted in accordance with Roberts Rules of Order. The Order of Business shall be:

- A. Roll call
- B. Approval of Minutes
- C. Unfinished business
- D. Officers' reports
- E. New business
- F. General
- G. Adjournment

9.2 No meeting may be convened without a quorum.

9.2.1 A quorum shall consist of 60% of the registered voting members of the Board of Commissioners.

9.3 There will be 6 to 8 regular scheduled meetings each year, normally occurring on the Second Monday of each month.

## **Regulation X. Referee Committee.**

Each year the SWYSA Board shall appoint a Referee Assignor. This Assignor shall oversee the recruitment, training and assignment of referees for SWYSA games. The Referee Assignor shall serve as SWYSA representative to the Southwest District of the Washington Referees Association and shall work in conjunction with such Association to facilitate referee coverage by qualified referees at all SWYSA games.

## **Regulation XII Club Boundaries**

12.1 No club can advertise for player registration on the school properties or via email to a school outside of their club boundaries. No signage may be posted outside of club boundaries unless approved in writing by the private business owner and the club whose boundary the signage is to be located in. Clubs may not advertise a 'home' field that is outside of their boundaries. Joint advertising for advance competition will be provided by SWYSA. All other advertising will need to be done within club boundaries. A \$1000.00 fine will be administered if not followed.

The individual soccer clubs shall have the following geographical boundaries:

### **12.1.1 Pacific Soccer Club:**

Amboy

- Cam
- Captain Strong
- Chief
- Daybreak
- Glenwood Heights
- Hockinson Heights Elementary
- Hockinson Middle School
- LaCenter Elementary
- LaCenter Middle School
- LaCenter Middle School
- Laurin
- Maple Grove
- Pleasant Valley
- River Home link
- South Ridge Elementary School
- Summit View
- Sunset Ridge Intermediate School
- Tukes Valley
- Union Ridge Elementary School
- View Ridge Middle School
- Woodland Intermediate School
- Woodland Middle School
- Woodland Primary School
- Yacolt
- Yale Elementary

### **12.1.2 Salmon Creek Soccer Club:**

- Chinook
- Felida
- Salmon Creek

### **12.1.3 Vancouver West Soccer Club:**

- Eisonhower Elementary
- Franklin Elementary

- Fruit Valley Elementary
- Hazel Dell Elementary
- Hough Elementary
- Kings Way
- Lakeshore Elementary
- Lincoln Elementary
- Sacajawea Elementary
- Sarah J Anderson Elementary

#### **12.1.4 Washington Timbers Football**

- Burnt Bridge Creek
- Burton
- Cape Horn-Skye Elementary
- Columbia River Gorge Elementary
- Columbia Valley
- Crestline
- Dorothy Fox Elementary
- Ellsworth
- Endeavour
- Fircrest
- Fisher's Landing
- Gause Elementary
- Grass Valley Elementary
- Harmony
- Hathaway Elementary
- Hearthwood
- Helen Baller Elementary
- Illahee
- Image
- Lacamas Heights Elementary
- Marrion
- Mill Plain
- Orchards
- Pioneer
- Prune Hill Elementary
- Riverview
- Sifton
- Silver Star
- Sunset
- Truman Elementary
- Woodburn Elementary
- York

Updated as of August 2019

## **SWYSA Coaches Code of Conduct**

This code of conduct has been developed to clarify and distinguish approved and accepted professional, ethical and moral behavior from that which is detrimental to the development of soccer within the Washington State Youth Soccer Association and Southwest Washington Youth Soccer Association.

### **Responsibility to Players**

1. The coach shall never place the value of winning over the safety and welfare of players.
2. Coaches shall always instruct players to play within the written laws of the game and within the spirit of the game. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior and should not tolerate inappropriate behavior from players regardless of the situation.
3. Demands on players' time should never be so extensive as to interfere with academic goals or progress.
4. Coaches should direct players to seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery.

### **Responsibility to WYS and SWYSA**

1. Adherence to all WYS and SWYSA rules and policies, especially those regarding eligibility, team formation and recruiting are mandatory and should never be violated. It is the responsibility of each coach to know and understand these rules.
2. Any coach who knowingly uses a player not registered with his/her team shall be suspended for the balance of the season and for one year thereafter.

### **Responsibility to the Laws of the Game**

1. Coaches should be thoroughly acquainted with and demonstrate a working knowledge of the Laws of the Game.
2. Coaches are responsible to assure their players understand the intent as well as the application of the Laws.
3. Coaches are responsible for their players' actions on the field and must not permit them to perform with intent of causing injury to opposing players.

### **Responsibility to Officials**

1. Officials must have the support of coaches, players and spectators. Coaches must always refrain from criticizing officials in the presence of players or spectators. Professional respect, before, during and after the game, should be mutual.
2. Comments regarding an official should be made in writing to the appropriate organization assigning the official.

Your behavior as coach must be such as to bring credit to yourself, our organization and the sport of soccer. You must use your influence on your spectators that demonstrate intimidating and/or unacceptable behavior towards officials, player(s) and opposing team members.

**I the undersigned, have read, understand and agree to abide by the above guidelines. I agree to accept actions taken for failure to abide by these guidelines.**

Dated: \_\_\_\_\_ Coach Signature: \_\_\_\_\_



## SWYSA PARENT AND PLAYER CODE OF CONDUCT AGREEMENT

Parents, players and coaches are required to follow the association's code of conduct. **Players or parents** who violate these rules may be disciplined at the game (told to leave) and/or required to appear before the SWYSA Judicial Board. Violations may result in a variety of consequences, including player suspension and parental bans. Coaches are responsible for their players and for controlling their sidelines. Disruptive parents who do not follow coaches' instructions may cause the coach to be red carded, the game forfeited, or the game abandoned by the referee.

### Code of Conduct for Players

1. Learn and observe the Law of Soccer and league rules.
2. Treat other players as you wish to be treated - do not abuse or ridicule other players, officials, coaches or spectators. Control your play and discipline yourself. Do not play wildly and jeopardize your safety or that of other players. Hold your temper and control your anger. Play clean and fair. Use your skill and talent. Don't cheat.
3. Listen to your coaches and accept their advice with respect.
4. Respect referees and linemen - do not question their decisions.
5. Give the ball promptly to your opponent for their throw-ins, free kicks, etc. Do not stall by withholding the ball or encroaching on free kicks.
6. Win with grace and lose with dignity. You, your club, and your association will be judged by your behavior.

### Code of Conduct for Parents

1. Always be supportive of your child, their teammates and coaches. Remember that every player on the team is a contributing player. Spread your encouragement equitably amongst the team.
2. Never badger the opposition or argue with their supporters. Be appreciative of good play from both sides.
3. Never harass or badger the referees and linemen.
4. After each match, have a positive attitude and show an appreciation for the importance of your child's effort. Remember that playing the game well is more important than winning.
5. Support the team and club by volunteering your services when needed. The only reason your child can play soccer is because of volunteers.

**We, the undersigned, have read, understand and agree to abide by the above guidelines. We agree to accept actions taken for failure to abide by these guidelines.**

---

Signature of player

Date

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Signature of Parent/Guardian

Date



Southwest Washington Youth Soccer Association  
Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport



**Southwest Washington Youth Soccer  
Association Concussion Information Sheet**

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student- athlete's safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" **and**  
"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed                      Student-athlete Signature                      Date

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Parent or Legal Guardian Printed                      Parent or Legal Guardian Signature                      Date



Name of School / School District \_\_\_\_\_

Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

The \_\_\_\_\_ (Name of School / School District) believes

participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in

\_\_\_\_\_ (Name of School / School District) athletics. If you

have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.

\_\_\_\_\_  
Student Name (Printed) Student Name (Signed)  
Date

\_\_\_\_\_  
Parent Name (Printed) Parent Name (Signed)  
Date

\*Note: If your child cannot yet read, write or understand the information presented, you may sign on behalf of your child

On May 14, 2009 the Governor of Washington Christine Gregoire signed the **Zackery Lystedt Law**. **Effective July 26, 2009**, the Lystedt Law directly affects youth sports and head injury policies particularly how you, as a coach, need to respond to player injuries. The new law requires that:

1. An informed consent must be signed by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
2. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – —when in doubt, sit them out||
3. A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play**

### THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

### **WHAT IS A CONCUSSION?**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a —ding, || —getting your bell rung, || or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is greatest in athletic environments where collisions are common.

Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

### **RECOGNIZING A POSSIBLE CONCUSSION**

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head. -and-
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

## SIGNS AND SYMPTOMS

### SIGNS OBSERVED BY COACHING STAFF

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

### SYMPTOMS REPORTED BY ATHLETE

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

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a **health care professional** (see Licensed Health Care Provided list below) with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

## PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long term effects of concussion, view the following online video clip: [http://www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm#Video](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video). Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
  - Teach athletes safe playing techniques and encourage them to follow the rules of play.
  - Encourage athletes to practice good sportsmanship at all times.
  - Make sure athletes wear the right protective equipment for their activity (such as shin guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
  - Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're —just fine! after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome.<sup>4,5</sup> Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: —It's better to miss one game than the whole season.

## **ACTION PLAN**

### **WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?**

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

### **Licensed Health Care Providers**

#### **What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?**

Medical Doctors (MD)  
Doctor of Osteopathy (DO)  
Advanced Registered Nurse Practitioner (ARNP)  
Physicians Assistant (PA)  
Licensed Certified Athletic Trainers (ATC)

Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. Washington Youth Soccer will update clubs/associations and the wsysa.com website as this information becomes available.

**If you think your athlete has sustained a concussion...take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.**



# AUTHORIZATION TO PLAY, MEDICAL RELEASE, AND WAIVER FORM



With the signature(s) below, permission is hereby granted for \_\_\_\_\_  
\_\_\_\_\_(participant) to participate in all practice sessions, games and other activities  
involving \_\_\_\_\_(Soccer Club) during the \_  
\_\_\_\_\_season. This  
permission extends to any travel to and from any and all practice sessions, games and other  
activities sponsored and arranged by the Soccer Club.

This permission is granted without reservation. Recognizing the risks presented by  
the competitive contact sport of soccer, the signature below indicates a knowing, voluntary  
release of any claim which might be asserted against Soccer Club, its officers,  
administrative assistants, coaches, assistant coaches, managers, sponsors, chaperones,  
designated drivers, volunteers, and any other agents representing Soccer Club, or SWYSA  
and its officers or agents or representatives, the local league organization of which Soccer  
Club is a member. By waiving any right to assert a claim, I am agreeing to release, absolve,  
indemnify and hold harmless any and all parties previously mentioned for any and all liability  
arising from any injuries incurred by participant in Club. My waiver expressly means that I,  
participant's legal parent or legal guardian, accept and assume all risks and hazards  
inherent in and related to the activities of Soccer Club, including any travel to and from any  
activities sponsored and arranged by Soccer Club.

This permission also includes my authorization for emergency medical treatment deemed  
appropriate and necessary by any coach, assistant coach or representative or agent thereof for  
participant, including  
transport to the nearest medical facility adequate to treat the emergency. Participant has the  
following medical condition (s):

\_\_\_\_\_  
\_\_\_\_\_

---

Mother's name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell  
Phone \_\_\_\_\_

Father's name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell  
Phone \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Health Insurance Plan \_\_\_\_\_

Medical Plan Number \_\_\_\_\_

I have read this authorization to play, medical release and waiver, acknowledge that I understand it  
and agree to be bound by it

Dated \_ \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
\_\_\_\_\_ Signature \_\_\_\_\_  
Dated \_ \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
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# SWYSA GUIDELINES FOR LIGHTNING AND HAZARDOUS WEATHER CONDITIONS

The health and safety of our members is a primary concern of Southwest Washington Youth Soccer. When weather conditions are extreme enough to affect the wellbeing of the athletes, action should be taken to minimize the risk of injury. Southwest Washington Youth Soccer offers the following guidelines and references.

Overview: Hot weather:

Playing sports during extremely hot weather increases the risk for players to experience heat cramps, exhaustion or heat stroke. These are the most preventable type of sports injuries. Players should always be hydrated before, during and after every match. Coaches should be aware of the symptoms of heat stress among the players and provide shade for the players when they are not on the pitch.

Lightning:

Games should be called whenever lightning is in the vicinity. This is typically within a distance of 10 miles. Distance may be determined by the delay between the lightning flash and hearing the thunder. Any time the flash to bang is under 30 seconds, immediate termination of the practice or match should take place and the pitch evacuated.

## HOT WEATHER

Discussion:

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90.

Precautions to take include providing shade for players when off the field, hydration and rest breaks. When the climatic change is severe, whether hot or cold, early arrival of 2-3 days may be necessary for the players acclimate to the local conditions.

League and Tournament Directors are encouraged to take control of game situations and invoke mandatory breaks in play when a Heat Index (HI) of 90 or greater is present. Breaks may be delaying games during the heat of the day or implementing water breaks during play. When the Heat Index exceeds 90 breaks should be provided at least once during each half of play. When the Heat Index exceeds 105, breaks should be provided twice per half of play when the game is 60 minutes or longer in length or play should be stopped until the temperature cools. Where scheduling problems occur due to set game starts, periods of play may be shortened accordingly to accommodate the stoppage of play.

## LIGHTNING

Discussion:

The odds of being struck by lightning are very low, but the odds increase when safety precautions are not taken when a thunderstorm is near. There is immediate risk of a lightning strike when the leading edge of a storm is within 10 miles, however it is difficult to hear thunder at that distance.

There is a "Flash-Bang" method of determining the distance of lightning. You can estimate how far away the storm is by the time between seeing the lightning flash and hearing the thunder. Thirty seconds is equal to about 6 miles, or 1 mile for every 5 seconds. At that distance, all activity should be stopped, and everyone immediately directed off the field. That is off the field, and not just under a tree as lightning will be attracted to the tallest object around.

**30 minutes Rule** - Wait at least 30 minutes after the last sound of thunder or the last lightning flash before giving the "all clear" signal and resuming normal activity. If thunder is heard or lightning is seen again within that 30-minute time frame, all activities shall be cancelled for that time frame.

Prevention:

Watch for lightning activity. Assign someone to time the "flash-bang" and issue a warning. Move to a safe structure or into autos and leave the area. Stay off the field for at least 30 minutes after the last flash of lightning is seen or clap of thunder is heard.

Taking Action:

Get off the field and into a vehicle or structure. Move out of the area if possible.

If in a building, stay away from windows and plumbing fixtures. Especially, do not hold onto faucets or electrical appliances.

If in a vehicle, stay inside, with the windows rolled up. Do not touch the metal parts, especially the skin of the vehicle.

If trapped on the field or without means to escape, find a low, dry spot and crouch down on the balls of your feet. Do not lie flat as that provides more body contact with the ground and increases injury potential if a lightning strike is nearby. Minimize contact with the ground. If in the trees, stay close to the smallest trees.

## GAME SUSPENSION REQUIREMENTS:

In any of the circumstances outlined below occurs, the referee should immediately suspend the game.

1. If thunder is heard, the game should be suspended, and the fields cleared. Everyone should immediately go to a safe shelter.
2. If lightning is seen, the game should be suspended, and the fields cleared.
3. Everyone should immediately go to a safe shelter.
4. If a thunderstorm is heard or seen coming or your hair stands on end, the game should be suspended, and the fields cleared. Everyone should immediately go to a safe shelter. Do not wait until it rains.

If the game official does not immediately suspend the game when any one of the points above have occurred, the head coach from each team can agree that one of the four criteria listed above have occurred they are to withdraw their teams from the field. If this action is taken, then both coaches must submit a written report to their league outlining the circumstances, the facts concerning the weather conditions at that time, the fact that the two coaches agreed and the name of the officials at the game.

If an official and one of the coaches do not reach the conclusion to suspend the game and any one of the four points listed above are believed to have occurred, the coach that supported the suspension of the game is to send a written report to their league outlining the facts and the names of the officials.

No one should retake the field or re-start the game until all the lightning and thunder or other hazardous weather has left the area. Specifically, no one should retake the field for a minimum of 30 minutes after the last lightning is seen or thunder is heard.

# RECOGNIZE TO RECOVER

## US SOCCER ATHLETE COLLAPSE GUIDELINES

**Non-contact collapse of an athlete, coach, referee or bystander is presumed to be sudden cardiac arrest.** While not common, an immediate and appropriate on-site response with bystander intervention is critical for a potential positive outcome. As part of your emergency action plan (EAP) “hands only CPR” with the use of an (AED) should be incorporated as part of your program. All staff and players should be educated and trained on this skill with access to an automated external defibrillator or AED either on site or within a rapid response by local emergency personnel.

**STEP 1 IDENTIFY COLLAPSED INDIVIDUAL**

**STEP 2 CALL FOR HELP AND CALL 911,  
Send for an AED**

**STEP 3 START CHEST COMPRESSIONS 100X  
A MINUTE IN THE CENTER OF THE  
CHEST “PUSH HARD AND FAST”**

**STEP 4 CONTINUE COMPRESSIONS AND PLACE  
PADS OF THE AED (WHEN ARRIVES) AS  
SHOWN BY THE DEVICE**

**STEP 5 THE AED WILL GUIDE YOU (BY VOICE) IF  
A SHOCK IS NEEDED OR IF YOU NEED TO  
CONTINUE COMPRESSIONS**

**STEP 6 IF NO AED IS AVAILABLE, CONTINUE  
COMPRESSIONS AND SWITCH IF YOU  
BECOME TIRED UNTIL EMERGENCY  
PERSONNEL ARRIVE**

### EQUIPMENT

Consider having an **Automated External Defibrillator** or AED on-site. Identify location at the fields for ease of access with sign highlighting the device. If no AED is available, assure Emergency Medical Services (EMS) locally can respond in a rapid response.





## **POLICY ON UNMANNED AIRCRAFT SYSTEMS (DRONE)**

(Adopted November 22, 2015) Section 1. Commitment

It is the policy of US Youth Soccer to provide an environment for its youth soccer players. Therefore, the use of unmanned aircrafts are not to be at activities of events of US Youth Soccer for youth soccer players. As an organization committed to providing a developmental, healthy, and safe environment, US Youth Soccer recognizes that the safety of its youth players is paramount. It is the responsibility of the Competition Authority of US Youth Soccer events to ensure that this policy is strictly enforced.

### Section 2. Definitions

- (1) "Unmanned Aircraft Systems" (UAS) an aircraft which is intended to operate and its associated element which are operated with no pilot on board or can fly autonomously based on pre-programmed flight plans or more complex dynamic automation systems.
- (2) "Board of Directors" means the Board of Directors of US Youth Soccer.
- (3) "Event" means any event or meeting of US Youth Soccer, including but not limited to, the National Championships, Regional Championships, National Presidents Cup, Regional Presidents Cups, ODP regional and sub-regional camps, and interregional events, ODP National Championships, regional and National League competitions, the Workshops, annual general meetings, Board of Directors meetings, and committee meetings.

### Section 3. Prohibitions

(a) The use of non-approved UAS at any event that is sanctioned by US Youth Soccer is strictly prohibited.

(b) The use of UAS at US Youth Soccer Events may be approved by US Youth Soccer (1) for a specified promotional activity at an Event, and (2) in a designated area or areas that are away from youth soccer players, spectators and over any field of play or practice.

### Section 4. Enforcement

(a) Any person violating Section 3. of this policy shall be immediately removed from the Event by the US Youth Soccer authority managing the Event.

(b) If a person is removed from an Event for a violation of this policy, the party may appeal as provided by Bylaw Article XVII, Section 3 of US Youth Soccer.

### Section 4. Modification and Delegation

The Board of Directors may amend and waive provisions of this policy as appropriate on a case-by-case basis and may delegate its authority.