

# 2023 WSSC Fall Coaches' Meeting

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# Meeting Notes

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Keep mics on mute – avoid hot mics

Video optional

## **Meeting is being recorded**

There age group-based breakout rooms/discussion at the end. They are not recorded.

Questions during the main meeting can be entered into the chat. Please preface with “Q:” so they stand out vs comments.

If you answer a question, please use @<user name> so they see your reply

Age Group Coordinators (AGC) are monitoring chat to facilitate

Questions not answered in the main meeting are addressed in breakout session

# Agenda

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Opening Remarks

Coaches' Meeting – all coaches (Erich Wiener)

Break

Breakout Sessions – age group specific

- U8 (main room)
- U9 – U10
- U11 – U12
- No breakout room for U13+ meeting

# Premier and Select Players in Rec

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# Premier and Select Players in Rec

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Reference: [Highline Soccer Association \(HSA\) – Administration – Dual Registration Policy](#)

Policy suspended during COVID-19. Now in full enforcement.

**Dual Registration:** HSA does not allow for players to be registered to two different WYS or HSA teams during the same season.

**Guest Playing:** A temporary release to participate as a guest player during a tournament or individual seasonal game, with the express purpose of getting high level training and game experience or to support rosters under minimum roster size is allowed and must be coordinated through your club's registrar.

*Exceptions, clarifications, policy specific to State Cup located at HSA page reference above.*

# Coaches' Meeting

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## Our HSA Family

# Document Intent

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This document is intended to be the coaches packet for the Fall 2023 season.

Not all slides are covered in the meeting. WSSC expects its coaches to read and understand the reference slides and links.

If you have questions, please direct them to your age group coordinator.



# Key Points for the season

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Coordinate equipment pickup now if you're out of town. Likely on Aug 24th

Schedule an introductory team meeting. Agenda template will be uploaded to use

U8 – U12: Participate in the pre-season Jamboree (Sat Sept 9th)

U11+: Participate in the WA Youth Soccer Rec Cup (towards end of season)

U11+: Record your scores by 7:00 pm on matchday

Ensure all coaches and team managers have completed training and are RMA cleared

Have hard copies of the medical releases of all players and team volunteers

Move goals and weights after your games and practices. Don't assume another team is coming later

Provide referee feedback via [www.triassoccercentral.org](http://www.triassoccercentral.org)

Clear, concise, actionable [email] communication to the board, with ATTN: to relevant party.

Ask for help, clarification, info, or guidance early. The board cannot act if the info is not timely.

# Acronyms

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<b>AGC</b>	Age Group Coordinator
<b>CDC</b>	Center for Disease Control and Prevention
<b>HPFC</b>	Highline Premier Football Club
<b>HSA</b>	Highline Soccer Association
<b>HSC</b>	Highline Soccer Club
<b>NFHS</b>	National Federation of State High School Associations
<b>NPSL</b>	North Puget Sound League
<b>RMA</b>	Risk Management Application (aka background check)
<b>PCA</b>	Positive Coaching Alliance
<b>SCA</b>	Sudden Cardiac Arrest
<b>SSUL</b>	South Sound United League
<b>SYSA</b>	Seattle Youth Soccer Association
<b>UKISC</b>	UK International Soccer Coaches
<b>USSF</b>	US Soccer Federation
<b>WSSC</b>	West Seattle Soccer Club
<b>WYS</b>	Washington Youth Soccer

# Fall Membership

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Age	Players	Coaches / Volunteers	Teams
U6	219	31	26
U7	234	21	28
U8	330	30	34
U9	233	29	20
U10	223	26	19
U11	163	14	11
U12	108	12	8
U13	47	3	3
U14+	177	20	12
Fall '23 Total	1734	186	161
Spring '23 Total	1505	213	140
Fall '22 Total	1611	217	158



# West Seattle SC Board

Role	Name	Term
President	Jesse Russell	Ends 2024
<b>VP Administration</b>	<b>Open</b>	-
VP Coaches	Erich Wiener	Ends 2024
<b>VP Players</b>	<b>Open</b>	-
Treasurer	Curtis Allan	Ends 2024
Secretary	Jamie Foulk	Ends 2025
Commissioner	Kathryn Heathcote	Ends 2024
Commissioner	Michael O'Byrne	Ends 2024
Commissioner	Hannah Wicklund	Ends 2024
Commissioner	Chip Goss	Ends 2025
Commissioner	Rich Hahn	Ends 2025
Commissioner	Janna Templin	Ends 2025
Registrar	Tashina Taylor	Volunteer Position
Scheduler / Referee Assignment	Tim McMonigle	Hired Position



# Highline Soccer Assoc. Board

Role	Name	Affiliation
President	Vacant (Chris Braun, acting)	HSC
VP Administration	Chris Braun	HSC
VP Competition	Tim McMonigle	HSA
Secretary	Vacant (Tim McMonigle, acting)	HSA
Treasurer	Lori Reimann Garretson	HSA
Registrar	Vacant (Cori Reed, acting)	HSA
SSUL Representative	Chris Braun	HSC
Club Representative	Chris Casillas	HPFC
Club Representative	Jamie Foulk	HSA Select
Club Representative	Steve Balsiger	HSC
Club Representative	Jesse Russell & Erich Wiener	WSSC

[HSA – About Us – Board of Directors](#)

# West Seattle SC Age Group Coordinators

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Age Group	Name	Term
U6	Jesse Russell / Erich Wiener	Ends 2024
U7	Jesse Russell / Erich Wiener	Ends 2024
U8	Erich Wiener	Ends 2024
U9 / U10	Jesse Russell / Kathryn Heathcote	Ends 2024
U11 / U12	Janna Templin	Ends 2025
U13+	Rich Hahn	Ends 2025

[WSSC – About Us – Administrative & Board Members](#)

# Board Communication

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Include in all communications:

- Your name
- Player and Parent name
- Age Group and Team name
- Topic

Please communicate this format to your team families as well

Your main point of contact is your **age group coordinator**

**cc [wsscboard@gmail.com](mailto:wsscboard@gmail.com) in all communication.**  
**This ensures you receive timely response**

Board contact info: [About Us – Administration & Board Members](#)

To expedite response, use one of the following as ATTN:

- General: Age group coordinator
- Coaching: VP Coaches
- Rescheduling: Game Scheduler & Age Group Cord.
- Fields or Goals: Field Steward
- Administration: [wsscboard@gmail.com](mailto:wsscboard@gmail.com)

Health and Safety / SafeSport Reporting:  
[wsscboard@gmail.com](mailto:wsscboard@gmail.com)

# Board Communication

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Strong Example Email:

*Coach: Erich Wiener*

*Team: WS GU11 – Golden Eagles*

*Player: Jane Doe*

*Request: Replacement uniform, size YL. Top only. Color gold. Squad #6.*

*[add background or more info here]*



# Board Communication

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Poor Example Email:

*Hi Chip,*

*See email chain below. a player's parent has a question*

*-Erich*

*<email chain attached, 7 messages long, multiple cc'd parties>*

# COVID Protocols

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WYS Webpage: [Return to Play Guidelines](#)

Last Updated 01/13/22 and subject to change

- Masks are not required for players/coaches/spectators at this time
- If your local field requires a mask, please adhere to their rules
- If showing symptoms – stay home

[WYS League Protocol / Safety Plan Winter 2022](#)

# 2+ RMA Cleared Adults for each Team

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**Practices and games cannot be held unless a RMA cleared adult is present**

RMA (Risk Management Status) = Risk Status = Background Check

'Clear' status is good for one year. It expires every 04/30

You can renew RMA status any time your training is current

We can't assign coaches to teams if their RMA is not current.

Scheduler checks assigned coaches to prevent schedule conflicts. Important for assistant coaches.

NOTE: All training is now completed via the US Soccer Learning Center.

- Course completion automatically synchronized
- Certificate upload no longer supported
- Confirm training status in US Soccer Learning Center profile
- Go to: [WSSC – Resources – Coaches Corner](#) for latest info

There is a bug in the site software, RE: "upload cert". Ok to upload blank image to continue registration

# RMA Status Check / Renewal

Cleared Status = Image on the right

Status at WSSC – Your Account – Volunteer Tab

If status matches image, you can ignore notice of non-current RMA

If US Soccer account shows current training and WSSC is not updating, confirm the following:

- Email at US Soccer = Email at WSSC Account
- Name at US Soccer = Email at WSSC Account

If the above is true, and it's been more than 3 days, please send a message to

[wssc.registrar@gmail.com](mailto:wssc.registrar@gmail.com)

- cc your Age Group Coordinator & [wsscboard@gmail.com](mailto:wsscboard@gmail.com)
- Provide name and age group

## West Seattle Soccer Club Highline Soccer Association

<input type="checkbox"/>	Certification	Expiration Date	Status	Compliant
<input type="checkbox"/>	Risk Status	04/30/2024	Approved	✓
<input type="checkbox"/>	Concussion Certificate (Intro to Safety course)	05/19/2024	Verified	✓
<input type="checkbox"/>	Sudden Cardiac Arrest (Intro to Safety course)	05/19/2024	Verified	✓
<input type="checkbox"/>	SafeSport Certificate	05/19/2024	Verified	✓
<input type="checkbox"/>	Coaching License	None	National D	✓

Renew & Update

# SafeSport

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Federal Law

US Soccer Mandate

Physical Misconduct

Sexual Misconduct

Emotional Misconduct

Bullying

Harassment

Hazing

**SEE SOMETHING, SAY SOMETHING**

REPORT TO:

[wsscboard@gmail.com](mailto:wsscboard@gmail.com)

206.395.3997

More info:

[WSSC – Resources – Safety – SafeSport](#)



# Sudden Cardiac Arrest (SCA) Awareness Act

## Information on Compliance with Senate Bill 5083 - "Sudden Cardiac Arrest Awareness Act"

*The safety of our players is paramount to Washington Youth Soccer. Sudden cardiac arrest is the leading cause of death for youth athletes, with as many as 1 in 250 youth athletes having a heart disorder that may increase the risk of sudden cardiac arrest. On July 24, 2015, a new State of Washington law regarding sudden cardiac arrest awareness will go into effect. SB 5083 – referred to as the Sudden Cardiac Arrest (SCA) Awareness Act – was passed by the Legislature and signed by the Governor with the intent of making youth athletes, their families, and coaches aware of sudden cardiac arrest.*



### Sudden Cardiac Arrest

Information Sheet for  
Student-Athletes, Coaches and Parents/Guardians  
SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

**SCA is also the leading cause of sudden death in young athletes during sports**

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

**Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!**



#### Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
- 2. CALL 9-1-1**
  - Call for help and for an AED
- 3. CPR**
  - Begin chest compressions
  - Push hard! push fast (100 per minute)
- 4. AED**
  - Use AED as soon as possible
- 5. CONTINUE CARE**
  - Continue CPR and AED until EMS arrives



#### AED

**Be Prepared! Every Second Counts!**

**UW Medicine**  
Center For Sports Cardiology  
[www.uwspportscardiology.org](http://www.uwspportscardiology.org)



# SCA Signs and Symptoms

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Usually, the first sign of sudden cardiac arrest (SCA) is loss of consciousness (fainting). At the same time, no heartbeat (or pulse) can be felt.

Some people may have a racing heartbeat or feel dizzy or light-headed just before they faint. Within an hour before SCA, some people have chest pain, shortness of breath, nausea (feeling sick to the stomach), or vomiting.

More info:

[WSSC – Resources – Safety – Sudden Cardiac Arrest \(SCA\)](#)



# Concussion Education and Action Plan



## WHEN IN DOUBT, SIT THEM OUT!

Notify Parents and WSSC or HSA Board

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.

More Info: [WSSC – Resources – Safety – Concussion Awareness](#)



# Goal Safety

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Unsecured goals are an unacceptable safety risk to our membership.

Do not assume goals are secured. Always check yourself.

Annually in the US, a child is killed or severely injured due to a goal toppling.

Personal experience of goals toppling due to wind.

Contact [wsscboard@gmail.com](mailto:wsscboard@gmail.com) ATTN: Field Steward if weights are damaged or missing.

More Info:

- [WSSC – Resources – Safety – Goal Safety](#)
- [CPS Guidelines for Movable Soccer Goals](#)

# Health & Safety - Other

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## [WSSC – Resources – Safety](#)

Use Sports Connect to communicate with players

Ensure another adult is present when you are with the players – including carpools

Know and understand weather risks: [USSF - Recognize to Recover - Environmental](#)

Create an Emergency Action Plan (EAP).  
Template: ([ref slide](#)). Ensure others know where it is located.

Write player uniform number on medical release form – others may not know all the players' names

Verify **your** medical release form is present

Always check the field before play for debris, litter, and dog waste

Ensure no one plays, hangs, or pulls on the goals

Prevent concussions by not shooting on goal when players are preparing near it – they are not watching for wild shots

Ensure players have an adult escort to public restrooms

Wait until every player has a ride home

**Ensure you know any player risks (Asthma, Bee Allergies, Diabetes, etc.), and medication locations**

**Properly store goals – do not assume another team is coming**

# Dates

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## [WSSC Calendar](#)

Aug 01:	Field Permits Open
Aug 12:	Coaches' Clinic & scrimmage at Walt Hundley (details pending)
Aug 14 – 18:	<u><a href="#">UKIS Soccer Camp</a></u> at Walt Hundley
Aug 24:	Equipment Distribution – Date to be confirmed
Aug:	Cleat Exchange (details pending)
Sept 06:	Highline and Seattle School Start (grades 1-12)
Sept 09:	<u><a href="#">Jamboree</a></u> (U8 – U12) / U13+ Season Start
Mid Sept:	WYS Rec Cup Registration Opens
Sept 16:	U8 – U12 Season Start

# Dates (cont.)

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Sept 17:	U6 – U7 Season Start
Late Sept:	WYS Rec Cup Registration Closes (TBD)
Sept 30:	Picture Day
Oct 01:	Picture Day
Early Nov:	WYS Rec Cup opening games
Nov 05:	U6 – U7 Season End / Daylight Savings Time Ends
Nov 18:	U8 – U12 Season End
Early Dec:	WYS Rec Cup Quarter-Finals
Mid Dec:	WYS Rec Cup Finals
Feb 01:	<a href="#"><u>Spring Registration Opens</u></a>

# Match Schedules

- Published at HSA page:  
[HSA - Match Day – Schedules](#)
- Published at WSSC Page:  
[WSSC - Team Central - Schedules and League Info](#)
- SSUL Teams (U13+): [SSUL – Schedule](#)
- Matches automatically populate to your Team Page!  
(After the coach is RMA Cleared)
- Coach contact via HSA/WSSC Schedules
  - Navigate to WYS / Affinity Page
  - Click on Team Name in the schedule
  - Info appears in pop-up

## If you cancel or reschedule your game for any reason:

- Contact the Referee/Field & Game Scheduler
- Contact your age group coordinator
- This keeps referees from traveling unnecessarily

The screenshot displays the Sports Connect interface for the 2022 HSA Fall U6-U12 Season. It shows two match brackets for Saturday, September 17, 2022, and Saturday, September 24, 2022. Red arrows indicate the flow from the match schedule to the team contact information pop-up.

**2022 HSA Fall U6-U12 Season**

**Bracket - Saturday, September 17, 2022**

Game	Venue	Time	Field	Group	Home Team	Away Team
702161	Riverview Playfield	02:00 PM	S3	A1 vs A9	WS BU8 - Beaver/Stumpf	WS BU8 - Anderson/Snell

**Bracket - Saturday, September 24, 2022**

Game	Venue	Time	Field	Group	Home Team	Away Team
702167	Riverview Playfield	02:00 PM	S2	A1 vs A3	WS BU8 - Beaver/Stumpf	WS BU8 - McCullough

**Team Contacts - WS BU8 - Anderson/Snell**

Close Print

Contact Information	
Name	Anderson
Role	Head Coach
E-mail	
Home Phone	
Work Phone	
Cell Phone	

Contact Information	
Name	Snell
Role	Assistant Coach
E-mail	
Home Phone	
Work Phone	
Cell Phone	

# Game Field Locations – Provisional

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U06/U07: Hiawatha (pending completion)

U08: Riverview South

U09: Fairmont & Roxhill South

U10: Riverview North

U11: EC Hughes

U12: Highland Park

U13+: TBD. Likely locations are Delridge (when complete), Hiawatha, Walt Hundley, and Nino Cantu Complex (Sealth HS)

Games vs HSC may be in Burien

- Chelsea
- Moshier Field
- Sunset

Locations: [HSA – Match Day – Fields](#)

Locations: <http://kingcosoccer.com/>

Goal Code: [WSSC – Team Central - Fields](#)

**Goal Code: 7908**



7908 35th Avenue SW,  
Seattle, WA 98126  
(206) 937-8977

# Practices / Fields

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View Practice Field Guidelines under [WSSC - Team Central - Fields](#)

U13+ uses field reservation application. Details pending

Keep a copy of the WSSC field permit to resolve access disagreements (available at above link)

Check reservations each month to confirm WSSC has permit for your practice time

No Field Lights? Instructions to turn lights at: [WSSC - Team Central - Fields](#)

DO NOT leave goals on the field after your practice! All fields must be clear:

- For other field permit holders
- To facilitate field maintenance
- For safety reasons
- Cable combos are 7908

# Practices / Fields (cont.)

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Recommend practicing at your match field

- You have first right of refusal over guest teams
- Field and goals are marked for your age group (practice as you play)

If you practice at somewhere other than your match field

- You must defer to teams practicing at their match field
- There is no “first arrival” precedent if you are not at your match field
- Consider yourself a guest. Understand they have access priority

General Notes

- Wed. is the most popular practice day, followed by Tues & Thurs
- Talk and coordinate with your peer coaches to share space
- Be flexible in your practice set up. It may be empty now, but another team may arrive in 30 minutes.

**Field Issues: [wsscboard@gmail.com](mailto:wsscboard@gmail.com) ATTN: Field Steward**



# NO Dogs

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**Dogs are NOT allowed** at organized athletic fields, beaches, or children's play areas in Seattle parks, per the [Seattle Municipal Code](#).

Seattle's informative website:

<https://www.seattle.gov/parks/recreation/dog-off-leash-areas>

Please tell your team families to leave their pets at home during practices and matches.



# Medical Waiver

No ability to print team waivers from team page (as in prior system)

Form located at: [About Us – FAQs – Forms and Documents Library](#)

Direct Form Link: [Medical Waiver](#)

You can attempt to ask guardians to bring

Bring blank ones to first meetup

You must have it on hand or the guardian is present the full time

*Recommend assigning completion task to your most pedantic parent/guardian.*



## AUTHORIZATION TO PLAY, MEDICAL RELEASE & WAIVER FORM

Please return signed copy of completed form to Team Coach or Manager

With the signature below, permission is granted for \_\_\_\_\_ (player) to participate in all practice sessions, games and other activities involving West Seattle Soccer Club (WSSC) during the \_\_\_\_\_ (Spring / Fall) 20\_\_\_\_ Season. This permission extends to any travel to and from any and all practice sessions, games and other activities sponsored and arranged by WSSC.

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 WSSC, its officers, assistants, coaches, trustees, sponsors, chaperones, drivers, volunteers and any and all other agents representing WSSC or HSA and its officers, agents or representatives, or the local league organization of which WSSC 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 relationship to the sponsored and arranged activities of WSSC. My waiver expressly means that I, participant's parent or legal guardian, accept and assume all risks and hazards inherent in and related to the activities of WSSC including any travel to and from any activities sponsored and arranged by WSSC.

**This permission also includes my agreement to abide by all the rules and regulations of WSSC.**

This permission also includes my authorization for emergency medical treatment deemed appropriate and necessary by any coach or representative or agent thereof for participant, including transport to the nearest medical facility adequate to treat the emergency.

### Player's Primary Physician or Medical Provider

\_\_\_\_\_  
Phone \_\_\_\_\_

Health Plan & Plan # \_\_\_\_\_

Regular Medications \_\_\_\_\_

Allergies and/or Medical Conditions \_\_\_\_\_

Emergency Contact(s) \_\_\_\_\_

\_\_\_\_\_  
Phone \_\_\_\_\_

\_\_\_\_\_  
Phone \_\_\_\_\_

\_\_\_\_\_  
Phone \_\_\_\_\_

**I have read this Authorization to Play, Medical Release & Waiver, and acknowledge that I understand and agree to be bound by it.**

Date \_\_\_\_\_ Players Name \_\_\_\_\_

Parent/Guardian Printed Name \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

# SportsConnect – Team Page

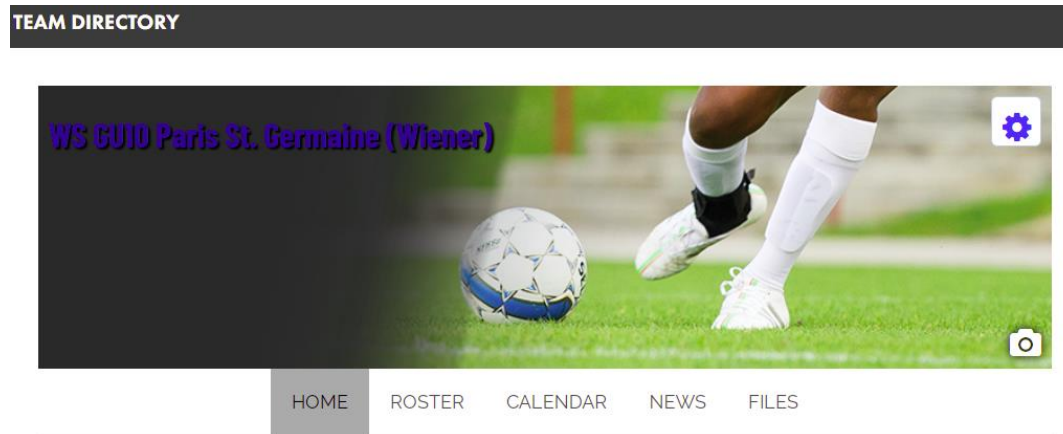
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Team Rosters and match schedule

Post practice and other events

Send out team communications via email

Post files (photos, documents)



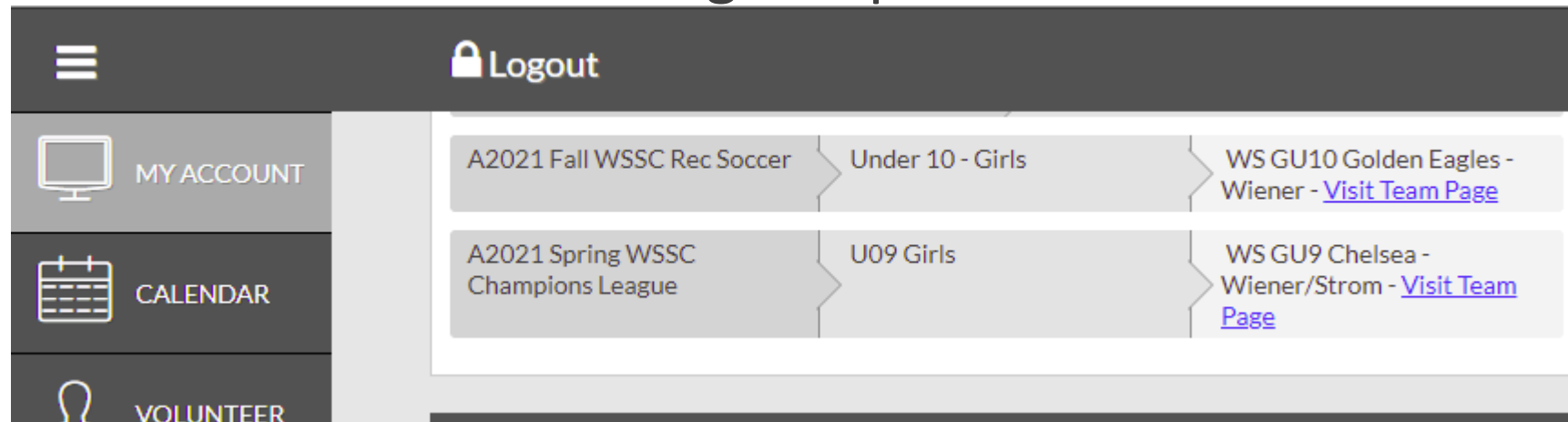
# SportsConnect – Team Page

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Access team page via your account at WSSC

Activated when RMA is cleared

Recommend bookmarking for quick access



# Mobile App

## GameChanger Team manager

### [Importing Your Team From Sports Connect](#)

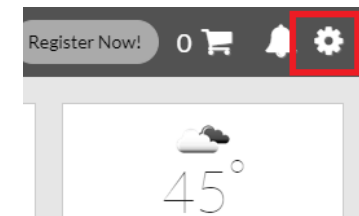
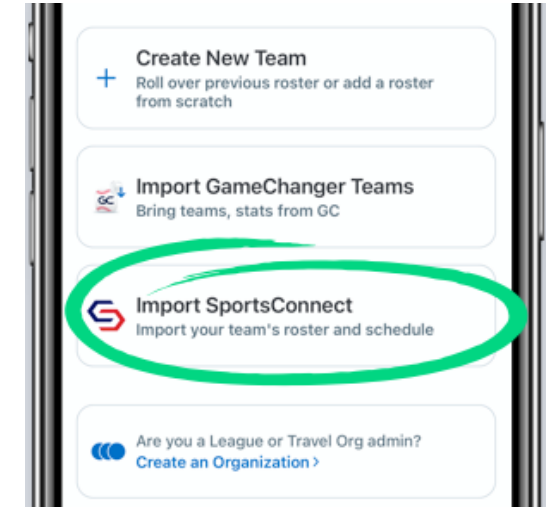
#### Coaches

- Same email as Sports Connect
- Roster Posted
- You are a team volunteer

#### Guardians use “Find Team”

- Have WSSC account\*
- Use same email as Sports Connect
- Request to join team

*\*Main WSSC account holder can add family members under “Edit Account Info – Add Additional Account Holder” (Small Gear Icon in your WSSC Account) →*



# Mobile App

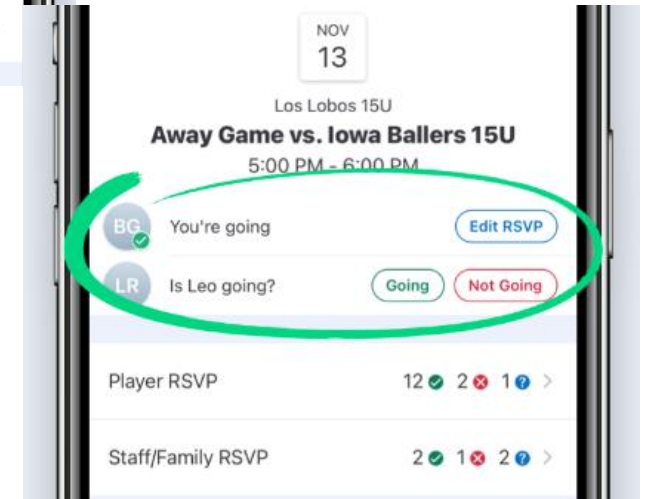
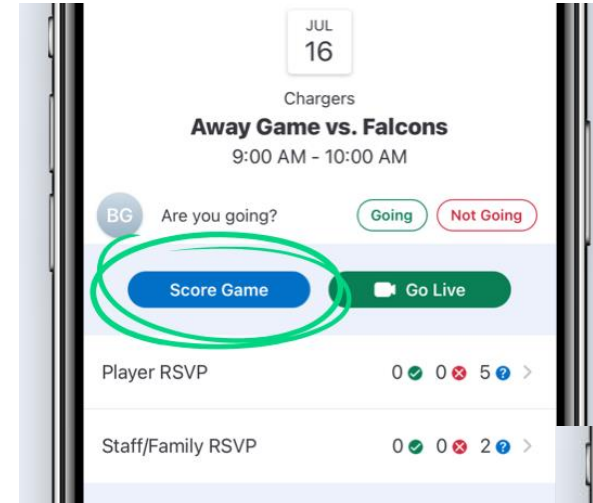


## Scheduling Games & Practices

- Can be done in app or via web interface
- Web Interface: <https://web.gc.com> (so you can use a keyboard vs phone for data entry)

## Other Functions

- Messaging
- Inviting other team family members
- Scoring Games & Stats
- RSVP events
- Push Reminders



# Uniforms & Equipment

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## Uniforms

Tops only for Spring, full kit for Fall

U13+ is full kit for both seasons and includes home and away

Contact your age group coordinator if you have questions (& cc [wsscboard@gmail.com](mailto:wsscboard@gmail.com))

## Equipment

Full details pending. Tentatively Aug 24th.

Coordinate now if you cannot attend.  
Recipient only needs your name/team name

If you need equipment, contact your age group coordinator

Expect communications from the club for details

***If you can help with logistics (pickup, distribution), please contact us at [wsscboard@gmail.com](mailto:wsscboard@gmail.com), ATTN: Equipment Pickup Volunteer***

# Jamboree

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Information: [WSSC – Programs – Fall Jamboree](#)

Ages U8 – U12

Free, pre-season mini-tournament held on Saturday Sept 9th.

No scores or standings kept

Typically between 2 – 4 games. Total game duration is 30 minutes (2 x15 minutes)

Requires active registration by the team. You are not automatically registered.

Great activity to pair with a team meeting / introduction (e.g. team picnic)



# Season Expectations

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[Medical Releases](#) - print out and have each parent/guardian sign

Keep medical releases with you at all practices and games

Keep Team Roster with you for easy reference

Keep Matches Competitive

***Ask for help***

Only Players that are registered and assigned to your team roster are eligible to participate in a match!

[Contact us](#) whenever you have questions or need assistance.

***Make sure we can reach you!***

Verify your email is current in your WSSC account. This ensures you receive all the communications

# Matchday – Before

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Confirm no schedule changes or revisions

Confirm match officials ([Trias](#))

Check if your match is first or last – you may need to move goals

Find your opponent's team name on the Schedule to view their contact information.

Contact your opponent to confirm the field, match time, team colors

Prepare equipment and medical releases

Arrive EARLY

HOME team changes color (*Fall only*). Color conflict not expected for U6 – U12

Move goals into position

Confirm field safety ([reference slide](#))

Confirm you understand the rules with the referee

Introduce yourself to your opponent coach

Coordinate a referee if there is none

# Matchday – During

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Balance player game time

Cheer successes, whisper coaching points

Be specific, “Jane, great job with that pass” – avoid generalities like “good job”

Let the game be the teacher

Let the players play – let them make the game decisions

Let the referee ref – let them make the game decisions

Verify no one in your group crowds the sideline (*10 ft. buffer*)

Monitor fan and player behavior

Be the leader for your team in behavior, communications, and interactions

Be aware of non-game activity (loose dogs, subs’ behavior)

Note 3 goal rule. Coordinate with opposing coach at halftime.

# Matchday – After

---

ALWAYS acknowledge your opponents and match officials after the game

Respect the next coach's match – clear the sidelines quickly

Verify no abandoned equipment, litter, or debris

Post-match notes to players and parents

Wait until you've confirmed all players have rides home

Store and lock goals if your match is last.  
Scramble combo locks.

Report scores by 7:00pm on matchday

- U11 & U12: fall only
- U13+: both seasons

24-hour cooling off period. No team communications

Report referee feedback ([Trias](#))

# Respect The Referee!

---



Refs ref. Coaches coach

Do **NOT** Challenge the Referees Calls on the Field!

Provide ALL Constructive Feedback GOOD or Bad via

[www.triassoccercentral.org](http://www.triassoccercentral.org)

NOTE: The referees provide Trias feedback on you

# Expectations Towards Referees

---

Know the Rules for your Age Group!

Ask questions BEFORE the match (good to confirm length of half, rules, etc)

Control team and sideline conduct

Post-game “air” shakes with referee and opponents



# Evaluate Your Referee

Same as if your own player

Three C's:

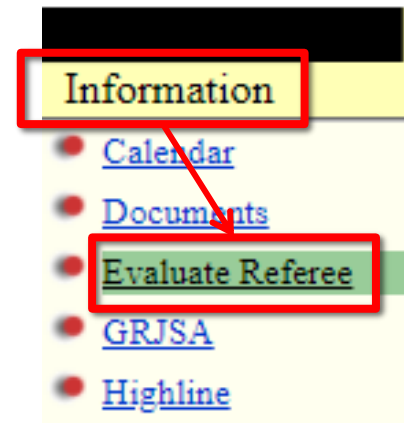
- Clear
- Concise
- Correct

Three Areas:

- What they did well
- What they can improve
- What to do different next time

[www.triassoccercentral.org](http://www.triassoccercentral.org)

**NOTE: Referees also evaluate coaches**



## Information

The **Information** segment of o

## TriasSoccerCentral

**TriasSoccerCentral** is a not for profit organization (501(c)(3)) and [Highline](#)). Our goal is to as

If you cannot locate the inform

## Mailing Address

**Trias Soccer Central**  
28231 187th Ave SE  
Kent, WA 98042

# Become a Referee

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WSSC reimburses new referees up to \$75 for fees paid to attend classes after 10 games

Review full reimbursement details at: [WSSC - About Us - Policies And Procedures - Reimbursement And Refund Policies](#)

Ensures you know the rules

Ensures you always have a referee for your match

Excellent job for coaches, parents and siblings. Minimum age is 13 years old - one of the few jobs available at that age

- \$24 for U8 game
- \$74 for U19 game
- Between \$28 - \$48 as an AR (Assistant Referee)

You select the games you want to ref, on your schedule

Email: [timpatmc@gmail.com](mailto:timpatmc@gmail.com) for more details and questions



# General Rules (all ages)

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No standings are kept until U11 and above and for the fall season only

No heading until U12 and above

All players are to be played at least 50% of the time

**All players must wear shin guards under socks**

No toe cleats (i.e. baseball or football cleats). Cleats are not required.

All players must be properly registered with the West Seattle Soccer Club and to your team

Only players registered with WSSC may participate in practices

All parents must provide a signed medical release for their players to their coach or be physically present at all games and practices.

**No jewelry is allowed on a player at all. The player will not be allowed to play if they have jewelry on. This includes the soft cloth necklaces or bracelets. No earrings**

Jewelry Exception: Medical alert bracelets if taped down securely with info showing

All comments from the sidelines must be positive and supportive of the players, coaches, and officials. It is the coach's responsibility to manage team parents/guardians

# Know the Rules for your age

U06-U12 Rules: [HSA – Matchday – HSA Rules](#)


U13 Rules: [SSUL – League Docs](#)

**[Recommend Bookmarking Rule Pages](#)**

For questions and support contact:  
[wsscboard@gmail.com](mailto:wsscboard@gmail.com)

U08-U11: Review and understand the build-out-line rules ([ref slide](#))

**HSA RULES MATRIX (LAST UPDATED 9-19-22)**

	Fall 2020 - Spring 2021 Seasons							
	Age Group	U-06 Under 6	U-07 Under 7	U-08 Under 8	U-09 Under 9	U-10 Under 10	U-11 Under 11	U-12 Under 12
	Players on Field	4 v 4	4 v 4	5 v 5	7 v 7	7 v 7	9 v 9	9 v 9
FIFA Law 01 The Field of Play	Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
FIFA Law 01 The Field of Play	Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 6.5 Width 18.5
FIFA Law 01 The Field of Play	Build-Out Line	N	N	Y	Y	Y	Y	N
FIFA Law 02 The Ball	Ball Size	3	3	3	4	4	4	4
FIFA Law 03 The Players	Roster Size (max)	8	8	9	12	12	14	14
FIFA Law 03 The Players	Players on Field	4	4	5	7	7	9	9
FIFA Law 03 The Players	Goalkeeper	N	N	Y	Y	Y	Y	Y

# U11 & U12 Goal Rule Change

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New policy for Fall 2023, going forward

Adopted by Highline Soccer Association (HSA) in July HSA board meeting

3-goal policy for ages U6 – U10 extended to U11 and U12

Implementation guidance pending (for all age groups)

Key points (applies to **all** age groups)

- Talk to your opponent at half time
- The HSA league is a recreation, developmental league.
- Standings at U11 and U12 are kept as preparation for transition to SSUL
- Both (leading and trailing) coaches have a responsibility to make adjustments

# Rule Reminders

---

It is only an infraction if the referee whistles for it.

No heading until older than 10. **This includes players playing up.**

Goalies cannot punt until U12.

“The entire ball over the entire line”. The line is part of the field of play. *Please stay back 10 feet from sideline – allows officials, especially the AR to see the full line.*

Home teams supply the match ball

Home team is responsible to change if there is a uniform clash

Hold your substitutions until you are recognized by the referee at a stoppage of play– they may be playing advantage or allowing your team a quick restart.

**Entering or leaving the field of play without the referee’s permission is a cautionable offence**

# Coaching

Experience in “invasion games” (basketball, hockey, lacrosse, rugby, or football), is transferable to soccer. The principles of play are the same

[US Soccer Learning Center](#) – Official licensing

[United Soccer Coaches](#)

- Certificates, activities, articles, advocacy groups
- WSSC is a member club and offers free, 4-mo. membership in the fall (Aug. – Nov) to our coaches

Update your info at any time

- WSSC – “My Account”
- Edit “My Roles & Certificates”
- Update Election Choice



[My Account](#)



[Calendar](#)

[Volunteer](#)

[My Orders](#)

[Messages](#)

[Home](#)

 **Michael Bassett** 

ID Number:

Head Coach 2023 WSSC Fall Season

Head Coach 2023 WSSC Fall Season

[+ Add Volunteer](#)



This Season, West Seattle Soccer Club has secured the resources of United Soccer Coaches (USC) to offer to our members. For you to access the site, WSSC must submit to USC your name, address, telephone number and birthdate. \*

- ☒ I authorize West Seattle Soccer Club to provide to United Soccer Coaches my contact information and birthdate
- ☐ No thank you.

# Coaching

---

For help or ideas, please contact VP of Coaches or President.

Let the game be the teacher. **Attention span = age + 7 seconds**. Keep the team-wide discussions short.

Sample topics we can help:

- How to transfer activities to soccer from other sports
- Age appropriate activities & player development stages
- Build a practice based a technical breakdown from last week's game
- Goalkeeper training as a solo coach
- How to ensure your coaching points stick
- Team formation (field position) ideas
- Personal development as a coach

The help offered includes running a practice session with you and your team

# United Soccer Coaches



**THE HOME  
OF ALL  
COACHES**

WSSC is a member club. You are entitled to a free 4 month membership (Aug – Nov).

List of benefits are here:

<https://unitedsoccercoaches.org/join/>

Sample benefits:

- Activities database
- Recordings of in-person classes
- Membership to the [Coaches Communities](#) (right) with representation from a wide background of coaches.
- Electronic access to their magazine (including their Fall Activities guide)
- Free courses such as:
  - Goalkeeping Level I
  - Functional training for forwards
  - Attacking and Defending Principles of Play
  - Sport Psychology

**API Coaches**  
(Asian/Pacific Islander)

**Black  
Coaches**

**Disabilities  
Allies  
Coaches**

**Faith-Based  
Coaches**

**Latino  
Coaches**

**LGBTQ+  
Coaches**

**Native  
American  
Coaches**

**Women  
Coaches**

# Vol. Match & Financial Aid

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## Volunteer Match

- WSSC is a 501(c)(3) corporation
- Please check with your company if they match your volunteer hours
- This can be in the form of Matching Funds or Matching Volunteer Hours
- Letter with details: ([ref slide](#))

## Financial Aid

- WSSC offers player financial aid
- Our spring application count was very low
- Please let your parents/guardians know
- Info: [About Us – Financial Aid](#)



# See You On The Pitch!

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Thank You For Serving  
With Us!

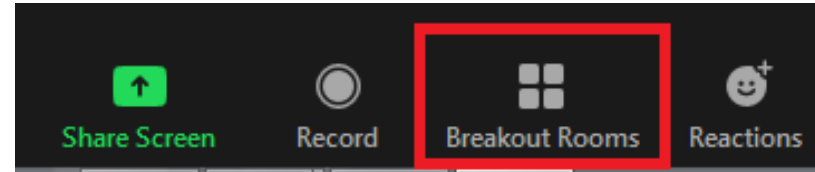
# Breakout Session

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# Breakout Rooms

## Breakout Room List

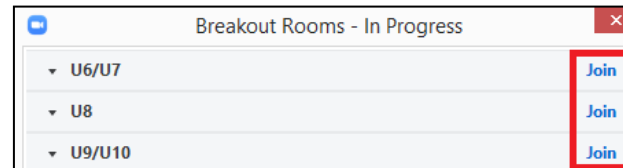
- U08 (the main room)
- U09/U10
- U11/U12



U13 and older: Expect direct contact from your age group coordinator

If you enter the wrong room

- Select Breakout room again
- Join the correct breakout room



If you cannot join your room, post a message in the chat and the moderator will move you

If stuck, leave the meeting completely and re-join. The main room will stay open until all breakout rooms are closed

# Age: U08

---

Coordinator: Erich Wiener

Introduction to game as we know it

Significant transition to how game is played

- 5 on the field
- Goalies, build out line, referees introduced
- Coaches stay on the sideline

Development Stage

- Improvements in coordination – many can ride bikes
- Can organize into pairs, occasionally threes
- Still dribbling focused, but introduced to passing
- Self-organizing, spatial awareness starting (making self open for pass)

# Age: U08 (cont.)

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## Coaching Points

- Passing introduced. Ok to use hand-ball activities to introduce the concept
- Goalies introduced. Train all players in GK skills simultaneously. Removes the singling out of a player
- Introduce “goal-side” by saying “be a blocker”
- Introduce the pass/dribble decision and how to recognize it
- Shift field breakdown to the players and build their organizing abilities, “Jane, find a partner and get the balls in the bag”
- Introduce competition – winner gets to pick cleaning up the balls or equipment.

# Age: U08 (cont.)



## US Soccer 9U,10U,11U and 12U PDI

*And adopted by WSSC for U08*

Washington Youth Soccer has adopted the US Soccer 9U – 12U Player Development Initiatives.

**Please note the 9U - 11U age group changes that include:**

- No Heading. If player heads the ball regardless of the outcome (own goal, goal, preventing a goal) an indirect free kick is given, NO Card.
- The use of the Build out Line
- GK No Punting or Drop kicking

**Build-out Line Reminders:**

- a. Goal-kick: the opposition can enter the “build out line” area as soon as the ball is kicked and has clearly moved.
- b. The ball is considered in play when it has been kicked and has clearly moved. Players for the team in possession of the goal kick may choose to position themselves inside the penalty area.
- c. GK in possession of ball with their hands. The opposition retreats back to the “build out line”, they can enter the build out area as soon as the goalkeeper puts the ball into play.
- d. If the GK puts the ball into play quickly (throw, roll or set the ball at their feet) the opposition can now defend immediately, even if they are inside the “build out line” area.

**Offside:**

Is in effect at the **build out line** (NOT the halfway line) for 9U - 11U

**The 12U age group follows FIFA Laws.**

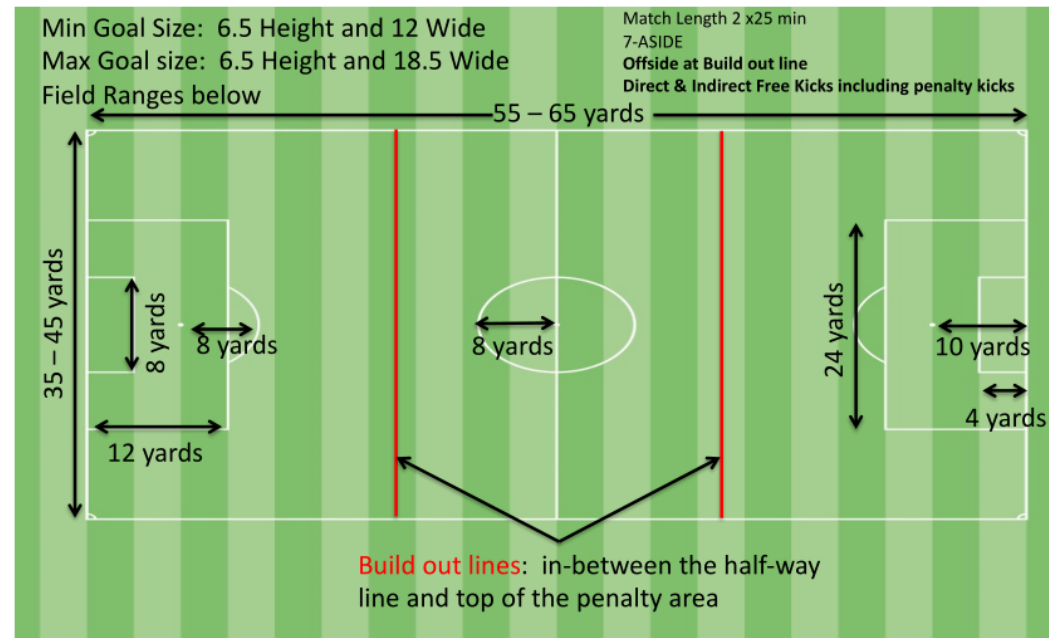
[www.WashingtonYouthSoccer.org](http://www.WashingtonYouthSoccer.org)

*Full PDF included on slide “Build Out Line”*

# Age: U08 (cont.)

*And adopted by WSSC for U08*

- 9U-10U Rules of Competition**
- **GK No punting or dropkicks**
  - **No heading:** deliberate heading indirect free kick
  - **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked and has clearly moved, b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.  
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.



# Age: U09/U10

---

Coordinator: Jesse Russell / Kathryn Heathcote

Starting development towards to 11v11

Nearly all laws match full game

- 7 on the field
- Ball size #4
- Offsides
- Score directly from kick-off
- Cautions (Yellow) and Sending-off (Red)
- Slidetackling
- Direct and Penalty Kicks
- Re-starts are not retaken (throw-ins, corners)

Development Stage

- Playing diversity increases
- Now starting to think ahead (if I do this...)
- Organizing groups are now 3+. Understands 2v1. Starting to understand 3v2



# Age: U09/U10 (cont.)



## US Soccer 9U,10U,11U and 12U PDI

Washington Youth Soccer has adopted the US Soccer 9U – 12U Player Development Initiatives.

**Please note the 9U - 11U age group changes that include:**

- No Heading. If player heads the ball regardless of the outcome (own goal, goal, preventing a goal) an indirect free kick is given, NO Card.
- The use of the Build out Line
- GK No Punting or Drop kicking

**Build-out Line Reminders:**

- a. Goal-kick: the opposition can enter the “build out line” area as soon as the ball is kicked and has clearly moved.
- b. The ball is considered in play when it has been kicked and has clearly moved. Players for the team in possession of the goal kick may choose to position themselves inside the penalty area.
- c. GK in possession of ball with their hands. The opposition retreats back to the “build out line”, they can enter the build out area as soon as the goalkeeper puts the ball into play.
- d. If the GK puts the ball into play quickly (throw, roll or set the ball at their feet) the opposition can now defend immediately, even if they are inside the “build out line” area.

**Offside:**

Is in effect at the **build out line** (NOT the halfway line) for 9U - 11U

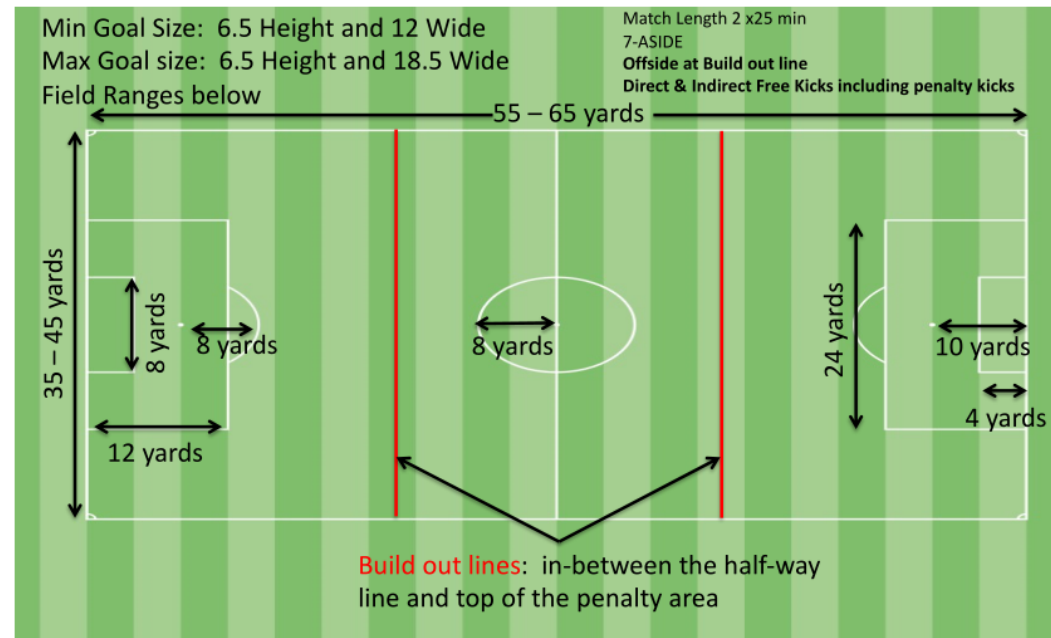
**The 12U age group follows FIFA Laws.**

[www.WashingtonYouthSoccer.org](http://www.WashingtonYouthSoccer.org)

*Full PDF included on slide “Build Out Line” in references*

# Age: U09/U10 (cont.)

- 9U-10U Rules of Competition**
- **GK No punting or dropkicks**
  - **No heading:** deliberate heading indirect free kick
  - **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked and has clearly moved, b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.  
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.



# Age: U11/12

---

Coordinator: Janna Templin

Preparation for 11v11

## Rule Changes

- 9 on the field
- Build out line and heading restriction removed at U12
- Goalie can punt at U12
- Assistant Referees (ARs) present
- Scores Kept
- 3-goal policy removed
- U11 Rules in use for joint U11/U12 age group due to heading restriction for 10 and younger

## Development Stages

- Understands all principles of play and applies it as functional groups (left-side players, defensive line)
- Advanced tactics introduced (pressing, counter-attacking)
- Strength and power now performance factors
- Starting training to prevent ACL injuries (FIFA 11+ program)

# Age: U11/12 (cont.)



## US Soccer 9U,10U,11U and 12U PDI

Washington Youth Soccer has adopted the US Soccer 9U – 12U Player Development Initiatives.

**Please note the 9U - 11U age group changes that include:**

- No Heading. If player heads the ball regardless of the outcome (own goal, goal, preventing a goal) an indirect free kick is given, NO Card.
- The use of the Build out Line
- GK No Punting or Drop kicking

**Build-out Line Reminders:**

- a. Goal-kick: the opposition can enter the “build out line” area as soon as the ball is kicked and has clearly moved.
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**Offside:**

Is in effect at the **build out line** (NOT the halfway line) for 9U - 11U

**The 12U age group follows FIFA Laws.**

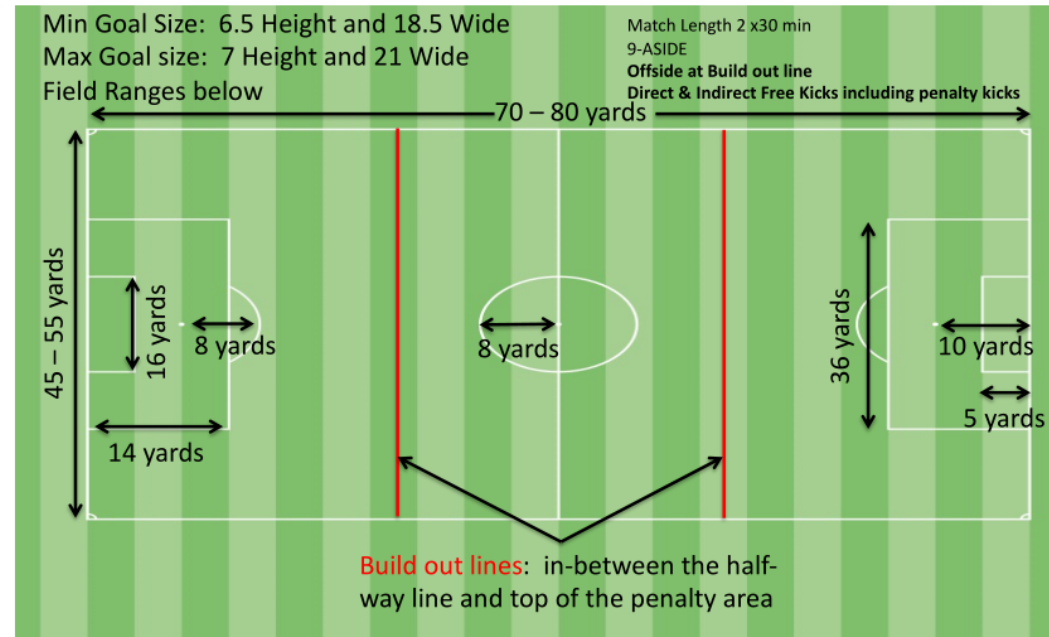
[www.WashingtonYouthSoccer.org](http://www.WashingtonYouthSoccer.org)

*Full PDF included on slide “Build Out Line”*

# Age: U11

## 11U Rules of Competition League Play ONLY

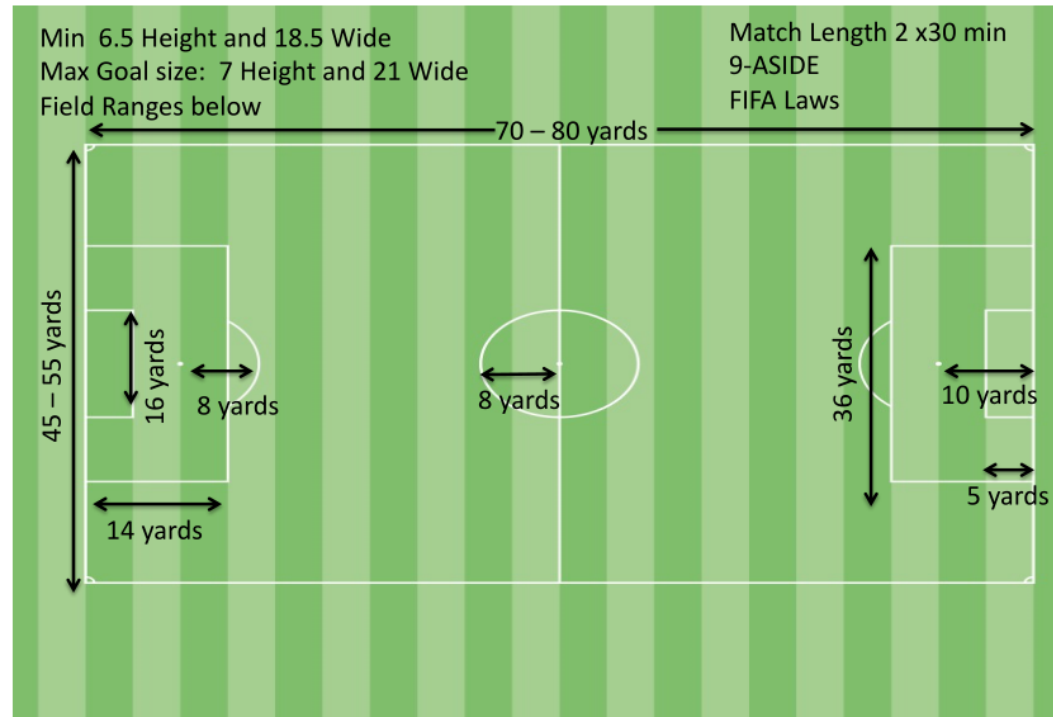
- **GK No punting or dropkicks**
- **No heading:** deliberate heading indirect free kick
- **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked, and has clearly moved b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.  
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.



# Age: U12 – reference only

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## 12U Rules of Competition



# Age: U13+

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Coordinator: Richard Hahn & Jesse Russell

Full Game: 11v11

Rule Changes: None, except for match time (U13 – U16)

- Operating Procedures & Rules of Competition: [SSUL – League Docs](#)
- No heading restrictions\*
- Full size field and goals

*\*Heading restrictions are in effect for any 10 year old player, regardless of league rules.*

## Development Stages

- Transition from individual to tactical
- Still training to train (at U13)
- Dynamic warm ups ([FIFA 11+](#))
- [“Stage 4” Competency Matrix](#) (NSCAA – Complete Coaching Curriculum for 3-18 Year Old Players, Vol 1)

# Age: U13+ - Stage 4 Competency

Stage of Development	Stage 1			Stage 2			Stage 3			Stage 4			Stage 5			
Age in years	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
DRIBBLING SKILLS CONTINUED																
Running with the ball				-			+									
Feints and dribble		-						+								
Beating an opponent			-					+								
Escaping an opponent			-					+								
RECEIVING																
Control - Foot			-							+						
Control - Thigh					-						+					
Control - Chest						-						+				
Control - Head						-						+				
SHOOTING																
Instep			-						+							
Half volley						-					+					
Volley						-					+					

Stage of Development	Stage 1			Stage 2			Stage 3			Stage 4			Stage 5			
Age in years	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
PASSING																
Ground - Inside of foot - 5 yards				-				+								
Ground - Inside of foot - 10 yards					-				+							
Ground - Inside of foot - 20 yards						-					+					
Ground - Instep						-				+						
Long pass						-						+				
Chip/Lofted pass								-				+				
Swerve pass - inside of foot								-				+				
Swerve pass - outside of foot								-				+				
Crossing								-				+				



# Age: U13+ - Development Stage

5 STAGES OF DEVELOPMENT MODEL																	
Age in years	0-3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Bayli LTAD	Active start			Fundamentals			Learning to train			Training to train			Training to compete				
Stage of Development	Stage 1			Stage 2			Stage 3			Stage 4			Stage 5				
Age groups	U4-U6			U7-U9			U10-U12			U13-U15			U16-U19				
Soccer age (development)	2 years +/-			2 years +/-			2 years +/-			2 years +/-			2 years +/-				
Coaching time per year	40-90 hours			100-120 hours			150-320 hours			150-320 hours			150-540 hours				
Developmental focus	Social			Technical			Technical			Technical			Tactical				
	Physical			Social			Social			Tactical			Psychological				
	Technical			Physical			Tactical			Physical			Technical				
	Psychological			Tactical			Physical			Psychological			Physical				
	Tactical			Psychological			Psychological			Social			Social				
Specialist training	No positions			Attack and defend			Specialist positions			Groups and units			Whole team				
Players per session	12			12 to 15			12 to 18			12 to 18			18 to 22				
Length of session	30 to 45 mins			45 to 60 mins			60 to 90 mins			75 to 90 mins			75 to 90 mins				
Training to game ratio	Training only			4:1			3:1			3:1			2:1				
Training format	1v1 to 3v3			1v1 to 5v5			1v1 to 8v8			4v4 to 11v11			4v4 to 11v11				
Game format	Training only			3v3 to 5v5			5v5 to 8v8			7v7 to 11v11			11v11				
Player assessment frequency	Once per season			2 per year			3-4 per year			3-4 per year			4+ per year				
Coach certification	NSCAA L1-3			NSCAA L1-3			NSCAA L3-6			NSCAA National			NSCAA National +				

# Age: U13+ - Match Duration & Ball Size

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## ***GAME DURATION, BALL SIZE AND OVERTIME PERIODS***

### ***MR-2.1 Game Duration***

<b><u>Age Group</u></b>	<b><u>Game Duration</u></b>	<b><u>Ball Size</u></b>
Under 13	Two 35 min. halves	#5
Under 14	Two 35 min. halves	#5
Under 15	Two 40 min. halves	#5
Under 16	Two 40 min. halves	#5
Under 17	Two 45 min. halves	#5
Under 18	Two 45 min. halves	#5
Under 19	Two 45 min. halves	#5

Note: There shall be a five (5) minute break between halves or periods. For U16 and above, there shall be a max of fifteen (15) minute break between halves or periods.

# Age: U13+ League Comparison

## HSA League

- U6 – U12
- Enough teams to support local league
- Administered by HSA (HSC & WSSC)

## Transition at U13+

- Roster Expanded (18 for U13/U14, 22 for older)
- Fewer players in age group

## South Sound United League (SSUL)

- 5 Adjacent Associations ([SSUL – About Us - Member Associations](#))
- Divisions by competitive level (when available)
- Birth year age groups
- Administered by SSUL Board ([SSUL – About Us – Organization](#))

WSSC Participation in SSUL		
Age	Female	Male
2011 (U13)	1	2
2010 (U14)	1	4
2009 (U15)	0	3
2008 (U16)	1	1
2007 (U17)	0	0
2006 (U18)	1	0
2005 (U19)	0	1

# Age: U13+ - SSUL Coach Logistics

---

Logistics Management up to each participating club, WSSC league loses control, coaches manage more aspects

Affinity used as system for intra-league player/game scheduling and scoring (same system used for U12). Coaches enter scores.

Ensure each player has uploaded a picture in their Affinity account(do not enter jersey number)

RMA cleared team official MUST print 2 copies of game day roster (open 2 days before match)

Home (white) and Away jerseys. Bring both on matchday in case of color conflicts

Contact opponent ASAP if rescheduling requested, likely unable to fulfill

Follow FIFA weather protocols (lightning, heat, cold)

**No RMA cleared team official = no game (Should have two+ RMA cleared official per team)**

Review & Read SSUL Operating Procedures & Rules of Competition: [SSUL – League Docs](#)

Practice locations / times / availability managed via web application – details pending final field details



# Age: U13+ - Notes / Recommendations

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Solicit / Recruit a Team Manager to handle team admin (carpool organization, roster printing, sideline bench, canopy, etc.). Much higher admin workload compared to HSA league

Timely HSA scheduling WSSC/HSC home fields, be flexible for road game schedule

Contact opponent each week and confirm: Jersey Colors, unique characteristics of home field (if applicable)

Home team defines spectator rules, refs may or may not support

Rare circumstances for rescheduling, multi-team coaches (HC and AC) need to renew RMA now

Please supply Triad feedback, no access outside of Triad

**No RMA cleared team official = no game (should be at least 2 per team)**

Record scores and cards (red and yellow) of both teams during the match for data entry

FAQ distributed after breakout session

# References

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# Other info – All at WSSC Website

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Agreement, Parent / Spectator: [Resources – Parent / Spectator Agreement](#)

Agreement, Player: Resources – [WSSC Player Agreement](#)

Coaches Code of Ethics: [Resources – Coaches Code of Ethics](#)

Pictures: [Team Central – Team Picture Day](#)

Player Reg. & Assignment Guidelines: [About Us – Policies and Procedures - Player Assignment Guidelines](#)

Player Fee Refunds: [About Us – Policies and Procedures - WSSC Reimbursement Policies](#)

Tournament Guidelines and Reimbursement: [About Us – Policies and Procedures - Tournament Guidelines](#)

Tournaments, Regional WYS Sanctioned : [WYS – Cups – Sanctioned Tournaments](#)

Tournament, WYS Recreational Cup (Rec team focused): [WYS – Cups – Recreational Cup](#)

Tournament, WYS Founders Cup (Highest level WSSC clubs are eligible for): [WYS – Cups – Founders-Cup](#)

# Eligible Players

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It is the responsibility of the coach to only allow players in good standing that are listed on their official team roster to participate in a match.

If it is determined that an ineligible player participated in a game, whether deliberately or unknowingly, the team may be required to forfeit every game in which the ineligible player(s) took part, and the coach may be suspended from the league.

Playing improperly registered or ineligible players will cause the team to be NOT IN GOOD STANDING.

Teams NOT IN GOOD STANDING may be deprived of WSSC goods and/or services by a decision of the WSSC board.

In extreme cases, the team may be disbanded and all fees and dues paid by the team and/or team players may be forfeited.



# Recruiting

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WSSC is a recreational club that encourages fair play.

Improving one team at the expense of another team is not fair play.

WSSC will not tolerate any recruiting of players from one team to another.

Under no circumstances should a coach or team official contact a player from another team for the purposes of bringing that player over to their team.

If a player wants to play on another team, the parents and coaches of both teams should participate in the discussion.

# League Structure

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WSSC teams are placed into four (4) different leagues, depending on age and competition level.

HSA: CoEd U06/07 – Rec in-association league: [Programs - CoEd U06/U07](#)

HSA: U08-U12 – Rec in-association league: [www.highlinesa.org](http://www.highlinesa.org)

SSUL: U13+ - Rec and Select inter-association league: [South Sound United League \(SSUL\)](#)

NPSL: U13+ - Select regional league: [North Puget Sound League \(NPSL\)](#)

# Emergency Action Plan (EAP)

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The goal is to have specific steps listed to reduce time and confusion in a medical emergency

This includes specifics where the entrance is, field locations, and field numbers

This includes if you have an emergency as well. Verify your parents and other team officials know where it is stored and have seen it



## EAP Template

# The Buildout Line

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Also available at: [HSA – Matchday - Rules](#)



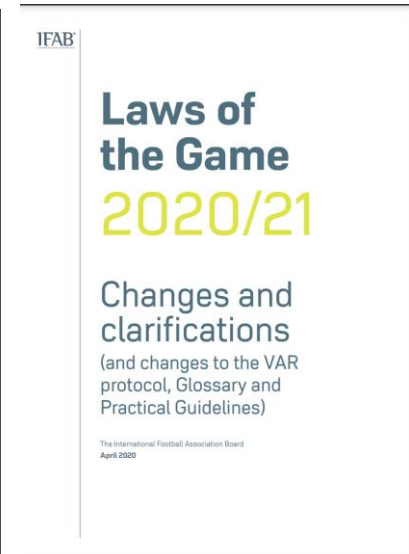
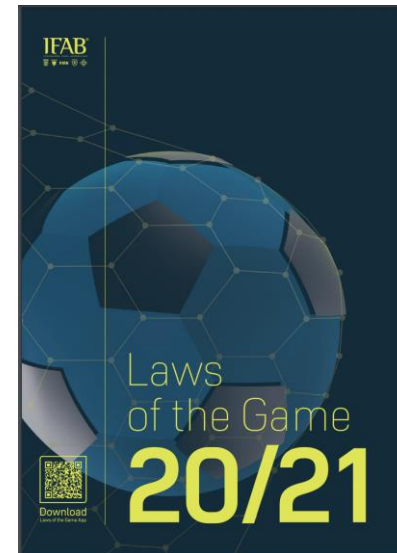
hsa\_build-out\_line\_rule.pdf

# Laws of the Game & Changes

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Current laws and updated adopted June 2020

<http://www.theifab.com/laws>



# FIFA 11+ ACL Inj. Prevention

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The FIFA 11+ program was designed for injury prevention

This is especially significant for female players who have a higher incidence of ACL injury

It is designed to take only 20 minutes

Focuses on core and leg strength, balance, and plyometrics



FIFA 11 Plus - Workbook.pdf



FIFA 11 Plus - Summary Poster.pdf

# Volunteer Match Letter

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End of season  
match letter to Coach