





2025 Fall Coaches Meeting Agenda

- Introductions
- Youth Soccer Landscape
- Starting Off on the Right Foot
- Health & Safety
 - RMA, SafeSport, SCA, Concussion, Environmental
- Season Details
- Fields
- Expectations
- Referees
- Rules
- Uniforms
- Q&A







2025/2026 Volunteer Board and Directors					
President	Steve Balsiger	president.highlinesc@gmail.com			
VP Comp/Admin	Chris Braun	christopher.braun14@gmail.com			
Treasurer	<open></open>	<pre><steve> highlinesc.treasurer@gmail.com</steve></pre>			
Secretary	<open></open>	<steve></steve>			
Registrar	Miranda Olsen	highlinesc.registrar@gmail.com			
Coed Mini's (U06/07) Director	Lourdes Morales	ofsof2012@yahoo.com			
Boys HSA (U08-U12) Director	Lisa Corner	lcorner@comcast.net			
Girls HSA (U08-U12) Director	<open></open>	<steve></steve>			
SSUL (U13-U18) Director	<open></open>	<chris></chris>			
Practice & Game Field Scheduler	<open></open>	<steve></steve>			
Community Representative	Lourdes Morales	ofsof2012@yahoo.com			



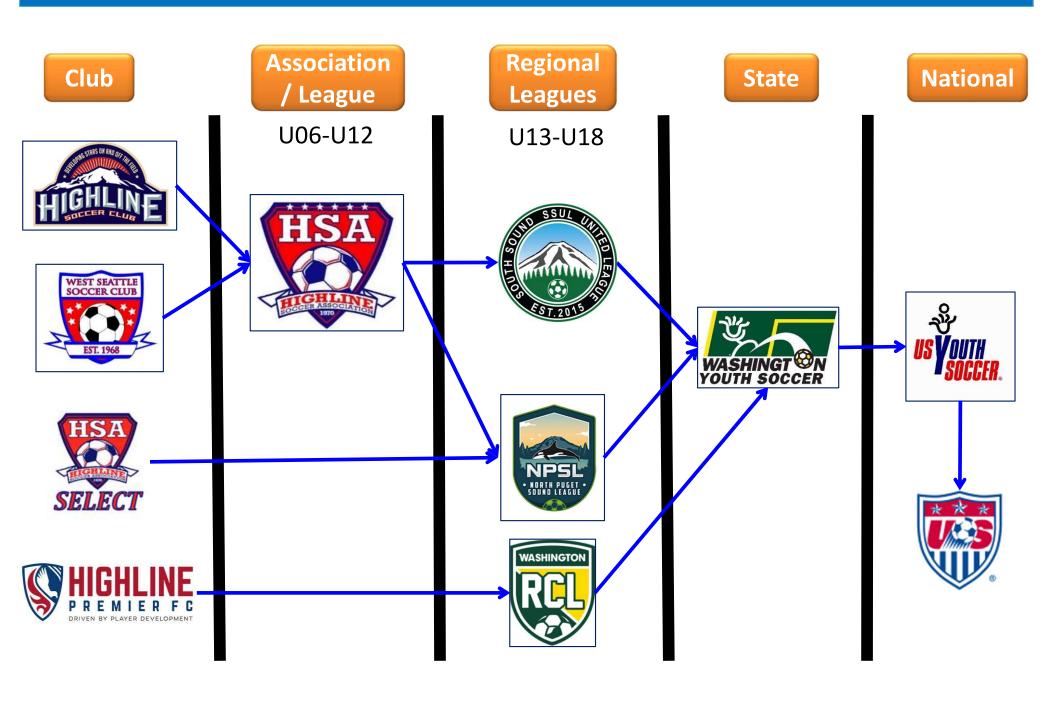
HSC 2025 Fall Coaches Meeting

- #1 THANK YOU FOR VOLUNTEERING TO COACH
- You are the heart & soul of our Club, representing HSC to our players, families and peer Clubs
- Your Board is here to help: <u>info.highlinesc@gmail.com</u>





Youth Soccer Landscape in Washington





HSC Teams - 2025 Fall HSA Season

27 HSC Teams in HSA League

	Coed U06-U07
Coed U07	HSC CU07 Little Sounders (Cuko)
Coed U07	HSC CU07 TBD02 (Robinson)
Coed U07	HSC CU07 TBD03 (Fay)
Coed U06	HSC CU06 Dino Ninjas (Reynolds Lopez)
Coed U06	HSC CU06 Fireball FC (Vert)
Coed U06	HSC CU06 TBD03 (Hill)
Coed U06	HSC CU06 TBD04 (Archer)

	HSA U08-U12 Girls
GU12	HSC GU12 Pandas (Contreras)
GU12	HSC GU12 Sockeye Strikers (Higgins)
GU11	HSC GU11 Tornado Tigers (Carter)
GU10	HSC GU10 Wild Waves (Murphy)
GU09	HSC GU09 Waves (Luoma)
GU08	HSC GU08 TBD01 (Delano-Rainey)
GU08	HSC GU08 TBD02 (Davidson)

	HSA U08-U12 Boys
BU12	HSC BU12 Gunners (Toner)
BU12	HSC BU12 Phantoms (Printz)
BU11	HSC BU11 FC United (Barton)
BU11	HSC BU11 Lynx (Torres)
BU11	HSC BU11 Warriors (Izem)
BU10	HSC BU10 Hawks (TBD)
BU10	HSC BU10 Swamp Monsters (Jones)
BU10	HSC BU10 Orcas FC (Greenberg)
BU09	HSC BU09 BTown Bombers (Murphy)
BU09	HSC BU09 TBD02 (TBD)
BU08	HSC BU08 Lions (Huerta)
BU08	HSC BU08 TBD02 (Moe)
BU08	HSC BU08 TBD03 (Boehme)



Starting Off on the Right Foot

- Register as a Coach (or Team Manager) and complete SafeSport, Intro to Safety (Concussion & Sudden Cardiac) Certs, then submit for RMA background clearance
- Provide roster information to age group director
- Contact player families to register their son/daughter
- Attend Coaches Meeting
- 5. Rosters will be posted to all team members once RMA's are Approved
- 6. Access Sports Connect and communicate with player families
- 7. Host a team/parent meeting to set expectations for sideline conduct
- 8. Communicate game schedule, links will be posted on our website
 - HSA U06/U07 CoEd begins Sunday, Sep 14th, ends Nov 2nd
 - HSA U08-U12 League games begin Saturday, Sep 13th, ends Nov 15th
 - SSUL/NPSL League games begin Saturday, Sep 6th, ends Nov 23rd



Two (*or more*) RMA-Cleared Adults for each Team

- Register with HSC as a volunteer through Sports Connect.
- Online courses and certification for SafeSport,
 Concussion Awareness and Sudden Cardiac Arrest are required prior to RMA approval.
- We can't give access to Team details to coaches if their RMA is expired.



* On February 14th, 2018, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 was enacted by Congress and became federal law. The new legislation is a response to sexual abuse revealed in and around USA Gymnastics — but the impact of the legislation reaches far beyond Olympic-level sport. The Act creates a new 'standard of care' for all organizations providing youth sport programming: youth sport ministries, school leagues and athletics, camps, country club leagues, and more. In short, the new Act requires Prevention Training and Prevention Policies.



Health & Safety – SafeSport

- Federal Law
- US Soccer Mandate
- Physical Misconduct
- Sexual Misconduct
- Emotional Misconduct
- Bullying
- Harassment
- Hazing

SEE SOMETHING, SAY SOMETHING

REPORT TO:

mailto:info.highlinesc@gmail.com



Health & Safety – Sudden Cardiac Awareness



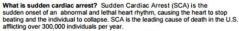












SCA is also the leading cause of sudden death in young athletes during sports

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.

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



- 2 CALL 9-1-1
- . Call for help and for an AED
- Begin chest compre Push hard/ push fast (100 per minute)
- 4. AED
- 5. CONTINUE CARE
- Continue CPR and AED un EMS arrives



- 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.









Health & Safety – SCA Signs and Symptoms

- 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.





Health & Safety – Concussion Education



- WHEN IN DOUBT, SIT THEM OUT!
- Notify Parents and HSC 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.



Health & Safety – Environmental Conditions

- US Soccer's Player Health and Safety Program Recognize to Recover
- US Soccer's Recognize to Recover Environmental Conditions
- Heat Guidelines (HSA is in Category 1 Region): Heat Guidelines
- Air Quality Index Guidelines
- <u>Lightning & Severe Weather (HSA)</u>
- Snow & Stormy Weather (HSA)



Health & Safety – Other

- Use Sports Connect to communicate with players
- Ensure another adult is present when you are with the players – including carpools
- Verify your medical release form is present
- Write player uniform number on medical release form – others may not know all the players' names

- Always check the field before play for debris, litter, and dog waste
- Always check goals are secured
- 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
- Properly store goals do not assume another team is coming



2025 Fall Season Dates

• Mid-Aug: HSC field permits open

Aug 13: U06-U12 Fall Coaches Meeting

• **Sep 6:** HSA U08-U12 Jamboree

SSUL/NPSL: Fall Season Begins

• **Sep 13:** HSA League U08-U12: Fall Season Begins

• Sep 14: HSA CoEd U06/U07: Fall Season Begins

• Late Sept: WYS Rec Cup Registration Closes

• **Sep 27:** HSC Team Photo Day

• **Nov:** WYS Rec Cup Opening Games

• Nov 2: HSA CoEd U06/U07 Season Ends

• Nov 15: HSA League U08-U12 Season Ends

Nov 19 TBC: HSA All Stars (U08-U10) — Training

• Nov 22 TBC: HSA All Stars (U08-U10) — Event

Nov 23: SSUL/NPSL Season Ends

Mid-Dec: WYS Rec Cup Semi-Finals & Finals

• Feb 2026: 2026 Spring Registration Opens



Game Schedules

- Season Opens weekend of Sep 13/14 and runs through November 15/16
- Game schedules are maintained in Affinity and can be accessed here:

or HSC website >> Team Central >> Schedules >>

2025 Fall Posted Schedules

or your SC Team Page

or HSA League Schedule

- Some divisions will have byes due to an odd number of teams
- Re-scheduling will need to be coordinated with opposing team and club game scheduler.
- * NOTE: If you cancel or reschedule your game for any reason, please contact us (info.highlinesc@gmail.com) so we can inform referees and assure field availability



Fields – Practices

- Need Field Scheduler <u>mailto: info.highlinesc@gmail.com</u>
- Sign-up today or email your practice field request
- We will keep the <u>Practice Field Schedule</u> updated on our website
- HSC has acquired Field Reservations and Permits for:
 - Valley Ridge Park Valley Ridge #2 (Mon Thu's, Aug 18 Dec 11)
 - North SeaTac Park Softball Field #1 (Tue & Thu's, Aug 19 Oct 30)
 - Normandy Park City Hall Lower Field (Mon Thu's, Aug 18 Oct 30)
 - Chelsea Park Soccer Field (Tue & Thu's, Aug 19 Oct 30)
 - Gregory Heights Elementary School (Mon Thu's, Aug 18 Oct 30)
 - Marvista Elementary School (Mon Thu's, Aug 18 Oct 30)
 - North Hill Elementary School (Mon Thu's, Aug 18 Oct 30)
- Other field options that are "non-reservable" include Lake Burien Park, Lakeview Park, State Field (S 192nd St and 4th Ave S)



Fields – Home Games

- U06/U07: Hiawatha
- U08: Chelsea Park
- U09: North SeaTac Baseball
- U10: North SeaTac Baseball
- U11: Moshier #1
- U12: Moshier #1
- U13/U14: North SeaTac Soccer #1
- U15+: TBD (Sundays)

Fields – Away Games

- U06/U07: Hiawatha
- U08: Riverview South
- U09: Fairmont & Roxhill South
- U10: Riverview North
- U11: EC Hughes
- U12: Highland Park
- Please assist WSSC with setup and stowing of goals, cable combos are 7908
- U13+: South Puget Sound

Fields – Sorry NO Dogs!



- Dogs are NOT allowed at organized athletic fields, beaches, or children's play areas in Seattle parks, per the Seattle Municipal Code.
- Please tell your team families to leave their pets at home during practices and matches.





Expectations

- Team Conduct -- Coaches, Players, and Spectators
 Strict adherence to HSC and WYS Code of Conduct!
- The coach is responsible for the conduct of the entire team and their supporters -- Be positive! Be a role model!
- Model poise, integrity, and good sportsmanship!
 (Players and Sidelines will follow your lead)
- 50% playing time for EVERY player in good standing (per HSC Player Agreement) regardless of level of competition



Coach Expectations – Before the Match

- Check the schedule to make sure there are no changes or revisions!
- Click on your opponent's team name on the Schedule to view their contact information.
- Contact your scheduled opponent the week of the match to verify the field assignment, game time, and opponent's uniform colors.
- If there is a color conflict it is the responsibility of the HOME team to change colors. Home team supplies the match ball.
- Know the rules! Rules Posted at:
 HSC website >> Resources >> Rules >> HSA League Rules & Fair Play
- Be Prepared
 - Have a Plan
 - Have Team Roster and Medical Releases
- Arrive EARLY

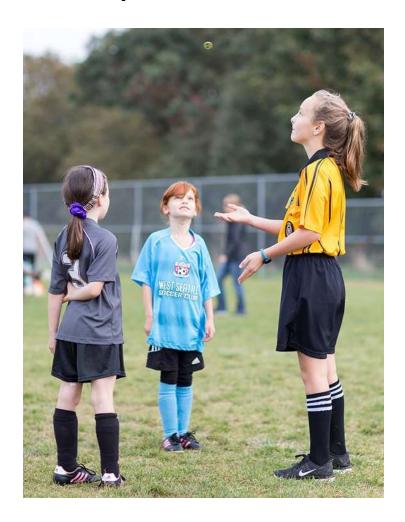


Coach Expectations – During/After the Match

- Be a role model!
- Demonstrate good sportsmanship for your players and supporters and assure that they follow your good example!
- Be POSITIVE or be silent!
- Do not challenge the officials calls!
- Keep matches competitive
- 3-Goal Courtesy Rule (add a player, limit touches, left foot only)
- Post-game "air" shakes with referee and opponents
- Be good field stewards. Check for equipment left behind and leave the fields free from garbage and debris



Respect the Referee!



- Be POSITIVE or be silent!
- Referees ref Coaches coach Parents parent
- Do not challenge the officials calls on the field!
- Provide ALL Constructive Feedback Good or Bad via <u>www.triassoccercentral.org</u>
- NOTE: Referees provide TRIAS feedback on Coaches and sideline behavior
- US Soccer Referee Abuse Prevention

New Referee Abuse Rules and Penalties

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

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

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

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

KEY PENALTY FACTORS

- Single offenses are at minimum the prescribed game penalty or time penalty for non red zone offenses
- Penalties can be both game and time depending on severity / circumstances
- Second time offenders receive double punishment
- Third time offenders receive a lifetime ban
- More than one offense at the same time is at least the punishment for the most serious offense
- Offenses against minors are automatically subject to a "minor multiplier" resulting in triple punishment
- One offense warning per league to be managed by states and leagues collaboratively
- Game consequences are inclusive of 1 game penalty for any red cards given
- Optionality for 50% penalty for first offense from a minor

Please follow your current reporting structure - updated reporting procedure will be a part of Phase 3.

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



Respect the Referee!

- Know the Rules for your Age Group! <u>HSA League Rules & Fair Play</u>
- Ask questions BEFORE the match (good to confirm length of half, rules, build out line, etc)
- Control team and sideline conduct Coaches are responsible for their team and spectators. The Coach can be cautioned for any individual's sideline behavior, including spectators
- Post-game "air" shakes with referee and opponents

Consider becoming a Referee

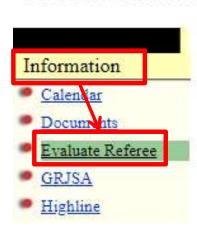
- HSC reimburses new referees for fees paid to attend classes
- Excellent job for coaches, parents and siblings. Minimum age is 13 years old, one of the few jobs available at that age
- You select the games you want to ref, on your schedule



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
- http://www.triassoccercentral.org/





Information

The Information segment of o

TriasSoccerCentral

TriasSoccerCentral is a not for and <u>Highline</u>). Our goal is to as

If you cannot locate the inform

Mailing Address

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



General Soccer Rules

- The purpose of the Modified soccer format is to allow players to play the game in a format that will maximize player enjoyment of the game while teaching them the skills that they will need as they grow older.
- No standings are kept until U11 and above and for the Fall season only
- No heading until U13 and above
- All players are to be played at least 50% of the time
- All players must wear shin guards
- No toe cleats (i.e., baseball or football cleats). Cleats are not required.
- All players must be properly registered with HSC and on your team roster
- Only players registered with HSC may participate in practices
- No jewelry is allowed on a player at all. The player will not be allowed to play if they have jewelry on. Including soft cloth necklaces or bracelets, NO earrings
 - Jewelry Exception: Medical alert bracelets if taped down securely with info showing



General Soccer Rules

- 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
- It is only an infraction if the referee whistles for it.
- "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.
- 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. NOTE: entering or leaving the field of play without the referee's permission is a cautionable offence
- Home teams supply the match ball
- Home team is responsible to change if there is a uniform color conflict



Modified Soccer Rules

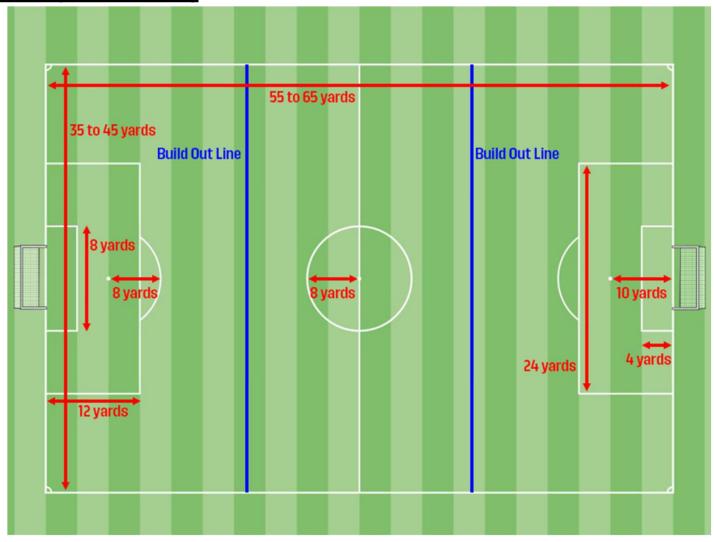
- Know the Rules for your age group "U"
- HSA Modified Rules Posted at (*print a copy for reference*):

HSC website >> Resources >> Rules >> HSA League Rules & Fair Play

HSA	Player Birth Year 2025 Fall - 2026 Spring Seasons	2020	2019	2018	2017	2016	2015	2014
	Age Group	U06 Under 6	U07 Under 7	U08 Under 8	U09 Under 9	U10 Under 10	U11 Under 11	U12 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	Y
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	Υ	Υ
FIFA Law 03 The Players	Goalie Allowed to Punt or Drop Kick Ball	N/A	N/A	N	N	N	N	N
FIFA Law 04 The Players' Equipment	Players' Equipment	Standard Game Laws						
FIFA Law 05 The Referee	Referees Provided	N	N	optional	Y	Y	Y	Υ
FIFA Law 06 The Other Match Officials	A/Rs Used	N	N	N	N	N	Y	Υ
FIFA Law 07 The Duration of the Match	Game Time (# periods x minutes)	2 x 16	2 x 16	2 x 25	2 x 25	2 x 25	2 x 30	2 x 30



Build Out Line (U08 – U12)





Build Out Line (U08 – U12)

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense



Build Out Line (U08 – U12)

- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- The goalkeeper can put the ball into play sooner however does so accepting the positioning of the opponents and the consequences of how play resumes



Rule adjustments (3-goal rule) — please add a player if your team falls behind by 3 goals. If you are ahead by 3 goals, please add conditions (such as shooting with your weak foot, passing 3 times before shooting, etc).

NEW for 2023 Fall for U11/U12 HSA League

At halftime, if a Coach believes without mitigating conditions that their team will finish the game with a score in excess of a three-goal margin of victory, they should communicate with their players one of the following conditions.

- 1) Goals should only be attempted by an offensive player shooting with one touch.
- 2) Goals should only be attempted by the offensive team after completing three consecutive passes and only finished with a one-touch shot excepting under conditions of a Corner Kick and on awarded Penalty Kicks.
- 3) Goals should only be attempted by the offensive team after completing three consecutive passes and finished with a one-touch from outside the penalty area excepting under conditions of a Corner Kick and on awarded Penalty Kicks.

The entire responsibility for providing mitigating conditions should be on the Coach who believes their team to be otherwise in an overly dominant position. Coaches should not add players or remove players as this disrupts the play without truly changing the dynamics of the game. Coaches may choose to add further conditions if the recommended ones above are insufficient in their judgment.



Uniforms/Jerseys

- HSC Uniform Page w/Logos
- U06 & U07

HSC provides Full kit (jersey, shorts & socks), players keep kit

U08 thru U10

HSC provides Full kit (jersey, shorts & socks), players keep kit. Jerseys will be Blue/White. Shorts will be black with socks to match jersey color.

• Sizes were provided by parents at registration, please do your best to distribute jerseys by size and not number.

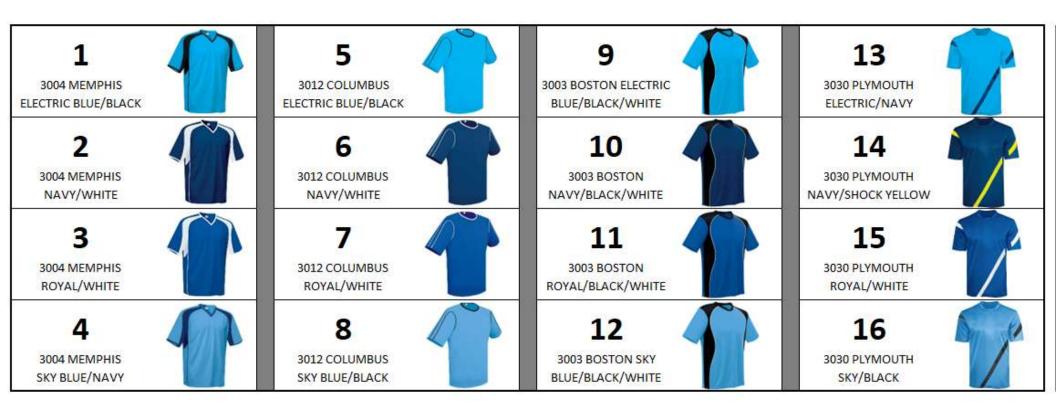
U11 and up

Teams provide their own kits. We recommend Protime Sports in Tukwila who provide HSC teams discounted prices and personalized printing.

Protime Sports - Soccer



HSC Jerseys Styles





Question & Answer





Acronyms

CDC	Center for Disease Control and Prevention		
HPFC	Highline Premier Football Club		
TIFFC			
HSA	Highline Soccer Association		
HSC	Highline Soccer Club		
NFHS	National Federation of State High School Associations		
NPSL	North Puget Sound League		
RMA	Risk Management Application		
PCA	Positive Coaching Alliance		
SCA	Sudden Cardiac Arrest		
SSUL	South Sound United League		
UKISC	UK International Soccer Coaches		
USSF	US Soccer Federation		
WSSC	West Seattle Soccer Club		
WYS	Washington Youth Soccer		