



# Recreational Coaches Manual 2019

## Rec & Rec Plus Division

Version 9.4.2019

### **MUSTANG SOCCER COMPLEX (MSC)**

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*"For more than 30 years, Mustang Soccer has been committed to providing a positive soccer experience, regardless of ability, for the youth community"*



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## CONTACT INFO

Administrator Rec & Rec Plus  
& League Registrar

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[liz@mustangsoccer.com](mailto:liz@mustangsoccer.com)

Soccer Operations Manager

Fred Wilson – ext. 17  
[fredwilson@mustangsoccer.com](mailto:fredwilson@mustangsoccer.com)

Administrator Competitive  
& Field Scheduling

Michaela DeJesus – ext. 18  
[michaela@mustangsoccer.com](mailto:michaela@mustangsoccer.com)

Administrative Manager

Jen Michel – ext. 14  
[jmichel@mustangsoccer.com](mailto:jmichel@mustangsoccer.com)

Accounting Manager

Sandra Ahn – ext. 15  
[sandra@mustansoccer.com](mailto:sandra@mustansoccer.com)

## ADMINISTRATION

Mustang Soccer League and its Board of Directors are the governing bodies on all matters pertaining to the conduct of the youth soccer program.

Registration is open to all youth, ages 4 (as of 7/31) - 18 years old, in the Danville, Alamo, Blackhawk, and Diablo areas (as defined by the San Ramon Valley Unified School District). However, there are “open boundaries” for registering to play in the Recreational & Rec Plus.

Mustang Soccer’s official colors are red and white.

The League’s season begins in mid-August with practice. Games start in early September and will be played on the next 8 or 10 consecutive weekends.

## BOARD OF DIRECTORS 2019

President.....	John Mascali	925.352.7620 mascali@aol.com
Vice President .....	Richard Northing	925.250.4576 rjnorthing@yahoo.com
Treasurer/Secretary .....	Rob Nowacek	510.501.1416 rob@frontlinehe.com
Competitive Director, Boys .....	Richardo Martinez	858.220.0731 ricardo.martinez@amllp.com
Competitive Director, Girls .....	Scott MacDougall	925.837.0488 smacdoug@gmail.com
Recreational Director, Boys .....	Marianne Winter-Greene	925-339-5964 marianne006.mwg@gmail.com
Recreational Director, Girls.....	Tripp McNutt	925-683-1217 tmcnutt@gene.com
Recreational Plus Director .....	Kelvin Downes	505-999-9438 abqvilla@yahoo.com
Equipment Director .....	Christine Godinez	707.344.0632 equipment_director@mustangsoccer.com
Fields Director .....	Greg Luengo	925-915-1227 gregluengo@hotmail.com
Parliamentarian/Historian .....	Melissa Ennen	925.322.7285 melissa_ennen@yahoo.com
Referee Director .....	John Havlik	510-303-7317 john_havlik@hotmail.com
Coach & Player Development Director...	John Doyle	408-464-6138 johndoyle03@icloud.com

# 2019 SEASON HIGHLIGHTS

## Season Registration

- Thursday, Feb 1                      Season Registration Opens (Early Bird Fee Starts)
- Friday, Jun 15                      Open Registration Closes
- Saturday, Jun 16                      Late Registration Starts

## Coaches Meetings

- Thursday, Jul 11                      Rec Plus U9/10 - U16 Coaches Meeting, 6:30 pm
- Tuesday, Jul 16                      Rec UU9/10 - U17/U19 Coaches Meeting, 6:30 pm
- Wednesday, Jul 17                      U7 & U8 Coaches, 6:30 pm
- Wednesday, Aug 7                      U6 Ponies Coaches Meeting & Make-up, 6:30 pm

## Practices

- Thursday, Jul 19                      Registration for Practice Space Opens
- Monday, Jul 30                      Rec Plus Practice & Training Starts
- Monday, Aug 6                      Rec Practice Starts

## Season

- Monday, Jul 29                      Mustang Juniors Starts
- Monday, Sep 2                      Labor Day - No Games on Weekend
- Saturday, Sep 7                      Fall Season Starts for Rec & Rec Plus
- Saturday, Nov 2                      Fall Season Ends for Rec & Rec Plus

## Tournaments

- Sat Aug 18                      Rec Plus Jamboree
- Sat. & Sun, Sep 21-22                      Rec Plus Saddleback Tournament
- Sun. to Sun, Nov 3-10                      Rec & Rec Plus Dick King Tournament
- Sat. & Sun, Nov 16-17                      Tournament of Champions

## Rec Pre-Season Training

- Monday, Jul 22
- Friday, Jul 26
- Thursday, Aug 1
- Thursday, Aug 8
  - 4:00 pm - 4:45 pm    U7 & U8
  - 5:00 pm - 5:45 pm    U10
  - 6:00 pm - 6:45 pm    U12 & U14
  - 7:00 pm - 8:00 pm    U16 & U19

## Rec Plus Pre-Season Training

- Friday, Aug 16
- Friday, Aug 23

- Friday, Sep 6
  - 4:00 pm - 4:45 pm U10
  - 5:00 pm - 5:45 pm U12
  - 6:00 pm - 7:00 pm U14 & U16

**Rec & Rec Plus Coach Training**

- Monday, Aug 12                      Coaching 101      7:00 pm - 8:00 pm
- Friday, Aug 16                      Coaching 101      7:00 pm - 8:00 pm
- Monday, Aug 19                      Coaching 101      7:00 pm - 8:00 pm
- Friday, Aug 23                      Coaching 101      7:00 pm - 8:00 pm

**PCA (Positive Coaching Alliance) Training - Rec & Rec Plus Coaches**

- Saturday, Aug 24                      9:00 am - 11:00 am
- Wednesday, Sep 4                      7:00 pm - 9:00 pm

**PCA (Positive Coaching Alliance) Training - Rec & Rec Plus Parents**

- Wednesday, Sep 11                      7:00 pm - 9:00 pm

**Uniforms**

- Saturday, Aug 17                      Rec & Rec Plus Uniform Sale MSC, 10 am - 3 pm  
Location: Mustang Soccer Complex

**Rec and Rec Plus Goalie Season Training**

**Boys**

- Thursday, Sep 5
- Monday, Sep 16
- Monday, Sep 30
- Thursday, Oct 10
- Thursday, Sep 17
- Thursday, Oct 24
- 5:30 – 6:30 U9/U10
- 6:30 – 7:30 U11/U12
- 7:30 – 8:30 U13/U14, U15/U16 & U17-U19

**Girls**

- Friday, Aug 23
- Thursday, Sep 5
- Wednesday, Sep 11
- Thursday, Sep 19
- Wednesday, Sep 25
- Friday, Oct 4
- 4:00 – 5:00 U9/U10
- 5:00 – 6:00 U11/U12
- 6:00 – 7:00 U13/U14, U15/U16 & U17-U19

**Photo Day**

- Friday, Aug 16                      2012/2011 Academy Photo Day
- Saturday, Sep 14                      1<sup>st</sup> Team Photo Day at Monte Vista HS
- Saturday, Sep 21                      2<sup>nd</sup> Team Photo Day at Monte Vista HS
- Saturday, Sep 28                      Make-up Photo Day at Monte Vista HS

## AGE GROUP COORDINATORS

Each age group in the Recreational division (Rec & Rec Plus) is assigned an Age Group Coordinator (AGC) who recruits coaches, notifies coaches of changes that occur during the season, and passes out League materials to coaches in the age group.

**\*The Age Group Coordinator (AGC) is your first contact regarding player disciplinary problems or questions regarding the league.**

### 2019 Age Group Coordinators

#### Rec Plus

#### Girls

U10	Rich Smith	<a href="mailto:Rich.smith@chevron.com">Rich.smith@chevron.com</a>	925-389-0061
U12	Matthew McDermott	<a href="mailto:mcdermmw@hotmail.com">mcdermmw@hotmail.com</a>	
U14	Stacey Blackman	<a href="mailto:Stacey.blackman@gmail.com">Stacey.blackman@gmail.com</a>	917-576-1403
U16	Nick Schapiro	<a href="mailto:MUSTANGAGCNICK@GMAIL.COM">MUSTANGAGCNICK@GMAIL.COM</a>	925-487-3773

#### Boys

U10	John Edley	<a href="mailto:Jedley@harrisandsloan.com">Jedley@harrisandsloan.com</a>	916-417-8079
U12	Megan Reeves	<a href="mailto:meganreeves79@gmail.com">meganreeves79@gmail.com</a>	408-242-1127
U14	Julia Wang	<a href="mailto:jwang1712@yahoo.com">jwang1712@yahoo.com</a>	925-216-4512
U16	Rich Braden	<a href="mailto:coachrich.dll1@yahoo.com">coachrich.dll1@yahoo.com</a>	925-984-8663

#### Rec

#### Girls

U6	Deanna Chalfant	<a href="mailto:ddriscoll1882@yahoo.com">ddriscoll1882@yahoo.com</a>	925-413-4178
U7	Denise Roberts	<a href="mailto:deniser1179@hotmail.com">deniser1179@hotmail.com</a>	
U8	Briana Farnden	<a href="mailto:bafarnden@gmail.com">bafarnden@gmail.com</a>	925-963-6188
U9/U10	Tripp McNutt	<a href="mailto:tmcnutt@gene.com">tmcnutt@gene.com</a>	925-683-1217
U11/U12	Jon Clark	<a href="mailto:jon@jdc-ca.com">jon@jdc-ca.com</a>	925-895-3814
U13/U14	Tripp McNutt	<a href="mailto:tmcnutt@gene.com">tmcnutt@gene.com</a>	925-683-1217
U15/U16	Tripp McNutt	<a href="mailto:tmcnutt@gene.com">tmcnutt@gene.com</a>	925-683-1217
U17-U19	Tripp McNutt	<a href="mailto:tmcnutt@gene.com">tmcnutt@gene.com</a>	925-683-1217

#### Boys

U6	Sumayah Jalal	<a href="mailto:sumayah.yasmin@gmail.com">sumayah.yasmin@gmail.com</a>	408-504-8975
U7	Kari Simons	<a href="mailto:karisimons.mustang@gmail.com">karisimons.mustang@gmail.com</a>	925-337-3583
U8	Kari Simons	<a href="mailto:karisimons.mustang@gmail.com">karisimons.mustang@gmail.com</a>	925-337-3583
U9/U10	Liz Granados	<a href="mailto:liz@mustangsoccer.com">liz@mustangsoccer.com</a>	925-648-4121 x19
U11/U12	Mauricio Mora	<a href="mailto:maurico.mb@icloud.com">maurico.mb@icloud.com</a>	510-575-9268
U13/U14	Liz Granados	<a href="mailto:liz@mustangsoccer.com">liz@mustangsoccer.com</a>	925-648-4121 x19
U15/U16	Marianne Winter-Green	<a href="mailto:marianne006.mwg@gmail.com">marianne006.mwg@gmail.com</a>	925-339-5964
U17-U19	Marianne Winter-Green	<a href="mailto:marianne006.mwg@gmail.com">marianne006.mwg@gmail.com</a>	925-339-5964

## PLAYER REGISTRATION/TEAM FORMATION

Only the Mustang Soccer Office can assign players to a team. **No Coach will permit a player to practice or play with the team until he/she is registered and assigned to their team.**

If you are contacted by a youth who wishes to play, refer him/her to Rec & Rec Plus Team at [liz@mustangsoccer.com](mailto:liz@mustangsoccer.com). **Do not promise that the player will be playing for you.** Assignment after initial team formation is made only on the basis of team **need** and with regard to maintaining competitive balance.

All teams are formed based on gender, age group, zone (where you live), school (attending in Fall 2019), and **if possible** one friend request. Friend requests are **NOT GUARANTEED**. It is impossible to grant all friend requests for our 5,000 players. We do our best to balance teams and to maintain parity within each age group, but because we do not hold tryouts it is not promised that all teams will be even in skill.

Returning coaches may choose to retain a core of players from last year's team, with the following restrictions:

U9/U10 may retain 4 players

U11/U12 may retain 5 players

U13/U14 may retain 6 players

U15/U16 may retain 6 players

U17/U19 may retain 6 players

Note: The above numbers include the children of the head and assistant coaches (including twins) and friend requests.

Players may have to travel out of their school or home address zone to practice if there are not enough coaches available in their neighborhood.

**Because of the volume of players, Mustang cannot accept team, coach, carpool or after school care requests.** The only way to guarantee that a player will be on a specific team is for the parent to be part of a coaching team – one head coach and two assistant coaches



## COACH'S CHECKLIST

Your first responsibilities as coach are:

- Within 72 hours of your coach meeting, notify your team members that they are on your team. (This will allow any need to adjust rosters if there has been an administrative error with team formation.) After 72 hours, a team roster will be sent to all the players and their parents.
- Email [liz@mustangsoccer.com](mailto:liz@mustangsoccer.com) with any discrepancies in the information listed on the roster or if you cannot contact a player.
- Please confirm your roster and email [liz@mustangsoccer.com](mailto:liz@mustangsoccer.com) to report any players that are **NOT** going to play this season – so that we may then add a player to your team from the waitlist.
- Schedule a meeting of the players & their parents- get pizza or go to the park together in a casual setting before serious play begins.
- **GET FINGERPRINTED:** To ensure the safety of players, anyone who will be on the field with the children must be fingerprinted. We will have Capital LiveScan at each of our coach meetings to fingerprint anyone who is not in our system. There is no charge for fingerprinting at the coach meetings and you may come to any age group meeting to get fingerprinted. Once you have been fingerprinted for Mustang, you do not need to be fingerprinted every year but if there is a break in your coaching history you may be taken out of our database. If you do not know if you need to be fingerprinted, please email Liz Granados at [liz@mustangsoccer.com](mailto:liz@mustangsoccer.com) and she will verify if you are in the DOJ (Department of Justice) database. If you cannot attend any of the coach meetings, you must contact Liz Granados to make other arrangements to be fingerprinted before the start of the season.

## YOUR TEAM'S FIRST MEETING

At your team meeting you should provide the parents with basic information; your coaching philosophy and expectations, the roles of the referee or parent official in soccer, and your schedule for practices.

Perhaps the most important part of this meeting is to establish the ideals of sportsmanship and the need for participation by parents.

Have the parents sign up for the jobs listed below at your team meeting.

### **Each team needs:**

- At least 1 assistant coach
- Team parent(s) (contact list, pictures and refreshment coordinator, end-of-season party)
- Parent officials (U6-U8)
- At least one Grade 9 Parent Referees (U10-U12)
- Field preparation and maintenance helpers
- Team First Aid person- keeps first aid kit on hand, responds to injuries
- Make a Team Banner and to bring it and set it up at games (optional, some teams may choose to forgo the banner and purchase team sweatshirts or backpacks instead)

### **Provide parents:**

- ♦ Team roster with phone numbers and email addresses
- ♦ List of Equipment: uniform (official jersey, shorts, socks, cleats), shin guards (mandatory), ball (size according to age)
- ♦ Statement of Conduct expected towards referees, parent officials, opposing team and players
- ♦ Practice field and times (coaches will select weekly practice times online through Bonzi)
- ♦ Provisions for players not picked up on time from practice
- ♦ Game schedule (available in late August)

## UNIFORMS

**Rec and Rec Plus uniforms** are available for purchase at the Parking Lot Sale on Saturday, August 17<sup>th</sup> from 10:00 am – 3:00 pm at MSC (Mustang Soccer Complex) or go to Soccer Pro after that date ONLY:

**Soccer Pro**

6635 Dublin Blvd Ste. F  
Dublin, CA 94568  
925-803-4435

Hours are:

Mon-Friday 10-7

Saturday 10-5

Sunday 11-4

- **Uniforms for U6-U8 are the same as last season:**  
Nike Tiempo II Jersey and Shorts, Park Socks.
- **Uniforms for U9 and Older are the same as last season:**  
Nike Park Derby Jersey, Tiempo II Shorts, Park Socks.

A uniform kit is one white jersey, one red jersey, red shorts & socks.

Home team: Red

Visiting: White

## POSITIVE COACHING ALLIANCE

Mustang Soccer will continue their partnership with the Stanford University Department of Athletics' Positive Coaching Alliance to bring their program of "Honoring The Game" to our coaches, players and parents.

You are extremely important in our organization. You determine the kind of experience our athletes have with sports, and you represent Mustang.

We are committed to the principles of Positive Coaching. We expect our coaches to be "**Double-Goal Coaches**" who want to win and help players learn life lessons and positive character traits from sports.

There will be a Double Coach training session on Saturday, August 24<sup>th</sup> from 9:00 am – 11:00 am and Wednesday, September 4<sup>th</sup> from 7:00 pm – 9:00 pm at the Mustang Soccer Complex and a PCA parent training session on Wednesday, September 11<sup>th</sup> from 7:00 pm – 9:00 pm. Please make every effort to attend and have your parents attend.

## COACH'S TRAINING

The League strongly recommends that its coaches improve their skills each year through training. Mustang offers free coaching clinics through John Doyle Soccer Camps. These coaching clinics will be coupled with the free pre-season skills clinics that are offered to rec and rec plus players. The clinics are designed to prepare players for the beginning of the recreational season and will be an excellent opportunity to observe top notch training in action.

### Coaching Education Dates:

Friday, August 12 <sup>th</sup>	<b>7:00 pm– 8:00 pm</b>	<b>Coaching 101</b>
	Field observation of dribbling training and drills.	
Monday, August 16 <sup>th</sup>	<b>7:00 pm – 8:00 pm</b>	<b>Coaching 101</b>
	Field observation of passing training and drills.	
Friday, August 19 <sup>th</sup>	<b>7:00 pm– 8:00 pm</b>	<b>Coaching 101</b>
	Field observation of striking training and drills.	
Friday, August 23 <sup>th</sup>	<b>7:00 pm – 8:00 pm</b>	<b>Coaching 101</b>
	Instruction on how to get the most out of your players. This session will focus on how coaches talk to their players, when to talk to your players on the field and how to mold players into problem solvers on the field.	

To register to attend any of these coaching clinics, please go to [www.mustangsoccer.com](http://www.mustangsoccer.com), login to your Bonzi account and under the coach section you will be able to register for these classes at no charge.

In addition, Coaching Certification courses are sponsored each year by NSCAA. Visit [www.nscaa.com/education/](http://www.nscaa.com/education/) for more information

## JOHN DOYLE'S TOP 10 COACHING REMINDERS

1. Team meeting:
  - Set your expectations for your players & your parents.
  - Rules regarding absent players at practices and games and the effect on playing time.
2. Practices:
  - Be on time, or early! Prepare your field of play.
  - Be enthusiastic. Make the experience positive. Make the practice enjoyable and the kids will love the game.
  - Teach the fundamentals without the kids knowing it. Practice is where you teach the skills that will make them better in a game.
  - Be organized. Have all the necessary equipment: balls, cones, bibs, goals.
  - Be prepared. Have a lesson plan for your practice.
3. Take the time to learn the names of your players.
4. Move your players from activity to activity. If players are standing, you're doing something wrong.
5. Focus on the fundamentals: dribbling, trapping, passing, shooting.
6. Teach the players the different expectations for each position on the field.
7. Set a positive example through your body language and voice.
8. Pre-Game:
  - Be organized! Have your starting lineup set on your clipboard before you arrive at the field.
  - Set up your team in positions: forwards, midfielders, defenders, goalkeeper.
  - To develop well-rounded players, give them a chance to play different positions.
  - Encourage players to interchange on the field. If a defender attacks make sure another player stays back to fill that position.
  - There should be discipline on the field but encourage creativity. The player that stands and defends all the time will never develop the fitness to make it to the next level.
  - Do your coaching during the week and enjoy the games on the weekend.
9. Don't let things you can't control influence the way you behave, such as poor decisions by the referee, the other coach, or parents of players. Set a good example for your team and parents. The game of soccer is full of mistakes; the referees will make fewer than the teams on the field.
10. Post Game:
  - Never single out individual players. Talk in general of things that can be improved.
  - Better to be a little negative after a win than after a loss.
  - Make notes and talk to your players more in depth at the next practice

## EQUIPMENT

The referee has the final decision on players' equipment in all cases.

**Uniform** The official Mustang Soccer uniform, appropriate to the division, must be worn at all games. Home teams wear red, away teams wear white.

**Shin Guards** Shin guards are required for all practices and games. They must be worn under the socks and must cover a minimum of  $\frac{3}{4}$  of the shin, except they do not have to be longer than 10". The shin runs from the ankle to the knee. Shin guards must be professionally manufactured, worn as intended by the manufacturer, and cannot be modified. The practice of taping the shin guards up high on the shin is not allowed.

**Shoes** Players must wear shoes and the shoes cannot be dangerous to the wearer or to others. Players should utilize a cleat with a molded sole. No baseball cleats are allowed.

**Eyeglasses** Players who must wear eyeglasses are encouraged to wear sports goggles. Players must wear glasses that are safe. Lenses must be unbreakable and frames must be plastic or sturdy metal. Thin wire framed glasses may not be worn.

**Jewelry** Absolutely no jewelry may be worn while participating in any game, practice, tryout, or training session. **Earrings and other piercings cannot be taped and must be removed before taking the field.** Please refrain from putting metal or hard plastic hair clips in player's hair. Contact to the head with a soccer ball or another player can cause these to be driven into the scalp.

**Injuries** Players wearing orthopedic casts, braces or splints (metal, carbon fiber, hard plastic or air) are not eligible to participate in any game, practice, tryout or training session. Elastic-type supports without any metal, carbon fiber or hard plastic are permitted provided the referee does not deem the support to be potentially harmful to other players.

**Balls** Most coaches require players to bring a ball practice. Coaches are provided with 3 balls that may be used for games that are yours to keep. The Home team is responsible for providing the match ball.

**Soccer Ball Size:**

#3	U8 and younger
#4	U9 through U12
#5	U13 and older

## PARENT OFFICIALS & REFEREES

**U6, U7, & U8 Teams:** U6, U7, & U8 teams play On-the-Ball soccer and do not use referees or parent officials.

**U10-U12 Rec & Rec Plus Teams:** U10-U12 Rec & Rec Plus teams use **Grade 8 Parent Referees** to officiate their games. Each team should provide at least 2 parents to be trained by the League as Grade 8 referees. Training is 8 hours and will be provided by the League with courses held at the MSC meeting room (see training schedule below).

The home team will be responsible to provide the center referee, who must be a currently licensed Grade 8 or higher adult. Each team will also be responsible for providing a licensed Grade 8 or higher adult to act as assistant referees.

If only 2 referees are available, the home team will provide a parent to assist as a club linesman. If only one referee is available, both teams will provide one parent to assist as a club linesman. The club linesmen, if not Grade 9 or higher referees, will only help determine if the ball is in or out of play.

If no referees are available both coaches may agree on the appointment of a parent to act as the referee or the game will be forfeited and the score recorded as 0-1 in favor of the visiting team. Coaches are strongly encouraged to avoid situations where a forfeit would be awarded. Once the coaches agree and the game has started, the result of the game will be final.

**U14-U19 Rec & Rec Plus Teams:** U14-U19 Rec & Rec Plus games should be officiated by 3 neutral **Grade 8 Referees** assigned by the League.

If only 2 referees are available, the home team will provide a parent to assist as a club linesman. If only one referee is available, both teams will provide one parent to assist as a club linesman. If the club linesman parent provided is NOT a Grade 9 referee or higher, they will only help determine if the ball is in or out of play.

If no referees are available both coaches may agree on the appointment of a parent to act as the referee or the game will have to be rescheduled. Once the coaches agree on the appointment of a referee and the game has started, the result of the game shall be final.

## PARENT OFFICIAL TRAINING

- Training is sponsored by the Mustang Soccer League and conducted according to United States Soccer Federation instructions
- Class lasts 2 hours
- There is no test for Parent Officials
- There is no cost for the class
- There is no need to register for Parent Official Classes, just attend
- U8 Parent Official classes are held at the Mustang Soccer complex.

## GRADE 8 REFEREE LICENSE

- Training is sponsored by the Mustang Soccer League and conducted according to United States Soccer Federation instructions
- 9 hours of basic soccer training is provided
- A pass of 75% or higher on a multiple choice test is required
- Cost is \$55 per student

For more information, go to the Mustang Soccer website at [www.mustangsoccer.com](http://www.mustangsoccer.com) and click on the Referees tab.



## CONDUCT TOWARDS REFEREES

Providing well-trained, certified referees for over 160 teams is a tremendous task. The Mustang Referee Organization represents over 400 dedicated youths and adults who are on the field during games to provide safety and fairness for our teams. Referee coordinators work hard all season long to provide coverage for the high volume of games that are played.

We all need to keep in mind how difficult it is to be a referee, especially a youth referee. We continue to lose many referees every year because of the harassment they receive from coaches and parents.

The role of referee must be recognized and respected by the coach, the team and the parents. Youth referees must be given the same respect as the adult referees. New referees must learn positioning, signals, timing of calls, flow of the game, command of the sidelines, and administrative issues. With patience and positivity, that referee will become experienced and confident. The referee in a soccer match has **complete authority** over players and coaches from the moment the referee enters the grounds to the time the referee leaves.

Coaches, players, parents, and spectators shall never argue or dispute the decision of the referee or parent official, make derogatory remarks or gestures towards a referee or parent official, or otherwise behave irresponsibly. Keep in mind, this is recreational soccer. We lose otherwise motivated every year due to negative experiences and pressure from coaches and parents.

If the above should occur, the referee or parent official may do the following:

1. Report the incident to the League for further action.
2. Dismiss the coach from the game.
3. Terminate the match and leave.

In addition to the action by the referee or parent official, the League may take further action including:

1. Warning or probation.
2. Suspension from one or more games.
3. Suspension for one or more seasons.

Keep in mind, referees will make mistakes. You are entitled to be disappointed when you think the referee is doing a poor job, but do not express these feelings at the game. It is the coach's responsibility to contact the Director of Referees if he or she feels a referee needs to improve on skills.

## ZERO TOLERANCE

Many parents and coaches believe that commenting negatively, yelling or arguing with the decisions of the game officials is a normal part of youth sports. This is not true and will not be tolerated.

Everyone should realize that just like the players, the referees are a part of the game. A negative comment during a game to a referee heightens the tension for everyone. These comments diminish the Good of the Game.

Coaches, parents, and players are entitled to a difference of opinion; but they are not permitted to display their dissent through word or action. Additionally, coaches are expected to be role a model and teacher of proper behavior to both the players and parents.

### **POSITIVE BEHAVIOR GOALS FOR COACHES**

- Inspire a love for the game and the desire to compete fairly
- Teach players skill, reason, fitness, and logic
- Realize that you are a teacher (and role model) and that the soccer field is a classroom
- Develop respect for the opponents, opposing coaches, and of the officials

It appears that many verbal confrontations revolve around coaches and the official's difference in opinions. Referees are trained to make calls based on FIFA Instruction of the Application of the Laws of the Game. FIFA and CYSA specifically recognize the decisions of the Referee regarding facts connected with play are final.

### **COURSE OF ACTION**

There will be ZERO TOLERANCE toward any **coach or parent** verbally abusing a referee before, during, or after a game. All referees have been instructed to take the following action:

1. Warn the coach of his or the parent's behavior
2. Record on the game card
3. Dismiss the coach from the game- If the problem is larger than one or two people, especially if the problem involves both teams, then the referee is to terminate the match and leave.

All coaches must understand that they are the focal point for their team and their actions, positive and negative, greatly influence the enjoyment of the youth players and parents. Help your players stay in the game by setting the

appropriate example. Additional information can be obtained or comments made by contacting our Director of Referees, John Havlik at [john\\_havlik@hotmail.com](mailto:john_havlik@hotmail.com).

## HOW TO CHECK FOR REFEREES

Referees are assigned for Rec Plus U9/U10, U11/U12, U13/U14, and Rec U13/U14, U15/U16 and U17/U19.

Go to [www.mustangsoccer.com](http://www.mustangsoccer.com)

Click on Referees at the top

Click on Pre-Game Resources – Check for Referees on the left

Scroll to the bottom of the page

Click on “Click here”

Click on “Click here to try to find your group”

From the drop down menu in Select Group, choose Mustang Soccer League (CA)

Choose Mustang Rec/Rec+

Choose your age group (for U13/U14 Rec teams look under U14 D4+ F or M)

Click on your team

Under Officials, if the referee is filled in with green your game has been assigned referees.

**Please note – Most referees are assigned on Friday night so please don't worry if you do not have a referee on Thursday.**

## PRACTICES

Rec & Rec Plus practice and training will begin the week of July 31<sup>st</sup>. Signups for your practice time and field for the season will be done online through Bonzi beginning Monday, July 22<sup>nd</sup>. (Except U6 because ponies don't have practices)

**U6 On-the-Ball Ponies** do NOT practice during the week and may not register for practice space. They get together on Saturdays for small sided games and a snack.

**Rec U7-19:** Coaches are allowed two 1-hour practice time slots per week.

**Rec Plus U10-14:** Coaches are allowed one 1-hour practice time slot and teams will be assigned a second practice with a trainer for the duration of the season.

**Productive practices require planning.** Build your practices around the basic skills that your players need to develop and the basic situations they will face in games. Use drills and games chosen to emphasize particular skills and situations. Just scrimmaging every practice is **NOT** the best way to use your limited practice time. Small-sided games and drills which require participation and frequent ball contact are far more useful than standing in line waiting to shoot or touch the ball.

### GENERAL PRACTICE GUIDELINES:

The feelings that players develop toward themselves and their teammates are strongly influenced by what happens at practice. Strong players must never be allowed to criticize weaker ones. The weaker players are, in fact, very important to the ultimate success of your team, and should be helped and encouraged both by you and their teammates at every opportunity. Less talented players who give up because of negative comments from others cannot help the team; but when those players keep trying, their performance can turn close games into victories.

At the end of the season, you want **ALL** of your players to want to play soccer again.  
**BE POSITIVE!**

### REMEMBER:

Carry the players' emergency contact information with you to **ALL** practices and games in the event of a serious injury. You can get this information on Team Bonzi.

Do not leave any players at the field after practice. Coaches are responsible for waiting until all players are picked up.

Daylight Savings Time: The **week of November 4<sup>th</sup>**, coaches that are still practicing need to make adjustments to their starting times and length of practices as follows:

4-5pm practices change to 3:30-4:15pm

5-6pm practices change to 4:15-5:00pm

6-7pm practices change to 5pm until dark

### **PRACTICE FIELD GUIDELINES:**

- Practice space is limited. Make room for all teams on the field. A U12 team with 11 players will need a larger practice space than a U8 team with only 8 players. Address any problems with your Age Group Coordinator, not with another coach.
- Please do not run over your allotted practice time. This backs up the practices that are scheduled after yours. You should plan on breaking down your field set-up a few minutes prior to the end of your time slot to allow the incoming coach an opportunity to set up. Players can spend the last few minutes of practice cooling down and stretching.
- PLEASE PRACTICE IN THE CENTER OF PRACTICE FIELDS, NOT IN THE MARKED PENALTY AREAS! Practices, not games, tear up the fields and goal areas. Practice field spaces are oriented to minimize practicing in the area directly in front of the goal. Please respect the assigned layout scheme. IF YOU USE A GOAL, PUT IT BACK!

## DISCIPLINARY PROCEDURES FOR PLAYERS

As a coach you have varying levels of discipline available in the case of disruptive or defiant behavior. Your rules and disciplinary procedures should be clearly explained to parents and players at the team meeting prior to the start of the season so that there are no misunderstandings later.

**You should never strike, shake, push, or otherwise physically assault a player, nor direct foul language at a player.** These actions will lead to a hearing before the Mustang Soccer Board of Directors and possible suspension as a coach.

### SUGGESTED DISCIPLINARY PROCEDURES:

- Brief comment
- Pause activity until player(s) cooperate
- Assign the player to run a lap
- Player sits out of next activity, rest of practice, etc.
- For more serious problems, the player may be removed from the game. Players should not be sent home during a practice or game unless they are accompanied by their parents.
- If serious problems continue, the coach should contact the parents personally and inform them, as well as try to work out solutions with them. Consult AGC if desired.
- If, following discussions with the parents and player, the problems continue to the point where team functioning is seriously disrupted, the coach should discuss the problem with the Head of Coaches and may request a hearing to have the player removed from the team. The coach does not have the authority to unilaterally remove a player from the team.

### SUSPENSION FROM GAMES:

A coach may suspend a player for all or a portion of one game for a serious breach of discipline such as serious direct defiance of the coach or intentionally striking another player. Both the player and the parents must be notified of the reason for the full or partial suspension prior to the day of the game, unless the problem occurs during the game.

Game suspensions should occur only rarely. You must be prepared to document your reason for suspending a player if the parents do not agree with the suspension.

Striking a coach or an official will lead to an automatic suspension and probable loss of Mustang Soccer membership.

## ATTENDANCE POLICY

**It is important to remember that this is recreational soccer, and each player should be instilled with the love of the game and not discouraged for events that are typically out of their control!**

1. Attendance and participation at all games and practices is expected by all players.
2. Unexcused absences from practices may result in a reduction of playing time at games.

The following guidelines apply:

Every player in Rec and Rec Plus who attends at least one practice during the week prior to a game is to play at least half of that game.

Players who do not attend either practice, without excused absence, during the week prior to a game may have their playing time limited to less than half of the game, but only in extreme circumstances.

3. Absences at games and practices will be excused for the following reasons: player injury, illness, family emergency, or conflict with religious activity. All other absences are considered unexcused.
4. Please try to allow all players to play at least half of the game, unless there is a persistent pattern of unexcused absences. Players missing practices as an exception should not be overly penalized. **All players should always play some part of a game they attend.**

## COACH'S CODE OF CONDUCT

Coaches are expected to be positive role models who project the spirit of the sport on and off the field. You are responsible for fairly applying the League's policies.

No coach shall use profanity or make derogatory remarks or gestures to a referee, parent official, player, parent, or spectator. A coach may never strike, shake, push, or otherwise physically assault a player. A coach has the responsibility to ensure that all players receive at least their minimum earned playing time during games.

### Coaches Code:

- Enthusiastically support and practice "everyone plays" and positive coaching philosophies.
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the soccer field.
- Impress on your players that they must abide by the rules of the game at all times.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for any reason.
- Set a good example and be generous with your praise when it is deserved. As much as possible, praise publically and criticize privately.
- Do not question referee judgment or honesty.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players. MUSTANG SOCCER COACHES are responsible for the conduct of their sideline.
- Check the equipment that you use- It should meet safety standards and be appropriate for the age and ability of your players. Bring all safety issues concerning facilities to the attention of the General Manager or Fields Director.
- Follow the advice of a physician when determining when an injured child is ready to play again.
- Abide by the rules of all leagues and tournaments.
- On the same day of any incident, contact (by email, for recording purposes) the appropriate AGC or Director. If you feel a situation is getting out of control, find



a field marshal or other official to observe or assess the game/situation. Do not "take it into your own hands". Defuse, rather than inflate problems.

## GAME SCHEDULE

Game schedules for U6 through U14 can be found on the website at [www.mustangsoccer.com](http://www.mustangsoccer.com). The schedule will be posted late in August approximately 2 weeks prior to opening day.

Game schedules for U16 through U17-U19 can be found at <http://home.gotsoccer.com/>. Click on NorCal Fall League Schedules. Scroll to the bottom of your age group and you will find Nickel Region 3/4 North. Click on Schedule.

## GAMES

**Games require planning.** Decide before the game which players to use in each part of the game and at which position to ensure each player is on the field at least half of the game. We suggest **tables, diagrams**, etc. Don't rely on memory.

**Playing Time.** The goal of recreational soccer is for the kids to play soccer. Every coach is responsible for playing all team members for at least half of every game.

- Playing time sanctions - when a Mustang coach is in violation of minimum playing time rules it will be handled in the following manner:

1st instance – Coach will receive a phone call, reminding him or her of the guidelines.

2nd instance (when verified by a League Official) – Coach will be suspended for one game.

3rd instance (when verified by a League Official) – Coach will be suspended for the remainder of the season.

Verification will consist of the observation of the offense by a Mustang Soccer League Official or designee.

**Warming up.** When warming up, please be considerate of the teams that may already be in the middle of a game on your field. Pre-game drills should not interfere with a game in progress by allowing errant balls to enter the playing field or distracting goalkeepers by practicing in the area behind the goal.

**Sportsmanship.** At the field, you are responsible for not only your players, but also for their parents and other supporters. Make sure they understand right from the start that **A POSITIVE, SPORTSMAN-LIKE ENVIRONMENT IS ESSENTIAL TO MUSTANG SOCCER.** Set the example as coach by encouraging and complementing the players, not berating them. Win or lose, the players will have put considerable effort into the game. Make sure their efforts are acknowledged.

The other team deserves some consideration also. In particular, take steps to prevent a lopsided score. **Winning by more than 5 goals doesn't benefit anyone.** So, if you are dominating the game, use the opportunity to play weaker players and give stronger players experience in other positions.

**Ponies (U6) teams** only meet once per week on their game day. The 1 hour time slot is a combination practice and scrimmage game. For the first 20 minutes, each team takes half of the field to perform warm-up and practice exercises. For the remaining 40 minutes of field time, the two teams will have a scrimmage game. This consists of four 8-minute quarters with a two-minute break in between quarters. See the section on Modification to the Laws of the Game –U for further information. Please end your games on time so that the next teams may take the field on the hour.

## TEAM LOGIN, GAME CARD & SCORE REPORTING

For U6-U8 Rec teams, there is no game card nor reporting of scores since there is no score kept.

### **How to Login to your Team:**

[Rec and Rec Plus U10, U12, U14](#)

Go to [www.mustangsoccer.com](http://www.mustangsoccer.com)

Click on Recreational or Rec Plus tab at the top

Click on Teams on the left

Click on your team name

Click on Team Login found at the top right of your team

You will enter your email address and PIN number to login.

If you do not have a pin, click on the link under the login that says if you don't have a pin# or have forgotten it click here. Enter the email address associated with the team in the new box and a PIN will be sent to that email address.

Confirm the email by looking at your team page and the contact listed. This is who has access to receive the PIN.

Once you have your PIN follow the steps above to login to your team and complete the appropriate tasks. If you input your players, when you print out your game cards you will not have to manually write the names on the card every week.

### **Rec U16 and U17-19**

The schedule of record for home and away games can be found at <http://home.gotsoccer.com/> Click on NorCal Fall League Schedules. Scroll to the bottom of your age group and you will find Nickel Region 3/4 North. Click on Schedule. You will be able to login to your team page directly from the schedule.

### **How to Print Game Cards:**

It is the responsibility of the home team to print the game cards. Player's name and uniform number must be listed for both teams. Both coaches must sign the card.

The Winning team is responsible for retaining the game card. In the event of a tie, the Home team will be responsible for the game card. **In the event of a dispute** the game card will be used to settle any disputes.

To print game cards, follow these directions:

### **Rec and Rec Plus U10, U12, U14**

Go to [www.mustansoccer.com](http://www.mustansoccer.com)

Click on Recreational or Rec Plus Tab

Click on Teams on the left

Click on your team name

Scroll down to the game schedule

In the schedule you will see your team name and your opponent's team name. In between the teams there is a "vs". This is a link. Click on "vs"

At the top of the page, click on Print Match Report PDF

The game card will come up for you to print. Print two copies and bring them to your game. After the game, the home team should take one copy and the visiting team should take one copy.

Both teams will then login to their team page to record the score.

### **Rec U16 and U17-19**

Log into GotSoccer.

From this home page find your event name (NorCal Fall League).

Click on "View" under the Schedule column.

From the schedule click on the PDF symbol or game number to the far left.

Print. Both the home team and away team should bring one copy of the game card for the referee.

**Keep the game card for your records in case there is a score discrepancy.**

### **How to Report Scores:**

#### **Rec and Rec Plus U10, U12, U14**

Go to [www.mustangsoccer.com](http://www.mustangsoccer.com)

Click on Recreational or Rec Plus tab at the top

Click on Teams on the left

Click on your team name

Click on Team Login found at the top right of your team

You will enter your email address and PIN number to login

Click on Team Score Reporting

You will get a list of games that have been played with scores unreported

Please enter the appropriate score for the game

**Note – Both teams must report scores for the score to appear.**

### **Rec U16 and U17-19**

Once a game is complete, both coaches are responsible for logging into their home schedule and recording the score of the game. You can also call in your game score by following these directions:

Dial the toll-free number 1-866-334-6294.

Enter the Pin #. The Pin number for the Nickel League is 6384.

Enter or say the game #.

You will then be told the division, teams playing, and field location – if this is the correct game, confirm by saying YES.

When asked, say or enter the score for each team, then confirm.

You can do more games in the same call, or just say goodbye when done.

## SET UP & TAKE DOWN

**Set Up:** Both teams who play the first game of the day are responsible for field set up. **GOALPOSTS MUST ALWAYS BE ANCHORED.** Failure to do so represents a serious safety hazard. Goals must be anchored in place with the stakes provided prior to the start of the game.

If your team uses the goals, **YOU** are responsible for seeing that they are returned to their place and locked up. Every year, goals are left out and injuries occur from children playing on them after the team has left. **Fines** levied against Mustang Soccer for goals left unsecured to their storage area will be transferred to the team responsible.

**Take Down:** Both teams who play the last game of the day are responsible for take down. The **HOME TEAM COACH IS RESPONSIBLE FOR INSURING THE GOALS ARE LOCKED UP.** As always, whether you are responsible for the field or not, be helpful and do what needs to be done.

Always put away corner flags and goals at the end of every day.

**If there are no teams warming up and waiting to take the field after your game, assume you have the last game of the day and take down the goals!** Remember, the last teams playing with the goals are responsible for putting them away. When in doubt, take them down!

**IMPORTANT:** Please pick up ALL trash before you leave the field.

### REMEMBER:

## All Mustang Fields are Trash-Free Zones!

**Keep the cities of Danville and Alamo happy and leave the fields cleaner than you found them!**

### GAME PROCEDURES

The **home team** will select the side of the field they want to occupy during the game. The visiting team will occupy the other side. Home teams will wear the **red** jersey. If there is a conflict in jersey color for teams wearing 2-piece (non-reversible) jerseys, the home teams shall change or wear pinnies.

All players and team personnel will remain inside the team's bench area. The bench area is defined as the area 10 yards each side of the halfway line and must be a minimum of 1 yard behind the touch area and is usually marked on the sidelines. Coaches (or parents/spectators) giving instructions will not be allowed outside this area. Team personnel will not enter the field without the referee or parent official's permission.

A team unable to field **less than the minimum number of players** as called for by the Laws of the Game within 15 minutes of the scheduled game start time shall forfeit the game and the opponent shall be awarded with a

1-0 win. If both teams are unable to field the minimum number, then both teams will be assessed a 0-1 loss.

If during the course of a game a team is unable to field less than the minimum number of players as called for by the Laws of the Game that team will forfeit the game and the opponent will be awarded the game as a win, with the result standing if the opponent is leading at the time the game is terminated, or with a score of 1-0 if not. If incident(s) during the game cause both teams to be unable to field the minimum number of players and the game to be terminated prematurely, then both teams will be assessed a 0-1 loss.

**Coaching** (giving directions to one's own team on points of strategy and position) is permitted, but only can be given by one coach at a time. Coaching must occur from within the team's bench area, and the tone of voice used must be positive. There is never, under any circumstance, any reason to use profanity or verbally abuse players on or off the field by any coach, parent or player. No coaching is permitted on the field during an injury stoppage. Mechanical noisemakers, such as bullhorns and air horns, may not be used on any Mustang Soccer field at any time.

All other parents and spectators must remain behind the team area and between the penalty boxes (forward of the 18 yard line). No one is ever to be behind the goal line. Coaches are responsible for the behavior of spectators supporting their team. If there is a problem with a spectator, the coach must take care of it.

In the event of a disruptive player, coach, or spectator, referees and parent officials may suspend game play, and, if necessary, terminate a match. The Honor the Game Committee will determine the penalty to be served by the person(s) involved and the outcome of the match. The Honor the Game Committee will also determine the penalty to be served by any player or team official who is sent off (red card) prior to, during, or after a game.

Any coach asked to leave the field may be suspended from his team's next game, and may receive an extra suspension depending on the severity of the offence reported by the Referee and the decision of the Honor the Game Committee.

The use and/or consumption of tobacco products or any alcoholic beverage immediately before, during, or immediately after play of any youth soccer game is expressly prohibited. Disciplinary action will be taken by the League for violation of this rule.

## PLAYER CONCUSSION POLICY

Over the past few years the medical and sport communities have become increasingly aware of the effect head trauma has on the adolescent brain. Commonly known as a concussion, it's characterized by an impairment of the brain's normal function which can be caused by the shaking or jarring of the brain. Not every bump or blow to the head will cause a concussion, however concern over our player's safety is the Mustang Soccer League Club's primary focus.

There are tools to determine if a player has a concussion. Most medical professionals agree that a baseline [ImPACT](#) (Immediate Post-Concussion Assessment and Cognitive Testing) test is one of the best available. This neurocognitive tool is computer based and evaluates an individual's visual and verbal memory, processing speed and reaction time in a pre-concussion state and can be used for comparison purposes after players experience a type of head trauma.

Mustang Soccer League is mandating that all players 14 and older complete a Baseline IMPACT Test in order to participate in Mustang Soccer. This is something Mustang soccer will help to coordinate

Below are the guidelines for players observed or suspected of an injury. Any player in Mustang soccer observed or suspected of a head injury should be removed from all competition immediately and directed to the care of a medical professional educated in concussion protocol with strict adherence to the return to play guidelines outlined below.

### **Concussion Defined (Concussion in Team Sports):**

- Concussions are brain injuries.
- Concussions produce complex physiological processes that occur when traumatic biomechanical forces are applied to the brain.
- Concussions may be caused either by a direct blow to the head, face, neck, or elsewhere on the body, which causes an "impulsive" force to be transmitted to the head.
- Loss of consciousness MAY occur but is NOT necessary for concussion.
- Concussion results in a diverse set of clinical signs and symptoms.
  - The symptoms of concussion may not appear immediately; it may take hours or days for the symptoms to become apparent.

Concussions typically are not visible on traditional neuroimaging (CT scans, MRI). Neuropsychological or "neurocognitive" tests may be used to detect abnormalities in thinking abilities caused by concussion. However, these tests are only one part of the return to play decision process and ideally should be interpreted by a qualified neuropsychologist. Signs & Symptoms of Concussion: Visible Signs (What a coach or observer might see)

- Loss of consciousness/Lying motionless on field Slow to get up



- Unsteady gait
- Falling to ground
- Grabbing/Clutching of head
- Dazed/Confused

Blank or vacant look **Symptoms (What a player reports or is observed during evaluation): Cognitive:** unaware of game specifics (opposition colors, score of game, last play); confusion; amnesia (does not recall events prior to the hit or after the hit); changes in consciousness; not oriented to time, place, or date.

**Physical:** Headache, dizziness, nausea, unsteadiness/loss of balance, feeling “dinged” or stunned or “dazed,” “having my bell rung,” seeing stars or flashing lights, ringing in the ears, and double vision. Difficulties with sleep may develop later – e.g., trouble falling or staying asleep. Sleeping too much.

**Emotional:** Depressed mood, sadness, anxiety, irritable, easily frustrated, and heightened emotionality.

### **What to do if you suspect a concussion has occurred?**

- Remove athlete from play immediately.
- Player should be evaluated by a healthcare professional, specially trained in the evaluation and management of sports concussion.
- Cognitive and Physical Rest
- Neuropsychological Testing
- Graded Exercise progression
- Return to Play

**Remove from play.** Any player who is **suspected** of having a concussion should be removed from play and **not** returned to play in the same day. **Evaluation.** All players suspected of having a concussion should be evaluated by a healthcare

professional who is specifically trained in the evaluation and management of sports concussion. Having obtained a medical or other healthcare degree does not, by itself, indicate that the professional is adequately trained for the evaluation of concussion. The player should not return to play until the healthcare provider has provided written clearance for return to play.

**Cognitive and Physical Rest.** Following concussion, the brain expends much of its energy on trying to recover. Activities that divert the brain's energy will likely prolong symptom resolution. Both physical and cognitive rest are imperative for recovery. The athlete should avoid all types of physical activity including running, jumping, bike riding, etc. Athletes should avoid cognitively taxing activities such as reading, computer use, video games, extended TV watching, excessive texting, etc. It may be necessary for some athletes to take one or more days off from school to allow themselves to recover.

**Neuropsychological Testing.** The use neuropsychological or "neurocognitive" tests has become widespread in the evaluation and management of concussion. These tests measure "thinking" abilities such as learning, memory, problem solving, information processing speed and reaction time, which are often - but not always - affected by concussion. All players in the US Soccer Development Academy will have baseline testing (ImPACT) completed at the start of the season. The test is then repeated after a concussion and the results are compared to the baseline test. The tests have shown to be useful in assessing the effects of concussion even if a baseline test is not available. An appropriately trained neuropsychologist is in the best position to interpret the results of these tests.

**Graded Exercise progression.** Once a player has been symptom free for a minimum of 24 hours, a graded exercise program can be initiated under the guidance of an appropriately trained healthcare professional. The key steps to such a progression are:

1. Light aerobic exercise (e.g. stationary bicycle) for 15-20 minutes (do not allow player to break a sweat).
2. Moderate intensity aerobic exercise (30 minutes, moderate intensity, breaking a sweat). Sport-specific training (ball handling, passing, light running, NO heading).
3. Non-contact training drills, including full exertion interval training (may start light resistance training).
4. Begin Heading Training (steps 1 & 2 below)

5. Full contact training with heading steps 3 & 4

6. Return to competition (game play).

Typically, a player progresses from one step to the next every 24 hours as long as they remain symptom free. If the player develops symptoms during one of the steps the activity should be stopped and the player should be allowed to rest for 24 hours or until symptom free, whichever is later. The player should then return to the prior step and resume the progression.

Patience is key as symptoms may re-emerge during this process. Do not attempt to speed up this process unless under the supervision of a well-qualified concussion specialist who has access to a multi-disciplinary team of qualified healthcare professionals.

### **Heading Training** (Modified from Johnston, et al., 2004)

1. Partner and player inside 6-yd box. Partner tosses ball softly to player; controlled, straight header, within box, perfect technique (ball off forehead, eyes open, mouth closed, and neck rigid). Five tosses straight ahead, then five to the left, and five to the right. If no symptoms occur, then proceed to step 2 the NEXT DAY.

2. Repeat step 1 to start. After an active rest period (run, ball work with feet), partner and player within 18 yd. box. Partner tosses ball (longer distance, slightly harder), player does controlled header with perfect technique within box. Five each straight, left, right. If no symptoms occur, then proceed to step 3 the NEXT DAY.

3. Same as Step 2 with Partner and Player outside 18yd box (longer distance, harder throw). If player remains symptom free, then move to step 4 the following day.

4. Full practice with more dynamic, unpredictable heading.

**Return to Play.** Return to full contact play only occurs after (1) player is symptom free at rest, (2) player remains symptom free after graded exercise progression and heading training, and (3) the player is judged to be at his or her neurocognitive baseline. At this point the appropriately trained healthcare professional should provide a written note clearing the player for full-contact play.

## INSURANCE

In the event of an injury, contact the office for an insurance form. This is secondary insurance; **your player's own insurance program must be utilized first. Insurance covers only registered players.**

## PARENTS

As the coach you are responsible for the behavior of your parents, players, and other spectators at the games. **MAKE SURE THAT NO PARENT EVER HARASSES THE REFEREE**, or walks onto the field during a game.

All spectators should remain on the sidelines (about 5 feet back) in the designated spectator area (between the 18 yard lines), and never behind the goal lines or nets. Remember that pressure from parents takes fun away from the kids.

## PROTESTING A GAME

Division 4 Rec & Rec Plus games may be protested only by writing a description of the protest to Mustang Soccer League, 4680 Camino Tassajara, Danville, CA 94506. This must be postmarked within 48 hours of the protested match. The Mustang Soccer Honor the Game Committee will review the information provided, and, as necessary, contact the involved parties, and render a final ruling in an expeditious manner.

Any game protests must be based only upon alleged violations of the Mustang Soccer Constitution and By-Laws, Mustang Soccer Other Rules, Regulations, and Policies, and/or misapplication of the Laws of the Game. JUDGEMENT calls, such as offside, are not subject to protest. See the Mustang Soccer By-Laws for further information about the League's protest policy.

## RAIN POLICY

In order to protect our playing fields, use of the fields is often restricted in the event of rain.

In the event of rain, always check [www.mustangsoccer.com](http://www.mustangsoccer.com) (green box on the right side of the page) first for the status of fields. DO NOT use the Town of Danville Rain Line – the ultimate authority of whether games will be played lies with the Fields Director. Depending on conditions, field availability may be daily or hourly.

Typically, there is no field use for a 24-hour period if there has been 1 hour of heavy rain, or if standing water is on the field. Note that this restriction only applies to natural grass fields. Turf fields remain open in inclement weather and are closed only when the safety of the athletes is of concern.

Even if the status of a field has not been posted as restricted on the MSL website, the Referee or Parent Official can determine a field dangerous or unplayable, and may even terminate a game in progress. Games terminated prior to the start of the second half are considered un-played.

Extended rain periods may prevent a complete 10 game season. The Board of Directors will then determine the policy for final League standing.

In the event a field has not been restricted as provided for herein, and a team has failed to report for play as scheduled, a forfeit (1-0 win for the team that was present) may be awarded.

## RESCHEDULING OF GAMES

Only the Fields Director is authorized to reschedule a Division 4 league game. Requests must be submitted to the League via email to [michaela@mustangsoccer.com](mailto:michaela@mustangsoccer.com), no less than 10 days prior to the scheduled start of the game. Not all requests for reschedule may be honored. Please note that when you request to reschedule a game, you are impacting all players, parents and refs.

Games reschedule requests will only be considered for the following reasons:

- An error in the schedule (teams play twice on the same day, double booking of fields, etc.)
- Head coach of 2 teams being scheduled for game times that directly overlap with both his/her teams. Back-to-back games will not be rescheduled.
- Team attending a tournament that conflicts with a scheduled game (see below).

- Hardship due to enough of a team's players not being able to show up for a game that they will have to play shorthanded. This must be known at least 10 days in advance and alert the opposing team's coach for permission to change before contacting the office.

Game reschedule requests will NOT be honored for reasons such as:

- Head coach unavailable (use one of your assistants or a parent to supervise the game).
- A few players (or your best player) unavailable for the game.
- Dislike of day, time or field.
- Conflict with game time of another family member.

### **Steps to reschedule a game:**

1. Email the Mustang Office with your request ([michalea@mustangsoccer.com](mailto:michalea@mustangsoccer.com)). Requests must be made at least than 10 days prior to the date of the originally scheduled game.

If you are requesting a change due to inability to provide enough players, please include names of players that will not be able to attend the game and reason.

2. The office will review your request, and if valid, will offer a few reschedule date or time options (if any are available).

3. You must confer with the other coach and agree on one of the options. If the other coach does not agree to reschedule the game at one of the proposed times, the original scheduled game stands (except for an error in scheduling or attending a tournament).

4. Respond to the office with your choice of game time.

5. You will receive confirmation that your game has been rescheduled on Sportability.

Games that are cancelled due to rain are not usually re-scheduled. The two coaches involved may attempt to re-schedule the game at a mutually agreeable time during the week if field space and Referees are available. Contact the Mustang Office ([michaela@mustangsoccer.com](mailto:michaela@mustangsoccer.com)) for further details.

**BANNER**

It is customary but not mandatory for teams to make a banner. Banners must be in good taste. The banner includes your team name and/or a design. Some teams also include each player's name in their design.

During the season the banners are brought to each game. Material with an open mesh for less wind resistance and a framework of PVC pipe are frequently used. Please instruct your set-up people to place the banner **at least 5 feet back** from the sidelines, so as not to interfere with play and the referees. Note that banners may not be set into the artificial turf surface at: MSC, MTV or Sycamore fields. Some teams may prefer to purchase a team sweatshirt, practice t-shirts or backpacks. The choice is up to each team.

## REFRESHMENTS

Customarily, teams provide half-time and end-of-game refreshments for their players. Water in a cooler is best, but players should also bring water bottles. Teams may bring snacks if desired but please clean up trash, including peels.

It is a good idea to have ice available at each sideline on game day to use for injuries.

**THE REFRESHMENT PARENT SHOULD BE TASKED WITH COLLECTING YOUR TEAM'S EMPTY DRINK/FOOD CONTAINERS. PLEASE LEAVE THE FIELDS CLEANER THAN YOU FOUND THEM.**

## TOURNAMENTS

**Pre-Season Jamboree** - The Rec Plus Pre-season Jamboree will be held on August 18<sup>th</sup>. Participation is strictly voluntary. Each team will decide if they want to participate.

**Saddleback Tournament** - The Rec Plus Saddleback Tournament hosted by Mustang Soccer will be held Saturday and Sunday, September 28<sup>th</sup> and 29<sup>th</sup>. Participation is required by all Rec Plus teams. The Tournament will be held at Blackhawk area fields (Sycamore, Diablo Vista, MSC, and others).

**Dick King Tournament** - U9/U10 - U17/U19 (Rec & Rec Plus) season concludes with the Dick King End of Season Tournament. It is single elimination and will produce the League Champion of each age group/gender.

All teams play at least one game in the playoffs regardless of their standings at the end of the season.

These playoff games begin the 2<sup>nd</sup> week of November and will continue through the week and following weekend (Sunday, November 3<sup>rd</sup> to Sunday, November 10<sup>th</sup>). Trophies will be awarded by the AGC at the playing field after each Championship or Consolation game.

**Tournament of Champions** - The Tri Valley Tournament of Champions will be held Saturday, November 16<sup>th</sup> and Sunday, November 17<sup>th</sup>. Winners of the Dick King tournament by age group and division will be invited to participate and Mustang Soccer will pay the registration fees.

## TEAM PHOTOS

Mustang Soccer contracts with a professional photographer to take team and individual photographs. You will be provided with payment envelopes for each player distributed at the Rec and Rec Plus Coaches meetings. The envelopes must be completed and accompany the player to your picture session or you may order photo packages online.

Be sure your team is in official uniform – pictures of teams in alternate attire will not be processed. Photos will be mailed to the head coach of each team.

## END OF SEASON

The end of the season is a great time to get the team and parents together for a party to thank your players and team helpers. You will especially want to thank your assistants, your parents, and your players.

You may wish to make awards or presentations to your players. Please remember everyone in your praise and award presentations. **Awards must be purchased by the team; Mustang only supplies the Dick King and Saddleback trophies.**



## MODIFICATIONS TO LAWS OF THE GAME: GENERAL

All games hosted by the Mustang Soccer League will be played in accordance with the current FIFA Laws of the Game, including all International Board Decisions and current memorandums and advice issued to referees by the United States Soccer Federation (USSF), except as modified below. Current copies of the Laws and memorandums are available from various soccer stores or online.

## MODIFICATIONS TO LAWS OF THE GAME: U6-U8 NEW BALL FORMAT

### Game Format

- 1) U6 4v4 with no goal keeper, U7-U8 5v5 including a goal keeper
- 2) U6 teams will have 10-12 players, U7-U8 teams will have 12-14 players
- 3) Field Dimensions 40x35
- 5) Futsal sized goals or comparable sized club-owned goals (Range of 6'x9'-7'x12')
- 6) Ball size is Size 3
- 7) **No Referee or Parent Official.** This is managed by the coaches

### U6 Playing Rules

- 1) Playing Format: Four 8-minute quarters (one single game)
- 2) No goalkeeper. When a ball goes into the goal, there will be a kickoff.
- 3) No Corner Kicks - When a ball goes out of play over the end line, the coach plays it back into an area on the field based on match needs.
- 4) No free kicks Coach(es) will start play after a foul is called with a new ball
- 5) No Player Throw-Ins - When a ball goes out of play over the sideline, the coach throws in a new ball
- 6) Field Markings will be a 40x35 yard box
- 7) A coned field is OK
  - Must be appropriately sized with no shared sidelines
  - 5 yards between fields when games are played side by side
- 8) Two Simultaneous games will be played side by side with Coaches and teams between the two fields; parents/fans on opposite touchline

- Coaches are allowed on field to help direct play and work cooperatively with opposing coach
  - One coach is in charge of re-introducing the ball for one half of the game and may call serious fouls then the coaches switch
- 9) Field Dimensions
- Ideal size is 40x35
  - Field minimum 35x27
  - Maximum is 40x35

### **U7-U8 Playing Rules**

- 1) Playing Format: Four 10-minute quarters (one single game)
- 2) No Goal keeper punting or goal kicks. A goalie ball starts in the hands of the GK (futsal style). If a goal is scored, there will be a kickoff.
- 3) No Corner Kicks - When a ball goes out of play over the end line, the coach gives ball to GK or plays it to area based on match needs
- 4) No free kicks Coach(es) will start play after a foul is called with a new ball
- 5) No Player Throw-Ins - When a ball goes out of play over the sideline, the coach throws in a new ball
- 6) Field Markings will be a 40x35 yard box
- 7) A coned field is OK
  - Must be appropriately sized with no shared sidelines
  - 10 yards between fields
- 8) Two Simultaneous games will be played side by side with Coaches and teams between the two fields; parents/fans on opposite touchline
  - Coaches are allowed on field to help direct play and work cooperatively with opposing coach
  - One coach is in charge of re-introducing the ball for one half of the game and may call serious fouls then the coaches switch
- 9) Field Dimensions
  - Ideal size is 40x35
  - Field minimum 35x27
  - Maximum is 40x35

## **MODIFICATIONS TO LAWS OF THE GAME: U10-U19**

## **Modifications to Laws of the Game: U10-U19**

### **Law #1: The Field**

The dimensions of the field may range from 45 to 60 yards x 105 to 110 yards. The exact size of the fields will be based on the primary age group assigned to play on the field and the location of the field and will be determined by the League up to the maximums allowed by the Laws.

The goals for U10s should be 7 x 18 feet, or as determined by the league. All other age groups will play with goals 8 x 24 feet. The center circle for U10s shall be 8 yards in radius.

The penalty arc is not required to be painted on U10 fields.

### **Law #2: The Ball**

The ball for U10-U12 will be a size #4, 25-26 inch circumference, 11-13 ounces. The ball for U14-U19 will be a size #5, 27-28 inch circumference, 14-16 ounces. The Home team will provide the game ball. If the Home team does not have a suitable ball, the Visiting team shall provide it.

### **Law #3: Number of Players**

U10: 7v7

U12: 9v9

U14-U19: 11v11

U10 Rec Teams: The maximum number of players on the field will be 7 (one of which will be the goalkeeper). The minimum number of players required to play a game will be 5.

U12 Rec Teams: The maximum number of players on the field will be 9 (one of which will be the goalkeeper). The minimum number of players required to play a game will be 7.

U14-U19 Rec Teams: The maximum number of players on the field will be 11 (one of which will be the goalkeeper). The minimum number of players required to play a game will be 9.

An unlimited number of substitutions may be made as follows:

1. Prior to a throw-in, but only by the team awarded the throw.
2. Prior to a goal kick, by either team

3. After a goal has been scored, by either team
4. After an injury, while play is stopped, by either team
5. At half time
6. When the referee stops play to caution a player, the cautioned player may be substituted prior to the restart of the game. Only the cautioned player may be substituted.

A player may be substituted an unlimited number of times. On all substitutions, the substitute player should not enter the field of play until receiving a signal from the referee, and then at the half-way line.

An injured player may be substituted as allowed in item 4 above. If a player is bleeding, they must be substituted. The injured player may re-enter the game only after all the blood has been removed from the area of bleeding and from any clothing.

Any player receiving a serious injury during a practice or scheduled game (requiring a doctor's attention) must have a written release from a doctor before returning to practice or game play.

Each player will play at least one half of the game's duration (coach's responsibility-see exceptions under Disciplinary Procedures for Players).

#### **Law #4: Equipment**

Shin guards are required for all practices and games. Shin guards must cover a minimum of  $\frac{3}{4}$  of the shin, except they do not have to be longer than 10". The shin runs from the ankle to the knee. Players wearing shin guards that are too short will not be allowed to play.

Players who must wear eyeglasses are encouraged to wear sports goggles. Players must wear glasses that are safe. Lenses must be unbreakable and frames must be unbreakable plastic or sturdy metal.

Absolutely no jewelry may be worn while participating in any game, practice, tryout, or training session. Only medical alert bracelets may be worn; they may be taped as necessary. Earrings and other piercings cannot be taped.

All players, parents, coaches, and referees are required to act as a reasonable person concerning player safety, including protecting players from wearing any equipment or device that is dangerous to the player wearing the equipment or device or to any orthopedic casts, air-splints, or metal splints. Players wearing any dangerous equipment or device including orthopedic casts, air-splints, or metal splints, shall not be eligible to participate in any game, practice, tryout or training session.

The Home team will wear the Red uniform. The goalkeeper will wear a distinctive jersey. It will be the coach's responsibility to have all players in full uniform, appropriate to the division.

### **Law #5 & 6: Referee and Assistant Referee**

All games at the U10 and U12 Division 4 level will be officiated by three Grade 9 (or higher) Referees. Each team will provide one Grade 9 Referee to act as Assistant referees (linesmen), while the Home team shall supply a Grade 9 Referee to act as the center referee. Referees are not coaches and will not coach the players, but may give instructions limited to the Laws of the Game. See the section "Parent Officials and Referees" above for additional information.

A referee who has a conflict of interest, i.e. related to a player, must get the approval of both coaches before proceeding to act as a referee, except for the U10 and U12 Division 4 games noted above. The referee may act as a parent official without the consent of the coaches. A parent official that is acting as a linesman can only call the ball in and out of play.

### **Law #7: Duration of the Match**

The game will consist of two equal halves as follows:

U19..	two	45-minute	halves
U16..	two	40-minute	halves
U14..	two	35-minute	halves
U12..	two	30-minute	halves
U10..	two	25-minute	halves

The half time interval shall be 5 minutes.

Any team unable to field the minimum number of players within 15 minutes of the scheduled start time will forfeit the match and the opponent awarded with a 1-0 win. If both teams are unable to field the minimum number, then both teams will be assessed a 0-1 loss

All games will end on time. Any game that does not start on time will be shortened as required.

### **Law #8: Start of Play**

A goal may be scored directly from a kick-off.

### **Law #12: Fouls and Misconduct**

In all U10 matches, all penalties will result in an indirect free kick (see Law #13).

Parent officials will not show yellow or red cards. However, parent officials may warn (caution) and, if necessary, send off players. In severe cases, the parent official may prevent players from returning to play for the remainder of the game. A player sent off by a parent official may not be replaced, i.e. the team will play short-handed for the remainder of the game.

The goalkeeper will not be charged at any time if he/she is within his/her own penalty area.

### **Laws #13, 14 & 17: Free Kicks and Penalty Kicks**

In all U10 matches, there will be no direct free kicks (and, therefore, no penalty kicks). All kicks will be indirect. This means that the ball must first touch another player before it enters the goal in order for a goal to be scored. No kicks at the goal shall be taken closer to the goal than the edge of the goal box. Defenders must remain at least 8 yards from the ball until it is in play in U10 matches

## **FIELD MAPS & INSTRUCTIONS**

Game days represent a burden for many neighborhoods. All participants in Mustang Soccer must be GOOD NEIGHBORS and respect the rights of those residents who live near the fields. Please instruct your parents to **park in designated parking areas** and not in neighbors' driveways or other inappropriate spots.

It is illegal to park in, or otherwise block, red zones, driveways, pathways/trails, emergency vehicle routes, or turf areas. Violators will be cited. All school fields have parking lots. The following are instructions for parking at several locations within our League boundaries. See [http://www.mustangsoccer.com/Fields/index\\_E.html](http://www.mustangsoccer.com/Fields/index_E.html) for a complete set of maps and other information.

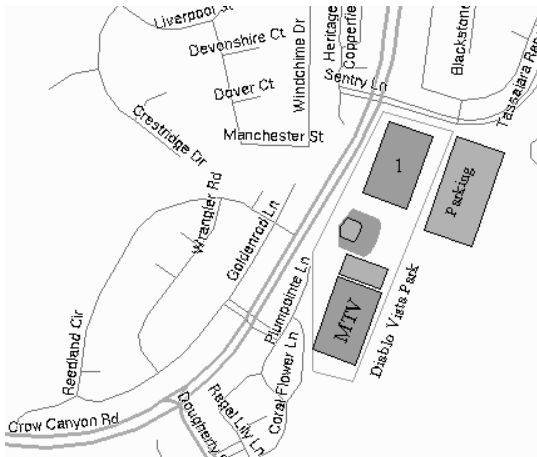


**Alamo Elementary – 100  
Wilson Rd. Alamo.**

Field 1 is closest to Wilson Road, Field 2 is the field furthest from Wilson Road. Avoid parking on the entrance road to the school.

**Athenian School – 2100 Mt. Diablo Scenic Blvd. Danville.** This school is private property and must be treated as such. Please park in the parking lot adjacent to playing field only. Do not park along Mt. Diablo Scenic Blvd or along driveway. Observe posted 5 mph campus speed limit. Please respect the rights of the boarders by staying in the field area and parking lot only. Dogs must be kept on a leash and owners must clean up after them. Please pick up all trash and leave the field clean. Make sure gates around field are kept closed to keep animals out! This field is not town maintained and needs your help to keep it protected.

**Blackhawk Field** – 3000 Blackhawk Rd. Danville. Parking conditions can be hazardous. Please observe the no parking zones along Blackhawk Road.



**Diablo Vista (Snake) Park-  
1000 Tassajara Ranch Dr.**

The parking lot adjacent to MTV is small. A much larger lot is accessible from Tassajara Ranch Dr. Cars parked in red zones will be ticketed. No food or dogs inside gates on MTV. Also, please no chairs or equipment on the turf surface at MTV.

**Greenbrook Elementary – 1475 Harlan Dr. Danville.** Use school parking

lots located on east and south sides of the school or park along Harlan Drive. Do not park on St. James Court. Greenbrook Field #1 is closest to the Iron Horse Trail, while Greenbrook Field #2 is closest to Harlan Drive.





**Green Valley Elementary-1001 Diablo Rd. Danville.**  
 Neighborhood noise ordinance is in effect until 9:00 a.m. Use parking lots on Diablo and McCauley Roads. Do not park on El Cajon.

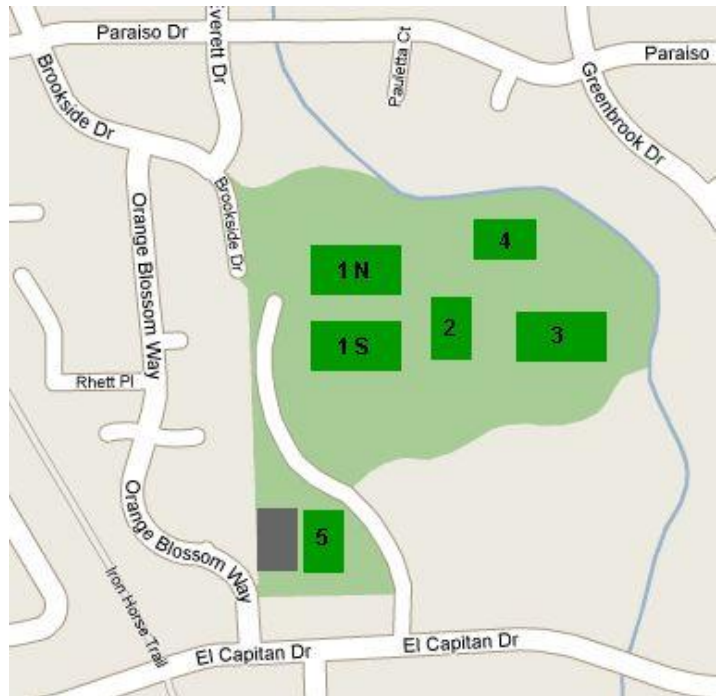
**Montair Elementary School – 300 Quinterra Ln. Danville.** Please observe parking restrictions on Esther Lane. Parking is limited and police will enforce posted regulations.

**Osage Station Park- 816 Brookside Dr. Danville.**

Use main parking lot

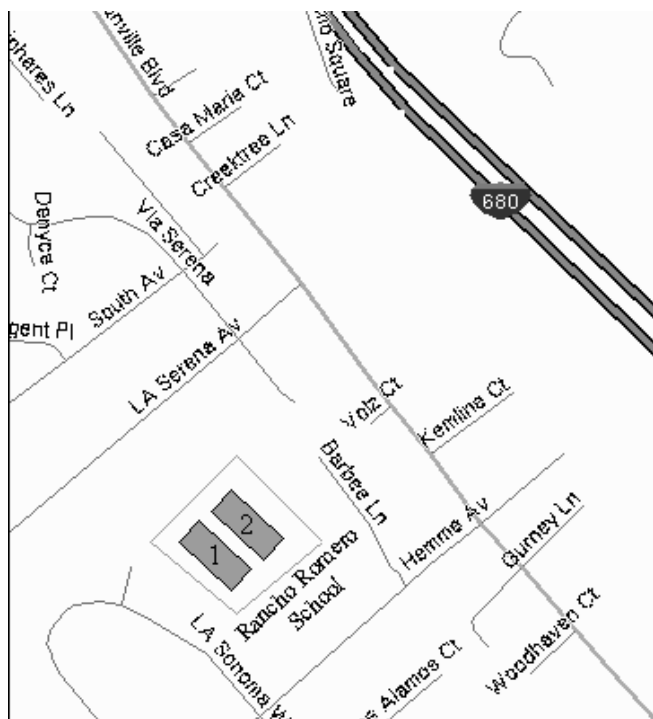
at the end of Brookside Dr. or second lot off of Orange Blossom Way or Charlotte Wood School parking lot.

NOTE: This field layout is subject to change. See [mustangsoccer.com](http://mustangsoccer.com) under



**Rancho Romero  
Elementary School-  
180 Hemme Ave.  
Danville.**

Field 1 is the field  
furthest Left  
(Southwest). Field 2 is  
the field to the Right  
(Northeast).



**San Ramon Valley High School – 140 Love Lane, Danville.** Field 1 is the field closest to the school. Field 2 is closest to the back fence/trail.



**Stone Valley Middle School- 3001 Miranda Ave. Alamo.**

Field 1 is the field furthest South (Left).  
Field 2 is the field furthest North.

**Sycamore Valley Park- 2101 Holbrook Dr. Danville.**

Main parking lot is located on Holbrook. The church lot on Sherburne Hills Rd. may be used for fields 1 & 2. However, please do not use this lot on Sundays before 1:00 p.m. Do not park at the Sycamore Day school loading/unloading area near Field 1. Fields 2&3 are turf.





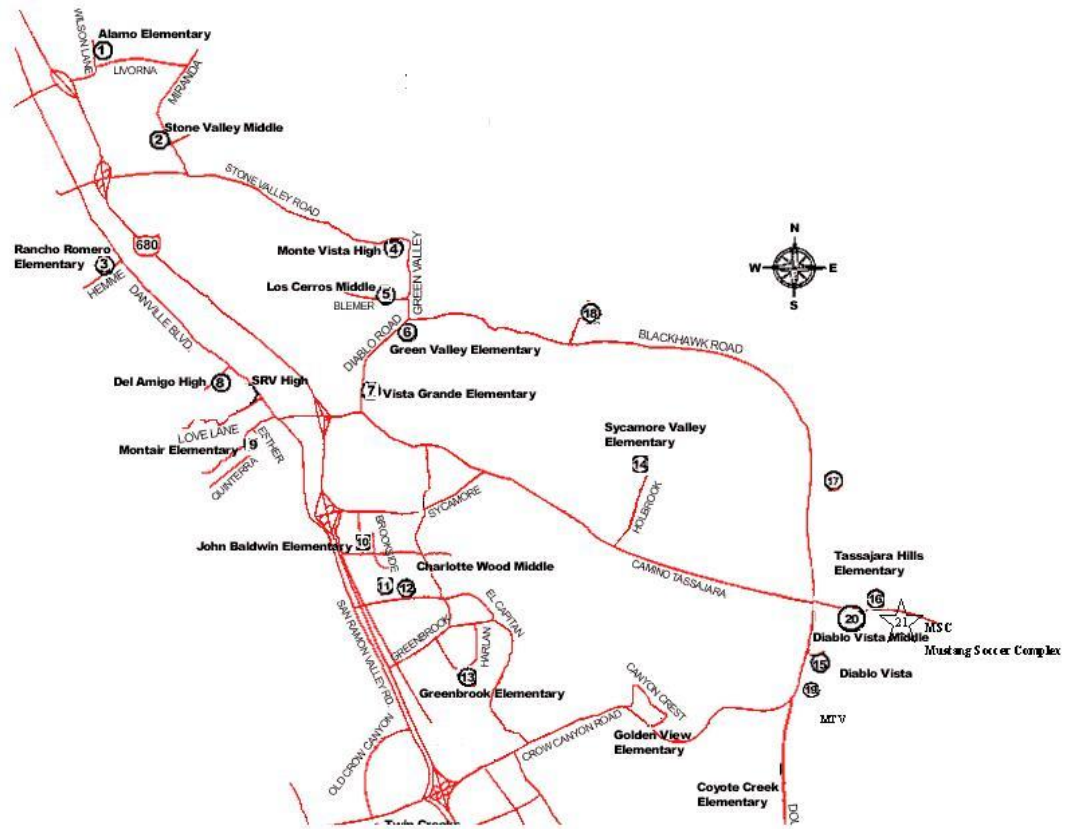
**Mustang Soccer Complex (MSC):  
4680 Camino  
Tassajara,  
Danville.**

Located across the street from Tassajara Hills Elementary. Home of Mustang Soccer and Mustang Office.

## **REMEMBER:**

**All Mustang Fields are Trash-Free Zones!**

**Keep the cities of Danville and Alamo happy and leave the fields cleaner than you found them!**



**1. Alamo Elementary**

**2. Stone Valley Middle**

**3. Rancho Romero Elementary**

**4. Monte Vista High**

**5. Los Cerros Middle**

**6. Green Valley Elementary**

**7. Vista Grande Elementary**

**8. San Ramon High**

**9. Montair Elementary**

**10. John Baldwin Elementary**

**11. Osage Station Park**

**12. Charlotte Wood Middle**

**13. Greenbrook Elementary**

**14. Sycamore Valley Park**

**15. Diablo Vista Park**

**16. Tassajara Hills Elementary**

**17. Blackhawk Field**

**18. Athenian School**

**19. Diablo Vista – MTV**

**20. Diablo Vista Middle**

**21. Mustang Soccer  
Complex/Fields**