

West Lincoln Youth Soccer



Coach Manual

Welcome to the soccer season we have put together this coaching hand book as a quick reference guide to assist you throughout the season.

We are Proud that in 2016 the West Lincoln Youth soccer club chose a new logo and Club Identification:

We are all the **“WEST LINCOLN WARRIORS”**



We advise you keep it in your Coaches bag and take it to all games.

Any further information and ALL NOTICES (field closures, etc,) can be found on the Club Website:

www.westlincolnsoccerclub.ca or www.westlincolnsoccer.com

Please visit our website as we have lots of interesting items available to you

Your House League convenor contact info is also posted on the website,

Have a great soccer season

The WLYSC Executive

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Follow your team **Download the e2e phone app** and have up to date changes, field locations and results at your finger tips.

ALL TEAM INFORMATION FOR THE CURRENT SEASON IS AVAILABLE AT : wnisl.e2esoccer.com



INTERLOCK SOCCER LEAGUE

GRIMSBY * WEST LINCOLN * LINCOLN



GAME DAYS

Coaches, you are required to provide **2 (Two) game-sheets to the Referee prior to the game**, at completion of the game the Referee will return your game-sheet for your records, you are both required to email in your scores to the addresses below.

Issues & Discipline

If there is an issue or event the Referee will retain both game-sheets to be included in the Official Referee report, the Official will file this report and it will be addressed by the Head Referee.

Both Coaches are still required to email in the game results and include a brief description of the issue as explained by the Referee in the body of the email.

Scores are to be entered at www.wnisl.com - go to "my Team"

Your login is your email , the Password is your team name (sponsor)

Contact tony at tony.crowle@cogeco.net if you have difficulties.

Game Results Format for U8, U10 & U12 (LTPD): 1-0 for a win / 0-1 for a loss & 0-0 for a tie

Game Results Format for U14 & U18: Go to my team and follow prompts for Game Report.

Please be sure to email your Conveanor at these email addresses if you have any questions

Division	Convenor	Email	Phone
U8 Girls & Boys			
U10, 12, 14 & 18	Chris Trifunovic	girls.soccer2@hotmail.com	(905) 957-2179

Body of Email (all Divisions):

IF an issue or discipline occurs then write in the body of the email what happened, things to be recorded in there would be:

- Red or Yellow Card, player/coach/parent suspensions etc. and include the name of the individual(s).
- Issue or incident events, note this is not for complaining it's to make us aware of actions pending our receipt of the Official Referee report.

Send to tony.crowle@cogeco.net

Lincoln, West Lincoln, Grimsby and Dunnville Soccer Fields

Here you will find a list of all current soccer fields used by the West Lincoln & Lincoln Soccer Club.

Please refer to www.WNISL.com website and e2e phone app as field locations are changing yearly

PLEASE NOTE GRIMSBY HAS A NEW SOCCER COMPLEX called SOUTHWARD which is located on the corner of Mud Street and Grimsby mountain road.

Beamsville

Beamsville High School 4317 Central Ave., Beamsville, Ontario, L0R 1B0
Fields are located behind the pool.

Tintern Church 4357 Springcreek Road, Beamsville, Ontario L0R 2C0
Corner of Springcreek Rd and Spiece Rd

Beamsville Lions Sport Park 5162 Fly Rd., Beamsville, Ontario, L0R 1B0
Corner of Mountain St. and Fly Rd.

Great Lakes Christian College 4875 King St., Beamsville, Ontario, L0R 1B0
The soccer field is behind the school. NO PARKING ON THE TRACK ALLOWED! VEHICLES WILL BE TOWED!

Lincoln Town Hall 4800 South Service Rd, Beamsville, Ontario, L0R 1B1

Jordan

Heritage Christian School 2850 Fourth Ave., Jordan, Ontario, L0R 1S0
The fields are located behind the school. No parking on the grass.

Jordan Lions Park 2789 Fourth Ave., Jordan, Ontario, L0R 1S0
Multifacility Community Park.

Jordan Public School 2831 RR#81, Jordan, Ontario, L0R 1S0

Smithville

Smithville Leisureplex 2543 South Grimsby Rd. 6, Smithville, Ontario, L0R 2A0

Rock Street 200 Rock Street, Smithville,
Upper & Lower Rock Street

Smithville Arena Field Arena & Community Centre, 177 West Street, Smithville

Vineland

Vineland Public School 4057 Victoria Ave., Vineland, Ontario, L0R 2E0

Dunnville

Dunnville Sports Park 120 Logan Road, Dunnville, Ontario, N1A 2W7

Leisureplex Fields



Ball Diamond With Lights



Playground Area



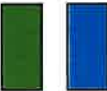
Soccer Pitch



Parking Lot

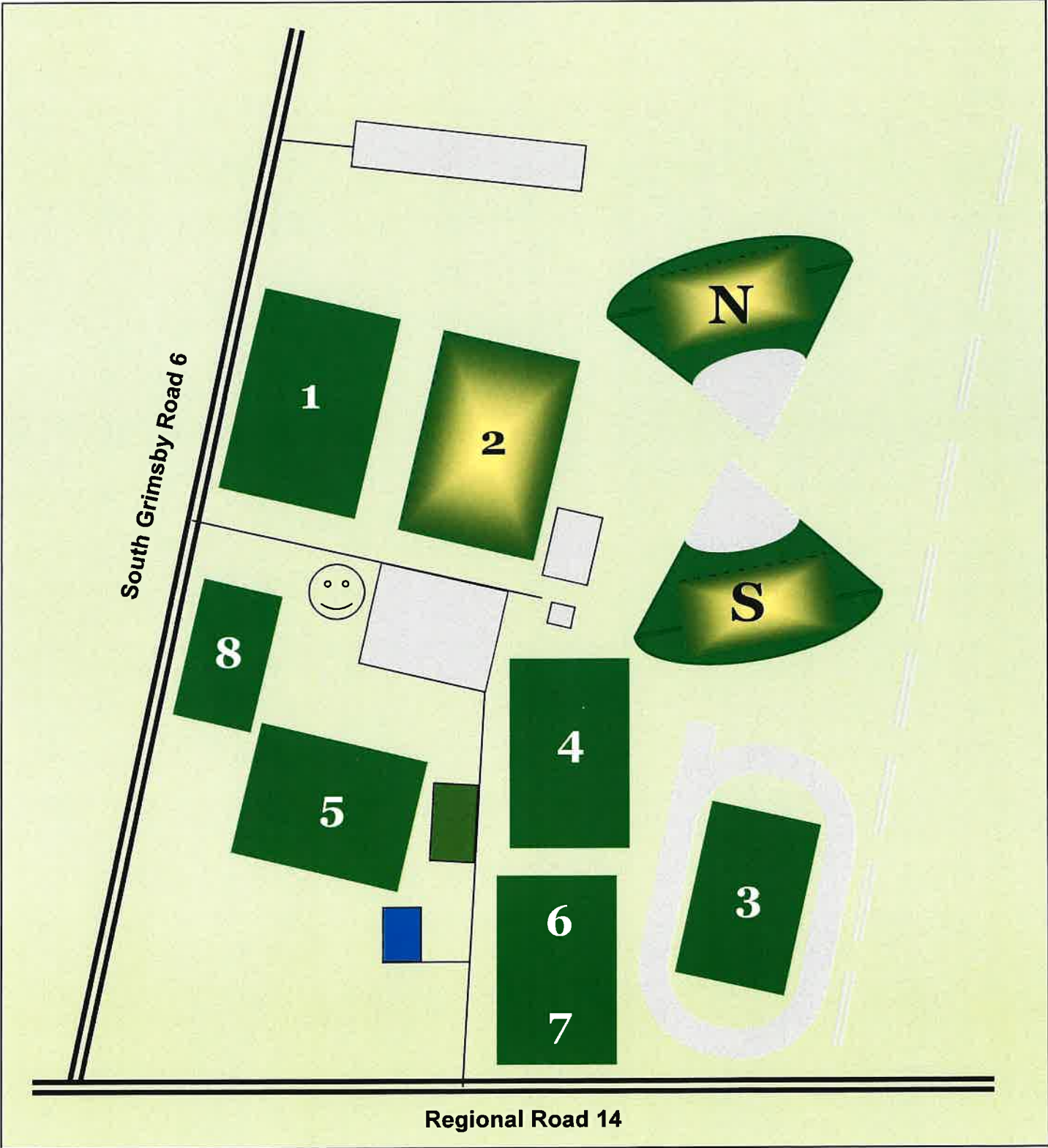


Soccer Pitch With Lights



Buildings

North



West Lincoln Divisions

Under 4 – Soccer school

30 Minute skills and Drills

2 x 10 minute halves

5 v 5 with goal keeper

One Night per week

Size 3 ball

(West Lincoln only)

(Tuesday evenings)

Under 6 – Soccer school

30 Minute skills and Drills

2 x 15 minute halves

5 v 5 with goal keeper

One Night per week

Size 3 ball

(West Lincoln only)

(Thursday evenings)

Under 8 Boys & Girls – Interlock House League

Practice night

2 x 25 minute halves

Game with Practice approx one hour

7 v 7 with goal keeper

Size 4 ball

Game night

BOYS:- THURSDAY NIGHTS

(West Lincoln & Lincoln)

Game night

GIRLS:- MONDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Under 10 Boys & Girls – Interlock House League

Practice night

2 x 30 minute halves

Game with Practice approx one hour

7 v 7 with goal keeper

Size 4 ball

Game night

BOYS:- WEDNESDAY NIGHTS

(West Lincoln, Grimsby, Lincoln & Dunnville)

Game night

GIRLS:- TUESDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Under 12 Boys and Girls - Interlock House League

Practice night

2 x 35 minute halves

Game with Practice approx one hour

9 v 9 with goal keeper

Size 4 ball

Game night

BOYS:- MONDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Game night

GIRLS:- THURSDAY NIGHTS

(West Lincoln, Grimsby, Lincoln & Dunnville)

Under 14 – Boys & Girls - Interlock House League

Practice night

2 x 40 minute halves

Game with Practice approx 1 ½ hours Max

11 v 11 with goal keeper

Size 5 ball

Game night

BOYS:- TUESDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Game night

GIRLS:- WEDNESDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Under 18 – Boys & Girls - Interlock House League

Practice night

Game with Practice – 1 ½ hours Max

2 x 45 minute halves

11 v 11 with goal keepers

Size 5 ball

Game night

GIRLS:- THURSDAY NIGHTS

(West Lincoln, Grimsby & Lincoln)

Game night

BOYS:- MONDAY NIGHTS

(West Lincoln, Grimsby, Lincoln & Dunnville)

Mini Soccer

- All Mini soccer games will be played in accordance with the published OSA mini soccer rules, with the following exceptions:
- Kick-in rules apply for all U8, U9 and U10 Games and festivals
- U4 teams are only allowed 10 players on a game sheet and will play 5v5
- U6 teams are only allowed 10 players on a game sheet and will play 5v5
- U8 teams are only allowed 14 players on a game sheet and will play 7v7
- U10 teams are only allowed 14 players on a game sheet and will play 7v7
- U12 teams are only allowed 18 players on a game sheet and will play 9v9
- Team officials will coach within 2 meters of the player bench.

- **The Goal keeper may pick up a pass back from a fellow team member, this applies only in mini soccer for U4, U5 and U6 as per OSA rules.**
- **The Fall back Rule also applies in Mini soccer – All opposing players must retreat Behind indicated retreat line which is 2/3's of the length of field on all goal kicks. Ball is live after a player from the kicking team touches the ball or it crosses the marked line.**
- U8 to U10 teams must field at least 5 players
- U11 and U12 teams must field 6 players.
- **Team officials are not allowed on the playing field unless summoned by the game official.**

11 v 11 U14 – U18

- Teams in all other divisions may dress a maximum of 18 players for a game.
- U13 and older teams must field at least 7 eligible players for a game.
- Subject to the referee's approval, teams will be allowed 15 minutes after the scheduled start of the game, to field the minimum number of players.

Unlimited player substitution shall be permitted, with the consent of the referee, during a stoppage of play for the following:

- 1. Scoring of a goal
- 2. Goal kick
- 3. Player injury
- 4. Halftime, including extra time
- 5. Start of extra time
- 6. U4 U6 U8,& U10 all Kick-ins
- 7. U12 all Throw-ins.
- 8. Team's own throw-in (U13 to U18)

Modifications to FIFA Laws

Under 8, 10 will follow the OSA Laws of the Small Sided Game 7v7 format

Duration Under 8's will have two halves of 30 minutes

Under 10 will play two 35 minutes halves

5 minute half-time break. Water breaks will be encouraged on discretion of referee when it's hot and humid out.

Ball Size 4, home team provides the game ball

Players 6 players (out) and 1 goalkeeper

Must have a minimum of 5 players including goalie to start the game

All players must play an equal amount of time

Kick-ins only (no throw ins)

NO crease rule, a goal can be scored from anywhere on the field

Retreat Line

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

is touched by a player of the team taking the goal kick

OR leaves the field of play

OR goes over the retreat line.

(If the goalkeeper chooses to play the ball across the retreat line

Prior to the retreat of opposing players)

The ball is in play once it leaves the penalty area.

Goal Rule 3 goal limit per player

Substitutions Permitted at any stoppage in play

Slide Tackles NOT PERMITTED, play is to be restarted with a direct **free kick**



W.N.I.S.L. HOUSE LEAGUE RULES & REGULATIONS

U8 Division

GAME DAY INFORMATION

Game Sheets: Two (2) Game sheets are required from each coach at the start of the game, these must be printed off the Interlock website www.wnisl.com go to “my team” select “Game sheets” and check players attending from the list. Print and bring to the game.

House League: The primary objectives of any house league Game Leader is first and foremost to encourage all children to have fun! It is to provide the opportunity for players to have equal playing time, experience all soccer positions and learn some soccer skills. This is a non-competitive division.

Player Format: 7 vs 7

There are 6 players and 1 goal keeper per team.

Formats can vary from 3 forwards, 3 defenders; 4 forwards 2 defenders; 4 defenders 2 forward.....

Play Time: Two 25 minute halves with a 5 minute water break at half time. Extra water breaks can be given incrementally on hot days and pre-determined by the Referee.

Game Delays: Maximum 15 minutes

Team Captains: Nominate 1 player to do the coin toss with the Referee.

This decides which side of the field the team starts on and if they are kicking or receiving. Recommend to rotate captains per game

Match Officials: The match officials for this division are in complete charge of the players and game.

Offside: There is no off sides in U7 & U8 however coaches are encouraged to NOT have their players positioned behind the last line of defense of the opposing team.

Retreat Line: As goal keepers are relatively new and learning when the ball exits the goal line without a goal by an opposing team, the opposing team must retreat back to **their half of the field** as indicated by the Referee and must wait until the defending team has passed the ball to one of their players prior to attacking the ball, **or that the ball crosses over half.**

Kick-Offs: A kick-off is a way of starting or restarting play: at the start of a match; after a goal has been scored and at the start of the second half.

Pass-Ins: This is a method of re-starting play. It is awarded to the opponents of the player who last touched the ball when the **whole ball** crosses the touch line, either on the ground or in the air. A goal CANNOT be scored directly from a Kick In.

Goal Kick: All opponents must be on their half of the field and cannot touch the ball until it is in play. It is awarded when the ball has passed over the goal line either on the ground or in the air and a goal has NOT been scored. The ball is in play once it leaves the penalty area and is touched by a player on the team taking the goal kick or crosses the Center Line.

Corner Kicks: If the ball is kick out of bounds by a defending player over the end line (goalline) then a corner kick will be awarded to the attacking team.

Fouls & Misconduct: The game leader may award a team a Free Kick for **intentional** tripping, pushing, hitting, spitting, holding or ball handling by an opponent, hand balls. Free kicks are indirect (goals cannot be scored from a free kick) or direct (goals can be scored) Referees and Coaches MUST attempt to explain ALL infringements to the offending player. Note that at this age most acts of handballs or fouls and misconducts are caused by a lack of coordination, with no intent.

Free Kick: The kick is taken where the foul was committed and is always indirect. All opposing players must be situated at least 3 metres away from the ball. The kicker cannot touch the ball twice in a row- the ball needs to be touched by another player. Double touch is when the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, after one redo, if the player makes the same mistake, a free kick is awarded to the opposing team.

Penalty Kicks: There are no penalty kicks in this division.

Goal Lines & Touch Lines: The ball is considered out of play when it has wholly crossed the field markings, whether on the ground or in the air. It will also stop if the play has been stopped by the Referee. The ball is in play at other times including if it rebounds into play from a goal-post, crossbar, corner flag post and remains in the field of play. Should it rebound off the Referee and remains in play.

Method of Scoring: A goal is scored when the whole of the ball crossed over the goal line between the goal posts and under the crossbar. The Referee shall be the sole judge as to whether a goal has been scored.

Substituting Players: There is unlimited player substitutions permitted. Typically, in U8 the referee will permit a group switch of players versus one on one; however, the

Coach can substitute players on any stoppage in play in this division. Please note that all players must receive fair time playing in ALL positions.

Injured Player: Should a player be injured during the game, the Coach only must attend to the player on the field once the referee acknowledges and stops the play. DO NOT allow other players, parents to jump on the field. Should you require medical assistance please have a parent call 911. DO NOT leave your player. If the player is okay but was temporarily injured, the player must be replaced and leave the field until the next substitution permits the player to return. Keep a small first aid kit in your bag with bandages in case of a small wound. Players are not permitted to play with any exposed cut or blood, please band aid or bandage.

Uniforms: Players shall not wear anything which endangers themselves or other players. An assigned team jersey will be provided to each player. Soccer shoes, socks and shin pads (under the socks) MUST be worn by all players. Soccer shorts if not the current year can be worn. No colored or dance shorts are permitted on the field of play. Girls and boys must wear their hair up off their face and in a ponytail if the hair is longer than shoulder length. NO JEWELLERY of any kind including stud earrings. Kindly double check all shoe laces that they are properly tied up prior to any practice and/or game.

Snack Break: The break at this level is 5 minutes which is more for a water break and for players to catch their breath. Due to the timing of the game we recommend no snacks be provided unless you wish to offer a treat at the end of each game for your players. Ensure each child brings his or her own labelled water bottle to the game.

Weather News:

Lightening: When Lightening is detected, you can determine the distance by counting the number of seconds between the flash and the first sound of the thunder and dividing by five (5). This will give you the distance in miles from your location. If the time is 30 seconds or less seek proper shelter. Wait 30 minutes or more after hearing the last thunder before leaving the shelter. A referee's decision to call again will stand. Safety First!

Extreme Heat: No games will be cancelled due to Extreme Heat! Additional water breaks will be provided by the referee.

Rain Storms/Field Conditions: With severe or frequent rain field conditions may dictate that a game cannot occur. A notice will be received by the head convener calling the game by 5 p.m. on game day. If no message is received, you are expected to show up at the field or a forfeit of the game would be recorded. It is possible that you may arrive to find that the field or weather has worsened and the referee can still call the game.

Practice: We recommend and in accordance to the recreational matrix that each Coach offers a 45 – 60 minute weekly practices for his/her players.



W.N.I.S.L. HOUSE LEAGUE RULES & REGULATIONS

U10 Division

GAME DAY INFORMATION

Game Sheets: Two (2) Game sheets are required from each coach at the start of the game, these must be printed off the Interlock website www.wnisl.com go to “my team” select “Game sheets” and check players attending from the list. Print and bring to the game.

House League: The primary objectives of any house league coach, assistant, co-coach is first and foremost to encourage all children to have fun! It is to provide the opportunity for players to have equal playing time, experience all soccer positions and learn some soccer skills. This is a non-competitive division.

Player Format: 7 vs 7

There are 6 players and 1 goal keeper per team.

Formats can vary from 2 forwards, 2 mids, 2 defenders; 3 forwards 1 mid, 2 defenders; 3 defenders 3 forwards....

Play Time: Two 30 minute halves with a 5 minute half time snack break. Extra water breaks can be given incrementally on hot days when pre-determined by both coaches and the Match official.

Game Delays: Maximum 15 minutes

Team Captains: Nominate 2 players to do the coin toss with the Match Official. Decides which side of the field the team starts on and if they are kicking or receiving. Recommend to rotate captains per game.

Call Ups – Max 3 per game, all players must be played with equal playing time.

NO SHOW of Match Officials: Note all match officials should be there 20 minutes prior to any game. The max wait time for a match official to show after game start time is 15 minutes. NOTE: that NO game is cancelled if there is no match official. Both coaches will need to decide and agree which coach/assistant coach or parent will ref the game. ***If a decision cannot be made then the HOME coach MUST referee the game.***

Offside: There is no offside in U10 however coaches are encouraged to NOT have their players positioned behind the last line of defense of the opposing team.

Retreat Line: As goal keepers are relatively new and learning when the ball exits the goal line without a goal by an opposing team, the opposing team must retreat back one third (1/3) of the field from the goal line as indicated by the match official and must wait until the defending team has passed the ball to one of their players or past the retreat line, prior to attacking the ball.

Kick In's: Player in this division kicks the ball in from the respective line where the match official indicates the ball left the field. The opposite team from who kicked the ball out of bounds kicks the ball back in play.

Goal Kicks: All opponents must be behind the retreat line of the field and cannot touch the ball until it is in play. The ball is in play once it leaves the penalty area and is touched by a player on the team taking the goal kick or crosses the retreat line.

Corner Kicks: Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positioned at least five (5) yards from the ball.

Fouls & Misconduct: The match official may award a team a Free Kick for **intentional** tripping, pushing, hitting, spitting, holding or ball handling by an opponent, hand balls. Free kicks are indirect (goals cannot be scored from a free kick) or direct (goals can be scored) Match officials should explain all infractions to the offending player.

Free Kick: The kick is taken where the foul was committed. All opposing players must be situated at least 5 yards away from the ball. The kicker cannot touch the ball twice in a row- the ball needs to be touched by another player. Double touch is when the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, after one redo, if the player makes the same mistake, a free kick is awarded to the opposing team.

Substituting Players: Match Officials will advise at the start of the game what preference they have to substitute a player and when you can do so, both teams must adhere to the preference. There is unlimited player substitutions permitted. Typically in U10 the match official will permit a group switch of players versus one for one. You can only substitute with stoppage of play. Substitutes can occur when there is the following: Scoring of a goal, Goal kick, Player Injury, Halftime, Extra time, All Kick-in's. **DO NOT** substitute a player without notifying the match official. Please make sure you have that conversation with the match official prior to the game starting.

Injured Player: Should a player be injured during the game, the coach/assistant coach only must attend to the player on the field once the match official acknowledges and stops the play. **DO NOT** allow other players, parents to jump on the field. Should you require medical assistance please have a parent call 911. **DO NOT** leave your player. If the player is okay but was temporarily injured, the player must be replaced and leave the field until the next substitution permits the player to return. Keep a small first aid kit

in your bag with bandages in case of a small wound. Players are not permitted to play with any blood or if bandages are falling off.

Uniforms: Please ensure that the players wear the assigned soccer jersey (no tank or halter tops). Appropriate foot wear, socks and shin pads (under the socks) MUST be worn by all players. Soccer shorts if not the current year can be worn. No coloured or dance shorts are permitted on the field of play. Girls and boys must wear their hair up off their face and in a ponytail if their hair is longer than shoulder length. NO JEWELLERY of any kind including stud earrings. Some match officials will not allow even bandages over studs this year. Kindly inform your parents accordingly.

Snack Break: Teams are encouraged to rotate a half time snack break that parents can contribute. Healthy snacks like watermelon and oranges are encouraged versus sugary treats.

Weather News:

Lightening: When lightening is detected, if the time between flash and the bang is 30 seconds or less, seek proper shelter. Wait 30 minutes or more after hearing the last thunder before leaving the shelter. A Game Leader's decision to call the game will stand. Safety First!

Extreme Heat: No games will be cancelled due to Extreme Heat!

Rain Storms/Field Conditions: With severe or frequent rain, field conditions may dictate that a game cannot occur. An email notice will be received by the GTYSC Club Administration or club President calling the game by 5 p.m. on game day. If no message is received, you are expected to show up at the field or a forfeit of the game would be recorded. It is possible that you may arrive to find that the field or weather has worsened and the Match Official can still call the game.

Practice: We recommend, and in accordance to the recreational matrix, that each coach offers a 45 – 70 minute weekly practice for his/her players. Please contact the Club for available fields or more information. WLYSC@hotmail.com



W.N.I.S.L. INTERLOCK RULES & REGULATIONS

U12 Divisions

GAME DAY INFORMATION

House League: The primary objectives of any house league coach, assistant, co-coach is first and foremost to encourage all children to have fun! It is to provide the opportunity for players to have equal playing time, experience all soccer positions and learn some soccer skills. This is a non-competitive division.

Player Format: 9 vs 9

There are 8 players and 1 goal keeper per team. Formations can be at the coach's discretion i.e. 3 forwards, 2 mids, 3 defenders; 2 forwards, 3 mids, 3 defenders....

Play Time: Two 35 minute halves with a 5 -10 minute half time snack break. Extra water breaks can be given incrementally on hot days when pre-determined by both coaches and the match official.

Game Delays: Maximum 15 minutes

Team Captains: Nominate 2 players to do the coin toss with the match official. Decides which side of the field the team starts on and if they are kicking or receiving. Recommend to rotate captains per game.

Call Ups – Max 3 per game, all players must be played with equal playing time.

NO SLIDE TACKLING IN ANY AGE GROUP

NO SHOW of Match Official: Please note all match officials should be there 15 minutes prior to any game. The max wait time for a Match Official to show after game start time is 15 minutes. NOTE: that NO game is cancelled if there is no match official. Both coaches will need to decide and agree which coach/assistant coach or parent will ref the game. ***If a decision cannot be made then the HOME coach MUST referee the game.*** On your game sheet and/or interlock submission of scores please note when No Match Official was present.

Nets: The smaller field size for U12 9v9 means that the regular fields are shortened. A temporary net must be moved in front of the present stationary goal post area as marked. These should be set up prior to your game. After each game concludes, we ask that both team coaches and/or parents only assist in removing them from the field area to the fences as indicated at each field.

Offside: Match officials will call offside in this division!

Retreat Line: As goal keepers are relatively new and learning when the ball exits the goal line without a goal by an opposing team, the opposing team must retreat back to one third (1/3) from the goal line as indicated by the Match Official and must wait until the defending team has passed the ball to one of their players or the ball crosses over the retreat line prior to attacking the ball. We observe retreat lines in u12.

Throw In's Player in this division throw in the ball from the respective line where the match official indicates the ball left the field. The opposite team, from who kicked the ball out of bounds, throws in the ball back in play. A player **must** keep both feet on the ground, with ball in hand the arms are extended back behind the player's head, the ball must be thrown onto the field of play, with the players body facing the direction the ball is thrown.

Corner Kicks: Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positions at least five yards from the ball

Goal Kicks: All opponents must be on their side of the retreat line of the field and cannot touch the ball until it is in play. The ball is in play once it leaves the penalty area and is touched by a player on the team taking the goal kick or the ball crosses the retreat line.

Fouls & Misconduct: The match official may award a team a Free Kick for **intentional** tripping, pushing, hitting, spitting, holding or ball handling by an opponent, and hand balls. Free kicks are indirect (goals cannot be scored from a free kick) or direct (goals can be scored) Match Officials should explain all infractions to the offending player.

Free Kick: The kick is taken where the foul was committed. All opposing players must be situated at least 5 yards away from the ball. The kicker cannot touch the ball twice in a row- the ball needs to be touched by another player. Double touch is when the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, after one redo, if the player makes the same mistake, a free kick is awarded to the opposing team.

Substituting Players: The match official will advise at the start of each game what preference they have to substitute a player. When you can do so, both teams must adhere to the preference. There is unlimited player substitutions permitted. Typically in U12 the Match official will permit a group switch of players versus one for one. You can only substitute with stoppage of play. Substitutes can occur when there is the following: Scoring of a goal, Goal kick, Player Injury, Halftime, Extra time, All Throw-in's. **DO NOT** substitute a player without notifying the match official. Please make sure you have that conversation with the match official prior to the start of each game.

Injured Player: Should a player be injured during the game, the coach/assistant coach only must attend to the player on the field once the match official acknowledges and stops the play. DO NOT allow other players, parents to jump on the field. Should you require medical assistance please have a parent call 911. DO NOT leave your player. If the player is okay but was temporarily injured, the player must be replaced and leave the field until the next substitution permits the player to return. Keep a small first aid kit in your bag with bandages in case of a small wound. Players are not permitted to play with any blood or if bandages are falling off.

Uniforms: Please ensure that the players wear the team issued jersey (no tank or halter tops). Appropriate foot wear, socks and shin pads (under the socks) MUST be worn by all players. Soccer shorts if not the current year can be worn. No coloured or dance shorts are permitted on the field of play. Girls and boys must wear their hair up off their face and in a ponytail if the hair is longer than shoulder length. NO JEWELLERY of any kind including stud earrings. Match Officials will not allow even bandages over studs this year. Kindly inform your parents accordingly.

Snack Break: Teams are encouraged to rotate a half time snack break that parents can contribute. Healthy snacks like watermelon and oranges are encouraged versus sugary treats.

Weather News:

Lightening: When lightening is detected, if the time between flash and the bang is 30 seconds or less, seek proper shelter. Wait 30 minutes or more after hearing the last thunder before leaving the shelter. A Game Leader's decision to call the game will stand. Safety First!

Extreme Heat: No games will be cancelled due to Extreme Heat!

Rain Storms/Field Conditions: With severe or frequent rain, field conditions may dictate that a game cannot occur. An email notice will be received by the GTYSC Club Administration or club President calling the game by 5 p.m. on game day. If no message is received you are expected to show up at the field or a forfeit of the game would be recorded. It is possible that you may arrive to find that the field or weather has worsened and the Match Official can still call the game.

Practice: We recommend, and in accordance to the recreational matrix, that each coach offers a 45 – 70 minute weekly practice for his/her players. The fields at Smith School are available every Saturday and Sunday mornings to hold a practice. The exception to this will be when a tournament is being held. You may select a different location to practice, however we are unable to provide a listing of available locations.

Summary:

We would like to once again thank-you for volunteering your time this year.



W.N.I.S.L. INTERLOCK RULES & REGULATIONS

U14 & U18 Divisions

GAME DAY INFORMATION

House League: The primary objectives of any house league coach, assistant coach is first and foremost to encourage all children to have fun! It is to provide the opportunity for players to have equal playing time, experience all soccer positions and learn some soccer skills. This is a non-competitive division.

Player Format: 11 V 11

There are 10 players and 1 goal keeper per team. Formations can be at the coach's discretion i.e. 3 forward, 4 mid, 3 defenders; 3 forward, 3 mid, 4 defenders...etc.

Play Time: Two 40 minute halves with a 5 minute half time snack break. Extra water breaks can be given incrementally on hot days when pre-determined by both coaches and the Match official.

Game Delays: Maximum 15 minutes

Team Captains: Nominate 2 players to do the coin toss with the Match Official. Decides which side of the field the team starts on and if they are kicking or receiving. Recommend to rotate captains per game.

Call Ups – Max 3 per game, all must be played with equal playing time.

NO SHOW of Match Officials: Please note all match officials should be there 20 minutes prior to any game. The max wait time for a match official to show after game start time is 15 minutes. NOTE: that NO game is cancelled if there is no match official. Both coaches will need to decide and agree which coach/assistant coach or parent will ref the game. ***If a decision cannot be made then the HOME coach MUST referee the game.*** Please indicate on the game sheet and via email when the assigned match official is a no show.

Offside: There is offside in U14. The Match official will call offside should an opposing team be caught behind the second last defender, while being active in the play, and prior to having the ball in their possession.

Throw In's Player in this division throw in the ball from the respective line where the match official indicates the ball left the field. The opposite team from who kicked the ball out of bounds throws in the ball back in play. A player **must** keep both feet on the

ground, with ball in hand the arms are extended back behind the player's head, the ball must be thrown onto the field of play, with the players body facing the direction the ball is thrown.

Corner Kicks: Restart with a corner kick if the ball goes out of play over the goal line, last touched by a member of the defending team. The ball is placed on the corner of the field closest to the place where the ball went out or inside the field within a yard from that corner. Opponents must be positions at least ten yards from the ball.

Goal Kicks: All opponents must be outside the 18 yard box and cannot play the ball until it leaves the penalty area.

Fouls & Misconduct: The match official may award a team a Free Kick for **intentional** tripping, pushing, hitting, spitting, holding or ball handling by an opponent, hand balls. Free kicks are indirect (goals cannot be scored from a free kick) or direct (goals can be scored) Match officials should explain all infractions to the offending player.

Free Kick: The kick is taken where the foul was committed. All opposing players must be situated at least 10 yards away from the ball. The kicker cannot touch the ball twice in a row; the ball needs to be touched by another player. Double touch is when the player taking the free kick (kick-in, goal kick, corner kick or kick-off) touches the ball twice in a row prior to being played by any other player, after one redo, if the player makes the same mistake, a free kick is awarded to the opposing team.

Substituting Players: Match officials will advise coaches at the start of the game as to what preference they have to substitute a player, and when you can do so, both teams must adhere to this preference. In this division, you must substitute from the centre of the pitch and the new player can only enter the pitch once the prior player has reached the sideline. There is unlimited player substitutions permitted. You can only substitute with stoppage of play. Substitutes can occur when there is the following: Scoring of a goal, Goal kick, Player Injury, Halftime, Extra time, own team Throw-in's. **DO NOT** substitute a player without notifying the match official. Please make sure you have that conversation with the match official prior to the game starting!

Injured Player: Should a player be injured during the game, the coach/assistant coach only must attend to the player on the field once the match official acknowledges and stops the play. **DO NOT** allow other players, parents to jump on the field. Should you require medical assistance please have a parent call 911. **DO NOT** leave your player. If the player is okay but was temporarily injured, the player must be replaced and leave the field until the next substitution permits the player to return. Keep a small first aid kit in your bag with bandages in case of a small wound. Players are not permitted to play with any blood a/o if bandages are falling off.

Uniforms: Please ensure that all players wear the assigned team jersey (no tank or halter tops). Appropriate foot wear, socks and shin pads (under the socks) **MUST** be worn by all players. Soccer shorts if not the current year can be worn. No colored or

dance shorts are permitted on the field of play. Girls and boys must wear their hair up off their face and in a ponytail if their hair is past shoulder length. NO JEWELLERY of any kind including stud earrings. Match officials will not allow even bandages over studs this year. Kindly inform your parents accordingly.

Weather News:

Lightening: When lightening is detected, if the time between flash and the bang is 30 seconds or less, seek proper shelter. Wait 30 minutes or more after hearing the last thunder before leaving the shelter. A Game Leader's decision to call the game will stand. Safety First!

Extreme Heat: No games will be cancelled due to Extreme Heat!

Rain Storms/Field Conditions: With severe or frequent rain, field conditions may dictate that a game cannot occur. An email notice will be received by the GTYSC Club Administration or club President calling the game by 5 p.m. on game day. If no message is received you are expected to show up at the field or a forfeit of the game would be recorded. It is possible that you may arrive to find that the field or weather has worsened and the Match Official can still call the game.

Practice: We recommend and in accordance to the recreational matrix that each coach offers a 45 – 70 minute weekly practice for his/her players. The fields at Smith School are available every Saturday and Sunday mornings to hold a practice. The exception to this will be when a tournament is being held. You may select a different location to practice, however we are unable to provide a listing of available locations.

Summary:

We would like to once again thank-you for volunteering your time this year

WEST LINCOLN YOUTH SOCCER CLUB

PARENT'S CODE OF CONDUCT

1. FOLLOW THE GOLDEN RULE - Always treat others (coaches, parents, officials and players) the same way that you would want you and your child to be treated. Set the example by showing respect, dignity, and total sportsmanship at all times.
2. ACT YOUR AGE – Youth soccer is for the kids. If you find yourself becoming too emotionally involved in what's happening on the field, take a step back and relax. Remember, your childhood is over. Give the young players the freedom to enjoy themselves.
3. BE RESPONSIBLE – Get your kids to practice and games on time. Make sure they have their uniform, shin guards, soccer cleats and water bottle. Help them eat and drink right before, during and after the game.
4. BE SEEN, NOT HEARD – Nothing is better for a young player than having their parents on hand to watch them play. And nothing is worse for a player than hearing a parent booing, taunting, screaming or making comments at, or about, players, coaches, fans or officials (that includes your team as well as your opponent). Offer applause and cheers of encouragement for both teams following a good play or a great effort, otherwise keep quiet.
5. IT'S SUPPOSED TO BE FUN – So help make it that way. Keep smiling. Encourage enjoyment and participation over results. If it's not fun, something's wrong.
6. MOTIVATE THROUGH CONFIDENCE - Try and identify a positive from every game or practice to help build confidence. A young player's sense of achievement is the greatest motivator.
7. DON'T QUESTION AN OFFICIALS CALL – You may not agree with a call, but it's not your job (or the players or coaches either) to officiate the game. Never should an official's call be argued by anyone. Accept the call and move on.
8. IF YOU MUST, TALK WITH THE COACH AFTER THE GAME – Or better yet, wait until the next day if you have an issue to discuss about how the coach is running the team. Let the heat of the moment pass. Never make a scene in front of the team as it's embarrassing for you, your children and the coach; and chances are nothing will get resolved.
9. PUT WINNING AND LOSING IN PERSPECTIVE – Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes. Young players should avoid getting too cocky when they win and too upset when they lose.
10. AVOID THE POST GAME ANALYSIS – Don't analyze your player's performance following every game. If you do, chances are they will avoid talking to you at all after games, or worse yet, not want you at the games at all. Let your children come to you for advice. It will have more of an impact than you going to them.

Referee Abuse

Zero Tolerance for Referee Abuse

The West Lincoln Youth Soccer Club is a strong supporter of making sport safe for our youth. Over the last couple of years, Verbal abuse directed towards referees has been a particular problem. Accordingly, the West Lincoln Youth Soccer Club has set up the following program to help ensure the safety and enjoyment of all.

Policy

Any coach, parent, grandparent or guardian judged by the WLYSC Discipline Board to be guilty of abusive conduct towards a game official during a WLYSC House League game will be reprimanded in writing. A second conviction, during the same season will result in the member being restricted from all services rendered by the Club including attendance at all soccer activities within the Club. In extreme cases, as determined by the Discipline Board, a member may be reinstated subject to a review hearing.

Policy Procedures

When a game official feels that they are being abused, as per the scope of this policy, by either a coach or fan, the official will be allowed to suspend the playing of the game. If the abuse is physical, the game official is advised to inform the coaches that the game has been abandoned and then proceed with step 1.1.

The official will then verbally advise both coaches that the game has been stopped due to the abuse and inform both coaches as to the source of the abuse. If the source is one of the coaches, the official will advise the coach that the next occurrence of a similar nature will result in an abandonment of the game and that a report to the WLYSC Discipline Board will be sent in for review. If the source is a fan, the appropriate coach will provide the official with the name of the fan and the coach must advise the fan that the next occurrence of a similar nature will result in an abandonment of the game. Further, a report to the WLYSC Discipline Board will be sent in for review. If the fan is not associated with either team, both coaches are asked to speak to the fan and as the individual to leave.

Once the prescribed action in step 2 has been completed, the game will restart with a dropped ball between the two teams at the location where the play was stopped.

If the abuse continues, the official will be allowed to stop any further playing of the game and advise the coaches that the game has been abandoned and that a special incidence report will be forwarded to the WLYSC Discipline Board. The official must clearly indicate on the game sheet that the game was abandoned due to abuse.

1. The game official must contact either their Referee Coordinator or a member of the Executive to verbally report the incident within 24 hours.
2. A Special Incident Report, with the assistance of the Referee Coordinator or a member of the Executive, if required, must then be forwarded to the WLYSC within 72 hours.
3. The WLYSC Discipline Board will then review and deal with the report as per their guidelines.
4. If the game was abandoned due to the conduct of a fan not associated with either team, the Executive will determine the status of the game.

Lightning Safety / Severe Weather Policy

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by the CSA.

By understanding and following the information below, the safety of everyone shall be greatly increased. Ultimately the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling

When lightning is detected, you can determine the distance of lightning in your area by counting the number of seconds between the flash and the first sound of the thunder and dividing by five(5). This will give you the distance in miles from your location. Remember, if you are in a higher elevation, the lightning can come upon you much quicker and your reaction time is greatly hindered.

30/30 RULE

When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. If you cannot see the lightning, just hearing the thunder is a good back up rule.

For additional information please visit the West Lincoln Youth Soccer Association website or the following website: www.weatheroffice.gc.ca

Extreme Heat

No games will be cancelled due to Extreme heat.

We ask Coaches to ensure that all players are well hydrated by drinking WATER, before, during and after the game.

The Referees will also use common sense and allow up to two additional water breaks during each half of the game (approx 2 minutes) this is in addition to the regular half time break.

Discipline Items

Please note any player receiving a red card during an

Interlock house league or Canada cup game

will automatically **NOT BE ELIGIBLE** to play the following game, and may face additional suspension of play, dependant on the seriousness of the offence.



Lightning Safety/ Severe Weather Policy

When thunder roars, go indoors!

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by Canada Soccer. By understanding and following the below information, the safety of everyone shall be greatly increased. Ultimately, the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling

If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Stay inside for 30 minutes after the last rumble of thunder.

Additional Information

Please note the following recommendations from Environment Canada:

- **To plan for a safe day, check the weather forecast first.** If thunderstorms are forecast, avoid being outdoors at that time or make an alternate plan. Identify safe places and determine how long it will take you to reach them.
- **Watch the skies for developing thunderstorms and listen for thunder.** As soon as you hear thunder, quickly get to a safe location. If you can hear thunder, you are in danger of being hit by lightning. More people are struck before and after a thunderstorm than during one.
- **Get to a safe place.** A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows.
- **Do not handle electrical equipment, telephones or plumbing.** These are all electrical conductors. Using a computer or wired video game system, taking a bath or touching a metal window frame all put you at risk of being struck by lightning. Use battery-operated appliances only.
- **If caught outdoors far from shelter, stay away from tall objects.** This includes trees, poles, wires and fences. Take shelter in a low-lying area but be on the alert for possible flooding.

Be aware of how close lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer.

When larger groups are involved, the time needed to properly evacuate an area increases. As time requirements change, the distance at which lightning is noted and considered a threat to move into the area must be increased.

Know where the closest "safe structure or location" is to the field or playing area and know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and / or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard

metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle!

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike. Minimize your body's surface area and the ground! Do not lie flat! If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

When considering resumption of any athletics activity, wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.

First aid for lightning victims

Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

- **Lightning victims do not carry an electrical charge and can be safely handled.**
- **Call for help.** Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.
- **Give first aid.** If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

For additional information the following websites are helpful:

<http://www.ec.gc.ca/foudre-lightning/default.asp?lang=En&n=57412D67-1>

www.weatheroffice.gc.ca/lightning



For additional coaching drills and tips
Please visit the West Lincoln Warriors website;
www.westlincolnsoccer.com

Click! the “Coaching” tab in menu bar to access
14 weeks of practice drills for all ages

Active Start - U4 – U6

FUNDamentals – U6 – U9

Learn to Train – U9 – U12

Coaches are strongly encouraged to practice on a separate night to the game day.

The enclosed resources will help new coaches develop effective practices that will further develop the skills of their players and overall enjoyment of the game.

Additional age appropriate practice drills maybe found on our website:

www.westlincolnsoccerclub.ca or www.westlincolnsoccer.com and on various sites on the internet such as www.soccerexperts.com