

# PARENTS GUIDE TO TCSA SOCCER

- Information
- Codes of Conduct
- League Policies
- Laws of the Game



*Spring 2024  
Edition*

Coach's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Practice Days/Times: \_\_\_\_\_

# WELCOME TO TRI-CITY SOCCER!

Thank you for participating in our youth soccer program. Our organization is driven by parent participation and volunteer help. Below you will find a basic overview of what you and your child can expect this season.

## Practices and Games

TCSA soccer practices and games are played at Parque de Vida in Cortez. The spring season will consist of 2 weeks of practice and 4 weeks of games. The fall season will consist of 2 weeks of practice and 6 weeks of games. Games and practices are currently played during the week. Practice and game schedules will be distributed by your child's coach and posted on TCSA's website.

Players should be equipped with the following items at all practices and games:

- *Shinguards, completely covered by socks*
- *Athletic shoes (cleats are recommended, but not required)*
- *Full water bottle*
- *Appropriate clothing for varied weather conditions*
- *NO jewelry of any kind (including pierced earring posts). Newly pierced earrings should be covered with medical tape*
- *As a courtesy to your child's coach, please pick up your child on time at the end of practices and games.*

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## Times Two Policy

TCSA requires that two, unrelated adults, attend all practices and team functions. TCSA's Times Two Policy is in place as a safety measure, to protect your child. Please help your child's coach and Team Parent by giving your time when needed.

## **Parque de Vida**

Although Parque de Vida is a city park, it takes the effort of community volunteers to care for it. Please respect Parque de Vida and help TCSA to improve its soccer program's impact on the park by adhering to the following:

- *No Dogs Allowed.*
- *No Smoking.*
- *Please dispose of litter properly.*

## **Inclement Weather**

Due to the unpredictability of Colorado weather, it is not always possible to determine in advance whether practices and games can be held as scheduled. Please check with your child's coach if the weather appears questionable for practice. It is up to the coach to determine if practices are cancelled.

TCSA will cancel games when the weather has an impact on the safety of the players or will significantly damage playing fields. Games will not be played if lightning is within 10 miles of the playing fields.

TCSA will notify all parents and coaches with an e-mail and text messages and post to TCSA's Facebook page if games are cancelled within an hour of game time..

## **Website**

Check TCSA's website for field maps, schedules, rules, this brochure, and all kinds of other information.

[www.tricitysoccer.com](http://www.tricitysoccer.com)

# CODE OF CONDUCT

## **Foreword**

To advance the principals of sportsmanship and fair play and to promote mutual respect among players, coaches, referees and spectators, TCSA has established this “Code of Conduct.”

The Code of Conduct shall govern the actions of all players, coaches, spectators, referees, and league officials. The Code was not conceived to address every possible behavioral circumstance; however, it shall serve as TCSA’s standard for behavioral evaluation.

It shall be the obligation of ALL program participants, spectators and league volunteers, to comply with the terms and provisions of the Code of Conduct. Any person violating the Code shall be subject to administrative action, up to and including termination of his/her privilege to participate in or attend any or all TCSA sponsored activities.

## **Code of Conduct: Coaches**

Coaches shall remain unconditionally supportive of TCSA’s commitment to the ideals of good sportsmanship, team play, honesty, loyalty, courage and respect for authority. Likewise, coaches shall remain sensitive to the physical and emotional well-being of the players on his/her team.

In order to adhere to these doctrines, the coaches agree as follows:

- *Coaches will be positive role models.*
- *Coaches will display and instill in their players the principles of good sportsmanship and team play.*
- *Coaches will conduct themselves in a manner that best serves the interests of the players.*
- *Coaches will do their best to provide the players with a positive experience.*
- *Coaches will ensure that all recreation players receive equal playing time and equal playing positions.*
- *Coaches will ensure that winning and/or losing teams do so in a manner that exhibits respect and good sportsmanship.*
- *Coaches will treat all players, parents, spectators, opposing coaches and league officials with respect.*
- *Coaches will provide instruction in a manner that is constructive and supportive.*
- *Coaches will not ridicule or demean players, other coaches, or referees.*
- *Coaches will refrain from using inappropriate physical contact with*

*players. “High Fives” and handshakes are appropriate; spanking, intimate physical contact and corporal punishment are not appropriate.*

- *Coaches will not tolerate behavior that endangers the health or well-being of a child.*
- *Coaches will teach the game of soccer to the best of their ability.*
- *Coaches will be drug and alcohol free while attending any TCSA athletic event.*
- *Coaches will not use any tobacco products during their team’s practices or during their team’s soccer games.*
- *Coaches acknowledge the need to demonstrate fundamental proficiencies with respect to the game of soccer and TCSA’s league policies. Consequently, all coaches agree to attend any coaches’ meetings and/or skill sessions that may be required by the TCSA Board of Directors.*
- *Coaches will observe all rules, policies and procedures established or endorsed by TCSA and will comply with the decisions of the TCSA Board of Directors.*

### **Code of Conduct: *Players***

*Players shall:*

- *Display good sportsmanship and teamwork at all times. Follow the direction of the Coach and Assistant Coach.*
- *Respect all Coaches, Players, League Officials, Referees and Spectators.*
- *Make every attempt to be on time and ready to play for all games and practices.*
- *Follow soccer laws pertinent to their age group.*

*Players shall not:*

- *Use abusive or profane language.*
- *Taunt or humiliate any other player.*
- *Argue a referee’s call.*
- *Abuse, mistreat or mishandle any TCSA equipment or property.*

## **Code of Conduct: Parents and Spectators**

*Parents and Spectators agree as follows:*

- *Parents and Spectators will be positive role models.*
- *Parents and Spectators will display and instill in all players the principals of good sportsmanship and team play.*
- *Parents and Spectators will conduct themselves in a manner that best serves the interests of the players.*
- *Parents and Spectators will do their best to provide the players a positive experience.*
- *Parents will make certain that their children show respect for all other players, coaches, officials, and spectators.*
- *Parents and Spectators will not undermine the efforts of coaches during games and practices, and coach from the sideline.*
- *Parents and Spectators will not ridicule or demean players, coaches, or referees.*
- *Parents will make every effort to ensure that their children attend team practices set by coaches, arrive on time, and are picked up on time.*
- *Parents will inform the coach of any disability or ailment that may affect the safety of their child.*
- *Parents and Spectators will treat all players, other spectators, coaches and referees fairly and with respect.*
- *Parents and Spectators will avoid any confrontation with opposing players, spectators, or coaches, or referees.*
- *Parents and Spectators will not question a referee's call.*
- *Parents and Spectators will be drug and alcohol free while at any TCSA athletic event.*
- *Parents and Spectators will not use any tobacco products during TCSA practices or during TCSA soccer games.*
- *Parents and Spectators will observe all rules, policies and procedures established or endorsed by TCSA and will comply with the decisions of the TCSA Board of Directors.*

## **Code of Conduct: Referees**

The Referees shall enforce the spirit of the game and keep the game fair and safe.

Referees agree as follows:

- *Shows up on time for the start of the game, check the field for safe conditions, do player check-ins, and start the game on time.*
- *Ensure the laws of soccer as defined by the International Football Association Board (IFAB) and further defined by rules, policies, and*

*procedures set by the TCSA Board of Directors are followed and consistently applied.*

- *Explain any violations of soccer laws by players or coaches to the teams immediately after a violation occurs.*
- *Stops the game immediately if any concussion is suspected. Does not let the player to continue playing until a medical professional clears the player to play.*
- *Does not engage in any confrontational arguments with parents, coaches, or players.*
- *Keeps the game fair, safe, and fun.*
- *Immediately report any verbal or physical abuse from coaches, parents, or players to the TCSA Referee Director.*

## **Other TCSA Policies and Guidelines**

**Conflict Resolution.** TCSA encourages our members to take a 48-hour “cool down” period before addressing a conflict that may have occurred. Complaints and concerns regarding your soccer experience with other parents, coaches, referees, or board members should be addressed according to the following guidelines: Complaints and concerns should first be addressed directly with your Head Coach. If you are not able to resolve the matter to your satisfaction, document your concerns in writing and send it to: [tcsacortez@gmail.com](mailto:tcsacortez@gmail.com)

A member of the TCSA board will contact the appropriate parties within 48 hours to facilitate a resolution to the problem. If the issue involves any type of abuse, the response will be sooner.

**Poor Behavior.** If your behavior as a parent, coach or player, is in the opinion of a TCSA official, detrimental to the game or its players, you may be asked to remove yourself from the field complex.

**Team Assignments are Final.** TCSA cannot accommodate requests for placement including carpooling, scheduling and coach/player preferences, except to allow coaches to coach their own child. Team assignments are final and will not be changed for any reason other than for TCSA administrative purposes.

**Players Must Play with Assigned Team.** Teams may not “pick up” additional players for any game — even if they are currently registered with TCSA. If a team in a particular game is short players, they may borrow

from the opposing team in that game only. If a player is discovered to be playing for a team other than the one he/she is rostered on, he/she may be subject to removal from the league.

**Concussion Procedures.** Soccer is a physical game involving player collisions with other players, with the ball, and with the ground. Player safety remains the foremost objective for TCSA, just as it is for parents of players. TCSA follows the U.S. Soccer guidelines for youth soccer leagues regarding concussions. Parents should read and familiarize themselves with these guidelines at the following link: [U.S. Youth Soccer Concussion Procedure and Policy](#)

**Coaches or parents cannot allow a player to continue playing if a concussion is suspected. A player can only be cleared to return with a written note from a licensed medical professional.**

We appreciate the support and participation of parents in identifying and addressing signs and symptoms of player concussions. Parents can also of help by making sure their children are properly equipped to play. Although not mandatory, various forms of approved head protection are available on the market and are finding increased acceptance at every level of soccer.

**Questions on Concussion or Harassment and Abuse.** All coaches, referees, and TCSA board of directors are required to take training on concussions and preventing harassment, and physical and verbal abuse. If you have any questions on these things or want to report any issues with these topics, reach out to these individuals. We are required by law to immediately report any of sexual harassment or abuse.

**TCSA has a ZERO Tolerance policy regarding the verbal or physical abuse of referees or coaches. If you see this sort of behavior, please report it to a TCSA official immediately. If a referee is receiving any verbal abuse during a game, the referee may give a yellow card to the team's coach, ask the spectator or coach to leave the fields, or cancel the game completely.**



# The TCSA Guide to the Laws of the Game

This is a brief summary of the laws of the game for parents and coaches of TCSA players. TCSA encourages parents to learn more about the game from the many resources available at the library, online and in bookstores. You can visit our web site at [www.tricitysoccer.com](http://www.tricitysoccer.com) for more information.

## **Introduction**

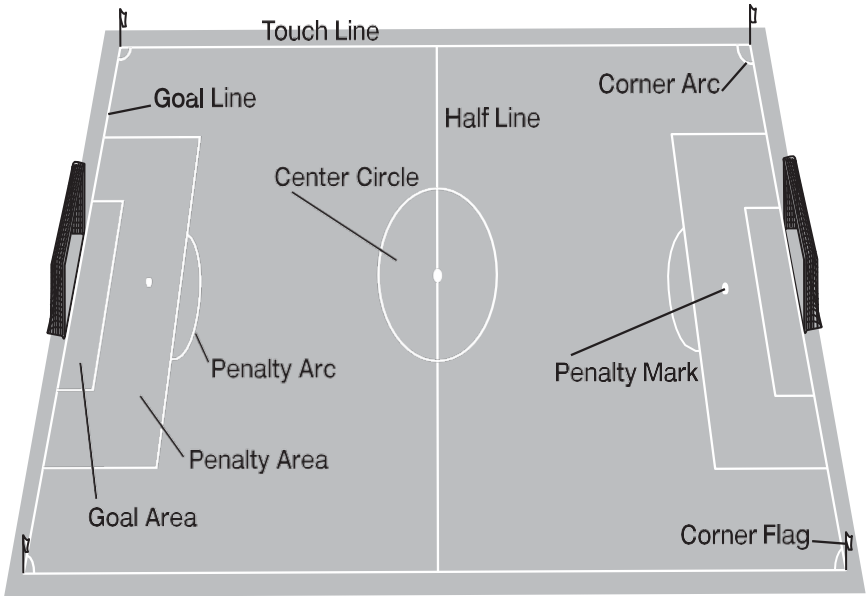
TCSA has adapted the laws of the game to recreational soccer to accommodate the wide age range of our players. Except where indicated, the following laws of the game adopted by TCSA come from IFAB (International Football Association Board), the international governing organization for soccer. These are the same laws that are followed by youth and adult soccer leagues around the world. Age specific guidelines are from the U.S. Soccer Federation Player Development Initiative.

## **The Field**

TCSA fields and goals vary in size to be age appropriate. The diagram below (Figure 1) shows the parts of the regulation field referred to in the laws of the game. The younger age group fields may not have all the markings due to their age specific rule variations.

**\*\* Starting in Spring 2024, during games, all coaches and players will sit on one side of the field, and parents and spectators will sit on the opposite side of the field. *No one may sit or stand at the ends of the field (near the goals or corner flags).* This is how teams and spectators are seated in youth league games around the country. This allows ample space for teams to sit away from the halfway line and gives referees and assistant referees clear vision of substitutes needing to come onto the field.**

## Coaches and Players



## Parents and Spectators

Figure 1. Soccer Field

## The Players

The number of team players on the field during a game depends on the age group (see “Quick Guide on last page). Youth teams are smaller, depending on player age, to promote faster individual player development with more ball touches.

Player positions include: goalkeeper (except U4, U6, and U8), defenders (sometimes called fullbacks), midfielders (sometimes called halfbacks), and forwards (sometimes called strikers or wings). To develop players, coaches are encouraged to allow players to play every position during the season.

Players’ primary roles: Goalkeeper defends the goal and may use their hands in their own penalty area; the other players primary role may be to either defend or attack, depending on their position, but understand that all players must share defending and attacking responsibilities. All players can score and all players can move anywhere on the field.



## The Officials

The Referee is the timekeeper, enforces the laws of the game, maintains safe play, allows substitutions of players, and cautions or penalizes players, and sometimes coaches. Players, coaches, and parents must respect their rulings on the field.

The Assistant Referee assists the referee by signaling when the ball is out of play or when there is an offside, when a substitution is needed, when a player has committed an offside offence, and by signaling infractions by players.

Referees have a difficult job, as they don’t see everything, and they do make mistakes. They referee because they are passionate about helping TCSA and youth soccer. Please put yourself in their shoes before you judge them.

## Playing the game

- Each half begins with a kickoff at the center circle on the half line.
- A player may use any part of her/his body, except the hand or arm to control or score the ball.
- Slide tackling is not permitted in TCSA.
- The ball is in play when it is on the field or if any part of it is

touching the touch line or goal line.

- The entire ball must cross the entire goal line in the goal to score or to be out of bounds.
- Play is continuous (no time-outs like in basketball) until a goal is scored, an infraction is whistled, or the ball goes out of play.
- There is no stoppage time added to the game for injuries, scored goals, penalty kicks, etc.

**Play is restarted by:**

- A THROW-IN—when the ball crosses the touch line out of play. The team that did not touch the ball last takes the throw-in. The player taking the throw must use both hands, bring the ball from behind their head, and both feet must be in contact with the ground when the ball is released.
- A GOAL KICK—taken by the defensive team when the offensive team has kicked the ball across the goal line out of play. All players from the offensive team must be outside the penalty area until the ball has been played (kicked), or beyond the build-out line for U10.
- A CORNER KICK—taken by the offensive team when the defensive team has kicked the ball across the goal line. The kick is taken from the corner arc on the goal side where the ball went out.
- A FREE KICK—awarded by the referee after a player infraction. The free kick may be direct or indirect (see following) and may not be obstructed, meaning defending players must be an appropriate\* distance from the ball. All free kicks for U12 and below shall be indirect kicks. Meaning that the ball must be touched by another player on the field before it can score a goal.
- A KICK-OFF—after a goal is scored. Taken by the non-scoring team.

When play has restarted, the ball must not be touched a second time by a player if: they kick the ball during kick off, kick a free-kick, goal kick, corner kick, or penalty kick, or throw a throw-in ball. If this occurs, a free-kick is given to the opposing team.

# Answers to Frequently Asked Questions

## ***When Can the Goalkeeper Use Their Hands?***

A goalkeeper may handle (use her/his hands) the ball only in her/his own penalty area. A goalkeeper may not handle the ball when it is deliberately thrown in or deliberately passed to her/him by a teammate. Remember that the goalkeeper outside the penalty area is like any other player and has no special privileges to use their hands.

## ***What is an Offside Position and What is an Offside Offence? Is there a difference?*** (TCSA enforces the offside law in U10 and above)

***Offside Position:*** In simplest terms, a player is in an Offside Position if they are closer to the opponent's goal line than the ball, or the second to last defender (goalie + 1 defender). However, this does not mean they are in an Offside Offence and the whistle will be blown.

***Offside Offence:*** The whistle will only be blown and a free kick given if the player in the Offside Position becomes part of the play.

*This occurs when:*

- The player is in the opposition's half of the field, and
- The player is in an Offside Position at the exact time the ball is kicked to them by a teammate, and
- The player in the Offside Position receives the ball, or
- The player in the Offside Position interferes with the defense (including goalie) and prevents them from receiving the ball or blocks their view of the ball, or
- The player in the Offside Position receives the ball from a deflection off the goalie or goal post.

**\*\*A player in an offside position receiving the ball from an opponent who DELIBERATELY PLAYS the ball is NOT considered to have gained an advantage and not called for an Offside Offense.**

YouTube Videos that explain Offsides:

[Offside Video #1](#)

[Offside Video #2](#)

For more explanation on off-sides, just Google "Soccer Offside Video". Make sure you watch a few of them as not all videos give a full explanation.

## ***Are there Direct Kicks in TCSA?***

In TCSA games U12 and below, all free kicks are indirect; meaning, the ball must be touched by another player (attacker or defender) before it can be scored. Some youth players are more developed than others and those more developed players can kick the ball hard enough to make it extremely difficult to defend against. Indirect kicks allow a more even playing field for players to develop. Players will be able to learn how to develop their direct kick when they reach the U15 level.

## ***What is a Yellow Card? What is a Red Card?***

**In TCSA games U10 and above**, referees may signal the most serious infractions with a yellow card (caution) or a red card (dismissal of the player from the game). Serious or deliberate dangerous infractions which could draw a card include: slide tackling from behind, kicking or punching an opposing player, and/or pushing or pulling a player to the ground. A player receiving a 2nd yellow card in the same game will be dismissed with a red card. **A player, or coach, receiving a red card must immediately leave for the rest of the game.**

## ***When is a Penalty Kick Awarded?***

Since there are no direct kicks in U12 and below, there are NO penalty kicks in U12 and below.

## ***What is a Build-out Line?***

The build-out line was adopted by youth soccer throughout the U.S. in 2017 to help U10 aged players build up in the defensive side of the field during a goal kick or punt in a less pressured setting. TCSA uses the built-out line only for the U10 age group.

### *How does it work?*

- When the goalkeeper has the ball in his or her hands during play, or has a goal kick, the opposing team must move behind the build out line until the ball is kicked or thrown.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is kicked or thrown by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner, but he or she does so accepting the positioning of the opponents and the consequences of how

play resumes.

- Also, players are not called offside until they have passed the build-out line.

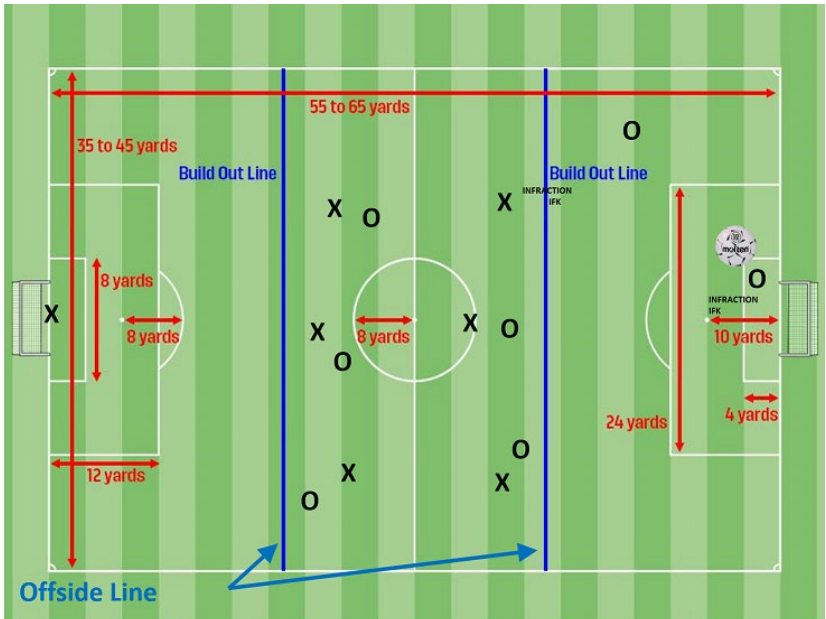


Figure 2. Build-out Line Illustration.

### ***When is a Handball a Handball?***

Handballs are not always handballs. Handball fouls include using any part of the arm, from the armpit down to the fingers, as an advantage to stop or direct the ball.

#### ***To be a handball, the following conditions must be met:***

- The ball must hit the arm anywhere from the fingers, up the arm, to where the arm pit is.
- The handball must be deliberate.
- The arms must be moved away from the body to make the body bigger.

#### ***What is NOT a handball?:***

- The hands and arms are raised to defend the player from a “quick” direct hit to the face, chest, or below the waist.
- If the hands and arms are used to prevent the body from hitting the ground during a fall and hits the ball at the same time.
- If the ball hits the arms or hands when the arms are held down by the side of the body.

## Tri-City Soccer Association – Spring 2024 Season - League Rules "Quick Guide"

	<i>Age Group</i>				
	<b>U4</b>	<b>U6</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>
<b>Players on Field</b>	4v4	4v4	4v4	7v7	9v9
<b>Goalkeeper</b>	No	No	No	Yes	Yes
<b>Game Length</b>	2X20 Minute Halves	2X20 Minute Halves	2X20 Minute Halves	2X25 Minute Halves	2x30 Minute Halves
<b>Half Time</b>	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
<b>Field Size</b>	25 yds X 20 yds	35 yds X 25 yds	35 yds X 25 yds	60 yds X 45 yds	80 yds X 50 yds
<b>Goal Size</b>	Portable Net	4X6 ft	4X6 ft	6x12(8) ft	7x21 ft
<b>Ball Size</b>	3	3	3	4	4
<b>Referee</b>	Coach/ Parent	Coach/ Parent	Coach/ Parent	Center Ref	Center Ref
<b>Assist. Referee</b>	No	No	No	If Available	Yes
<b>Buildout Line</b>	No	No	No	Yes	No
<b>Offside</b>	No	No	No	Yes	Yes
<b>Goal Kick</b>	Yes	Yes	Yes	Yes	Yes
<b>Punt/Drop Kicks</b>	No	No	No	No	Yes
<b>6-Second Goalie Rule</b>	N/A	N/A	N/A	Yes	Yes
<b>Corners Kicks</b>	Yes	Yes	Yes	Yes	Yes
<b>Throw-ins</b>	Yes	Yes	Yes	Yes	Yes
<b>Allow Redos on Improper Throw-in</b>	Yes	Yes	Yes	No	No
<b>Distance Opponents Must Be From Throw-in</b>	2 yards				
<b>Penalty Kicks</b>	No	No	No	<b>No</b>	<b>No</b>
<b>Corner Flags</b>	No	No	No	Yes	Yes
<b>Heading</b>	No	No	No	No	No
<b>Free Kicks</b>	<b>All are Indirect</b>				
<b>Required Distance Opponents Must Be From Free Kick</b>	8 yards	8 yards	8 yards	8 yards	10 yards
<b>Substitutions</b>	Any Natural Stoppage of Play			With Ref Approval	
<b>Slide Tackles</b>	Slide Tackles are NOT allowed at any level of Play				
<b>Overtime</b>	No	No	No	No	No
<b>Penalty Shootout</b>	No	No	No	No	No



