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## **1 ARTICLE I - Name and Organization**

## **2 ARTICLE II - Objective**

The objective of the Soccer Club is the development of soccer as a sport, and the social, physical, and motivational development of the children that participate. Our long-term goal is to continue to offer a program that focuses on the psychological and recreational development of our children, and provides adequate resources for individuals to excel in competitive spaces.

## **3 ARTICLE III - Board of Directors and Officers**

## **4 ARTICLE IV - Officers Duties - Policy and Procedures**

**4.1 *President***

**4.2 *Vice-President***

**4.3 *Treasurer***

**4.4 *Secretary***

**4.5 *Divisional Coordinator***

**4.6 *Registrar***

**4.7 *Referee Assignor***

**4.8 *Equipment Coordinator***

**4.9 *Fields Coordinator***

**4.10 *Volunteer Coordinator***

**5 ARTICLE V - Election of Officers and Directors**

## **6 ARTICLE VI - Meetings**

## **7 ARTICLE VII - League Membership**

## **8 ARTICLE VIII - Organization**

### ***8.1 Micro Soccer***

### ***8.2 Recreational Soccer***

#### **8.2.1 TEAM FORMATION/ DRAFT PROCESS**

The respective coaches will be provided an overall roster for their grades pre-season, most likely at the first coach's meeting. The coaches soon thereafter must meet in person and jointly rank all players in a 1, 2 or 3 designation based on player's past performance, (with 1 most skilled, 2 average skills, 3 improving) to the best of the coach's abilities. The coach's then will take turns selecting players in a "Gentleman's Draft", this allowing the teams ultimately to have competitive parity. This draft will allow consideration of player/parent requests in writing to be on a particular coach's team and for previously agreed to assistant coach's children to be allocated to their coach's team. These considerations cannot allow for any inequities in striving for the team's ability to form at level parity. "Stacking" of teams is absolutely not tolerated. If a coach is made aware of or suspects a fellow coach of stacking they should immediately contact the league coordinator.

The draft will be performed in the strictest of confidence so that no child's feelings are ever hurt. Accordingly when the draft is complete the master evaluation sheet and any supporting sheets with player rankings must then be promptly returned to the respective coordinator. Each coach will obtain their player's registration form during the draft. These forms must be brought to the fields for both the practices and games. All registrations must be signed by a parent or guardian where specified.

Roster changes may only occur under extreme conditions preseason. The boys' or girls' rec. coordinator and coaches involved must approve all modifications before parents/players are notified of the changes. If for any reason you lose a player, call the coordinator immediately so that BJSA records can be updated.

Under no circumstances can a child be on the field for either practices or games unless they are registered and have signed a medical consent form.

8.2.2 TYPICAL GRADE BREAKDOWNS FOR REC. LEAGUE TEAMS\*

<u>FALL</u>				<u>SPRING</u>			
<u>GRADES</u>	<u>BALL SIZE</u>	<u>FIELD SIZE</u>	<u>FIELDING</u>	<u>GRADES</u>	<u>BALL SIZE</u>	<u>FIELD SIZE</u>	<u>FIELDING</u>
2 & 3	3	50 by 40 yards Malerbo E & F	8V8 I NC. GOALIE LEEWAY TO 6V6**	2	3	50by 40 yards Malerbo E & F	8V8 I NC. GOALIE LEEWAY TO 6V6**
4 & 5	4	100 by 55 yards Malerbo C	11V11 I NC. GOALIE	3 & 4	4	100 by 55 yards Malerbo C	11V11 I NC. GOALIE
6-7	5	100 by 55 yards Malerbo C or Nassahegan	11V11 I NC. GOALIE	5 & 6	4	100 by 55 yards Malerbo C	11V11 I NC. GOALIE
8	5	100 by 55 yards Malerbo C Or Nassahegan	11V11 I NC. GOALIE	7 & 8	5	100 by 55 yards Malerbo C Or Nasshegan	11V11 I NC. GOALIE

BJSA follows the above seasonal breakouts for the following reasoning:

Once teams are playing on the 11v11 fields they gain the opportunity to play within the Farmington Valley League (FVL). This allows these teams to compete initially with Farmington teams either at Home (Malerbo) or away (Tunxis Meade- Farmington) and in the older groups with other Farmington Valley towns (Avon, Simsbury etc.). FVL plays

within the above grade/ season breakouts and we have to follow for competitive parity.

This allows the younger kids to play up and benefit from a higher level of skill and competitiveness while still having fun. The "older" kids in turn can help mentor the younger ones in bringing up their level of play and enthusiasm.

BJSA and the players benefit from this arrangement especially when rosters may run lower than usual any given season and a need for more teams is of the essence.

\*Above rostering of teams represents the typical seasons. Note there is often the possibility of changing of age groups in order to assure that any particular age group has an equitable amount of teams. This as age group rosters are dynamic each season and year.

\*\*Will be determined by coordinator preseason based on number and ages of player's registered.

### 8.2.3 GAME SCHEDULES, CANCELLATIONS AND MAKE-UPS

Game Schedules are completed by the Burlington Parks and Recreation Dept. and will be distributed at the coaches meeting.

Cancellations - Soccer is a game that is generally played in most weather conditions. The health of the children playing and secondly potential damage to fields is paramount. This has to be accounted for especially in situations whereby BJSA coaches are involved in deciding on cancellations due to weather. The coach of the home team will be responsible for making this decision that will be mutually discussed with the away team coach. When the coach's team is away and within FVL play then the respective out of town coordinator will make the decision to cancel though the respective coaches must contact each other to confirm the decision. Burlington Parks and Recreation Department decisions will take ultimate precedent with home field decisions.

General guidelines for cancellations- unless we are experiencing heavy showers, thunderstorms or the fields are otherwise unplayable (e.g. mud, puddles, can't find lines) we should play. Cancellation decisions should be made at least 2 hours before play or if an 8:00 AM or 9:00 AM game, the night before. Cancellation decisions after that point will be made at the field by the referee. For example, if you have an 11:00 a.m. game and have not canceled by 9:00 a.m. players must be advised to go to the field. Coaches are responsible for notifying the referee for game cancellations, please be prompt and respectful in doing so.

Make-ups- Must be arranged with all respective coordinators in town and out of town, contact your coordinator.

#### 8.2.4 PRACTICE FIELDS

BJSA provides for practice fields around Burlington. Practice fields are assigned at the pre-season coaches meeting based on coach's preference when possible. If a 2<sup>nd</sup> weekly practice field time slot is desired, you must wait until every recreation team and travel team has had an opportunity to select their practice field and it is potentially approved by the Burlington Parks and Recreations Department.

## 8.2.5 EQUIPMENT

### Players

All players must wear shin guards and socks that completely cover the shin guard. No one will be able to play without shin guards. Players must wear any type of sneaker or soft-cleated soccer shoe. **Baseball shoes and football shoes are not allowed as they have hard rubber tips (sometimes studded) and a hard rubber cleat at the tip. No metal cleats will be allowed.** In addition, players must not wear jewelry. Officials will perform a pre-game check of the team to ensure that proper equipment is worn. Although cleats are not required, they are highly recommended.

### Coach

Each coach will be issued an equipment bag that will contain balls, cones, pinnies, and a first aid kit. The coach may purchase a whistle as they feel necessary to assist in practices as desired. Although not required, since fields do not have telephones; to have contact with emergency medical help, coaches are urged to bring a cellular phone to the field. If a coach does not have a telephone, please try to locate a parent on your team which can be responsible for bringing a phone to the field each week for games and practices.

## 8.2.6 Number Of Coaches Allowed On Fields

No more than three coaches are allowed on the sideline with the team. There can be no coaching from behind the goal. Coaches cannot cross midfield to coach at anytime. 2<sup>nd</sup> and 3<sup>rd</sup> grade coaches are allowed on the field to coach the first 2 games only. In the Spring 2<sup>nd</sup> grade coaches are allowed on the field to coach the first 2 games only. Coaches should remember that soccer is a players game. Practice is the time when instruction and teaching should take place. The game is for the players so let them play.

## 8.2.7 REFEREES

**Referee calls are final.** We will not tolerate abuse or demonstrative challenging of the referees. Keep conversations with the referee to pre-game, half-time, or post-game. These conversations should only involve clarification of calls. Do not resolve grievances on the field. See your program coordinator or director if an unusual problem has occurred.

Please be aware that recreation league referees are typically younger Travel League players who want to take their involvement in the game to a higher level. Coaches should not make this a discouraging experience for our young referees. This is a learning

experience for these referees. **ANY UNACCEPTABLE BEHAVIOR TOWARDS REFEREES WILL BE SEVERELY DEALT WITH.**

### 8.2.8 ETIQUETTE

Coaches are responsible for the general behavior and sportsmanship of their players and fans. We will not tolerate demonstrations of poor sportsmanship by players or fans. Coaches are asked to be especially observant during post-game handshakes.

Fans cannot sit on the same side of the field as the teams. Coaches are required to enforce this for their team. Failure to respond to a referee warning on this issue can result in a suspension of the game.

### 8.2.9 GENERAL GAME INFORMATION

BJSA plays using the FIFA laws of the game with some exceptions. FIFA rulebooks can be obtained from any sports shop dealing with soccer equipment.

### 8.2.10 SPECTATOR SEATING

ALL spectators are to remain on the opposite side of the field as the players and coaches.

#### 8.2.10.1 GAME DURATION

Games have to be kept on time, thus not making later games suffer from other's actions. The game will start when the referee decides to start which should be the time scheduled. Coaches should come to the game prepared with starting line-ups and captains. Line-up selection at the field wastes time.

#### 8.2.10.2 FOUR GOAL RULE

(APPLICABLE TO GRADE 2 AND GRADE 2 AND 3 PLAY ONLY)

Avoid running up the score. This is very demoralizing to the losing team. If you find your team in this situation, be creative; impose additional rules on your team to even things out. Some examples are: shoot with your left foot, require three passes before shooting, require 3 touches before passing, sub. out your stronger offensive players or let them try defensive positions. These restrictions serve to keep the game close and force your players to improve their skill. Winning by a wide margin is unnecessary, this margin generally viewed upon as 4 goals.

## 8.2.11 CODE OF CONDUCT

“Any player, whether he/she is within or outside the field of play, whose conduct is ungentlemanly or unladylike or violent, whether or not is directed towards an opponent, a colleague, the referee, a linesman or other person, or who uses foul or abusive language, is guilty of an offense, and shall be dealt with according to the nature of the offense committed.”

The above is a decision of the International F.A. Board, which is the ruling body of FIFA. The above rule specifically mentions conduct violations of players. However, we at BJSA believe if it pertains to players, it must also pertain to coaches, parents or anyone in attendance at our games. We cannot and do not ask for a higher level of conduct from our players than we do from our adults.

BJSA is dedicated to practicing good sportsmanship and fairness. The youth players will learn from the adults.

Therefore, BJSA has established a basic Code of Conduct for all Participants and spectators. The Code of Conduct is applicable wherever a BJSA team is playing.

**The General Rule** is that soccer is a game for the players and not for the coaches, referees or spectators. Players should be allowed to have fun and to learn. They are not to be pressured or abused.

**At all times**, positive reinforcement should be provided to the game participants.

**Screaming and the use** of obscene language or remarks are specifically prohibited in soccer. This is the case whether they are directed at coaches, referees, players or other spectators.

**Any disagreements** should be expressed in the appropriate manner and through the proper channels at the proper time.

Players should direct their comments to their coaches; Parents should direct their comments to the coach or the appropriate league coordinator. Coaches should direct their comments to the appropriate BJSA official (such as President or respective Coordinator).

**Under NO circumstances** will a spectator be allowed to interfere with the field of play. (The referee may call a parent or guardian onto the field as a result of an injury). Coaches, players and spectators must stay at least three feet from the touchline. In addition they may not be behind the end line between the two corner flags. It must be remembered that the ball is not considered to be out of play until the ball is completely over the touchline.

**All game participants** are subject to the Laws of the Game as established by FIFA and as interpreted by US Soccer, Connecticut Junior Soccer Association and BJSA.

**In order to enforce** this Code of Conduct, BJSA has established a disciplinarian board.

**Potential actions** to be brought before the disciplinarian board will be reviewed.

**Any player or coach** brought before the disciplinarian board and found to have committed an infraction of the Code of Conduct, will be dealt with accordingly.

**The disciplinarian board** may act independent of and separate from any disciplinary actions taken by any other authorities. These actions may be in addition to or be more severe than actions taken by other authorities.

## 8.2.12 GRADE 2 AND GRADE 2/3 RULES OF PLAY

GAME DURATION Four 12 minute quarters with a 5 minute half time. Game clock stops only at end of quarters.

SUBSTITUTIONS Any stoppage of play with permission from the Referee.

OFFSIDE Will not be called. (However no "Cherry Picking" will be allowed)

FOULS All fouls result in an indirect kick and the referee must explain the infraction.

GOAL KICKS A goal kick can be taken from anywhere in the goal area.

Free kicks are always indirect. No kicks will be taken by the attacking team within the defending team's goal box. There are no penalty kicks.

THROW-INS The same player must be allowed a second throw-in if an infraction is committed on the first attempt. The referee must explain the infraction. The 3<sup>rd</sup> infraction will result in a throw in for the other team.

SLIDE TACKLES Not allowed.

Coin Toss No coin toss. The home team will have the opening kick-off to begin the game.

### 8.2.13 GRADES 3/4 AND UP (THOSE PLAYING 11 V 11) RULES OF PLAY

GAME DURATION Two 30 minute halves with a 5 minute half-time Running time (only stop clock at end of periods)

SUBSTITUTIONS Any stoppage of play with permission from the Referee.

OFFSIDE Conforms to FIFA rules

FOULS Conforms to FIFA rules

GOAL KICKS Conforms to FIFA rules

THROW-INS Conforms to FIFA rules

SLIDE TACKLES Allowed at referee's discretion

Coin Toss Prior to game time, the referee will preside over the coin toss. The winner of the coin toss has their choice of which side of the field their team will defend in the first half. In the second half sides will be switched and the alternate team will take possession first.

### 8.2.14 TEAM MANAGEMENT

There is more to being a coach than practices and games. This is the activity called team management; organizing the team and communicating with parents. We suggest that each coach elect a team parent. This parent potentially along with your assistant coaches will assist in handouts, telephone calls, or what ever other activities which might arise during the season. Make sure parents have their appropriate paperwork (phone numbers) so that calls can be made when cancellations happen.

Important: Each medical consent form has to be completed for the child to practice and/or play games. If they are not, make sure at your parent meeting that all are signed and please notify the coordinator if there are any that are unsigned.

### 8.2.15 GAMES

All players should arrive 15 minutes prior to each game to warm up and be prepared to begin on time. Each player needs shin guards, socks, shorts and a jersey. Make sure each child has a water bottle as well.

### **8.3 Travel Soccer**

#### 8.3.1 Travel Philosophy

BJSA Travel has been established to provide an opportunity to the youth of the Town of Burlington to compete with athletes from other towns. In part, this is achieved by creating new competitive U-9 teams each year, and facilitating the creation and maintenance of new or existing competitive teams at older age levels up to U19.

#### 8.3.2 Objective

The BJSA travel team program is offered to develop a competitive soccer program: to accelerate the skill development of the individual and the team players; to emphasize a competitive soccer program where the youth of Burlington can compete with the best players in their age group; to encourage pride in the travel Team Program; to teach leadership skills and develop good sportsmanship through respect for other athletes, coaches, and officials; and to proudly represent the Town of Burlington.

#### 8.3.3 Electing a Travel Division Coordinator

People interested in filling this position should attend a BJSA board meeting and publicly volunteer. The BJSA board will vote to approve this position at the BJSA elections held during the BJSA annual meeting held in November. All applicants must be a resident of Burlington.

#### 8.3.4 Duties of the Travel Division Coordinator:

Creating new competitive U9 teams each year, and facilitating the creation and maintenance of new or existing competitive teams at older age level up to U19.

Selecting and nominating coaches for approval by BJSA board members for new teams or as replacements for existing teams.

Over sees equipment and uniform purchases for the travel program to insure competitive pricing and see that each team is properly outfitted in conjunction with the equipment coordinator.

Assuring that all teams abide by the rules of the Travel Division, BJSA, and CJSA.

Arranging and moderating Travel Division meetings at least twice a year and on an

as-need basis and reporting meeting overview to the BJSA Board.

Presiding over tryouts as necessary and supporting head coaches as necessary during the tryout process.

Informing teams of new rules, policies, or procedures that may affect the Travel program.

Mediating problems that develop between a coach and parents.

#### 8.3.5 Rostering:

Rosters must be completed for each season of play (Fall and Spring) and approved by the District Roster Administrator. In the spring, any "new" player (any player who has not on the Fall roster) of that seasonal year (August 1 – July 31) must be added to the spring roster and have a valid CJSA players card.

##### 8.3.5.1 Number of players allowed:

U9 and U10 will have a minimum of 12 players when available and a maximum of 16 players with 14 players being ideal. U11 and older teams will have a minimum of 14 players when available and a maximum of 21 with 16 players being ideal.

##### 8.3.5.2 Frozen Roster

Rosters can be amended up to one week before Connecticut Cup play begins, then that roster is frozen. Once the roster has been submitted to the District Registrar no changes will be allowed without the Travel Coordinators approval.

##### 8.3.5.3 Out-of-town players:

It is the intent of BJSA to fill our teams with town residents. Teams may carry up to two out of town players, but only if they score higher in the tryouts than the minimum number of children allowed on a team (U9/10 = 12 U11/up = 14). No out-of-town player is guaranteed a position on the team and all out-of-town players must submit a written requests and gain approval to play on a BJSA team from the BJSA board. Harwinton youth are not considered "out-of-town players" in those U levels that Harwinton does not have sanctioned CJSA travel teams as per the CJSA guidelines.

#### 8.3.5.4 Underage players:

A travel team may select up to two underage players, but only if they score higher in the tryouts than a majority of other available, age-appropriate Burlington players at the tryouts and must be approved by the travel Coordinator. Exception: If there is no age appropriate BJSA team, players can play up without BJSA board approval. In this situation the team under age player limit is waived.

#### 8.3.5.5 Proof of Age

Must be submitted the first time a player is rostered. This can be a photocopy of a birth certificate, passport, or green card. A baptismal certificate is not acceptable proof of age

#### 8.3.5.6 Medical/authorizations release

Each player must complete a medical/authorization release at the beginning of each fall season. New players being added to a roster for the spring season must complete a medical/authorization release.

#### 8.3.6 Team Registration to BJSA

A list of team members (or a copy of the CJSA roster) must be given to the Travel Coordinator by June 30 for the upcoming fall season so that BJSA knows which players will not be playing recreational soccer and recreational rosters can be adjusted accordingly.

Team Registration to District Registrar: The Head Coach or Team Manager is responsible for Rosters, Fees, Player Passes and Disclosure Forms to be completed and submitted to the District Registrar by August 15 for the fall season and new registrations and fees are due by March 15<sup>th</sup> for the spring season.

#### 8.3.7 Costs: See "Fees Sheet" for Current Costs.

#### 8.3.8 Tryout & Selection:

##### 8.3.8.1 Tryout Determination

Prior to the end of the Spring Season before school has ended, a mandatory two (2) tryouts for the Fall season will be held. Tryouts will be organized by the Travel Coordinator in conjunction with each team head coach. The Travel Coordinator will

also be responsible for proper advertisement and public notice of such tryout. These tryouts will be open and fair to all grade and age appropriate children who have properly registered and paid BJSA. Candidates need not attend both tryouts although it is encouraged. Each Candidate will be ranked using their best tryout evaluation.

#### 8.3.8.2 Evaluators

Three individuals, whom cannot confer during the tryout, will grade each child using the BJSA approved evaluation form. Tryout evaluations must be completed in pen or marker (no pencil). The three individuals are (1) the team head coach, and (2) two independent, impartial evaluators. An evaluator cannot be chosen, if that person has requested the head coach to be an evaluator for the evaluator's team. The head coach of each team will inform the travel coordinator of who their evaluators are one week prior to scheduled evaluations. The travel coordinator can over rule a coach's evaluator choice if the travel coordinator feels there is an obvious conflict.

#### 8.3.8.3 Private Evaluations

No 'private' or individual tryouts are allowed without the express written consent of the Travel Coordinator. Examples of reasons to request such exemptions are (a) child moving to town, (b) a documented sickness (c) inability to participate based on injury. A coach may be petitioned by the board or Travel Coordinator to conduct an additional tryout in these examples. Each child at the tryout is required to be graded by the same three individuals, if at all possible. Each child will be graded using the same criteria. (Refer to example tryout sheet)

#### 8.3.8.4 Tryout Dates

Two tryout dates are to be scheduled with the second being the back up date, in the case candidates can't make the first tryout. If two tryouts are held, it is common practice for children to tryout on both dates. The highest score, per day, will be used.

#### 8.3.8.5 Team Selection & Tryout Exclusions

For U-9/U-10 teams, the highest eight (8) children scoring in the tryout are automatically selected to the roster. For U-11 and up, the top eleven (11) children are automatically selected. Children of the team head or assistant coaches, if

ranked high enough to be placed on automatic selection will be excluded and be a discretionary choice, making space for the next lowest ranking to be moved to an automatic selection. Roster placements thereafter are at the discretion of the head coach.

For age groups where a second team is viable, and there is another head coach interested, then that coach will select from the remaining kids available to form a second team using the same selection criteria as above.

*For U9 and U10 teams, BJSA guidelines require players play approximately 50% of each game attended.*

#### 8.3.8.6 Roster Announcements

Without exception, roster announcements for the upcoming Fall season should NOT be declared until after all Region 10 schools have been completed.

#### 8.3.8.7 Player Roster Timeline

The selected players are rostered to the team for the Fall and Spring seasons of that seasonal year.

#### 8.3.8.8 Violations and Conflicts

Any violation/conflict to the above guidelines will/may invalidate the tryout, and require the intervention of the BJSA Board to resolve. Resolution may include but not limited to re-running the tryout, Board intervention in the selection process, or other reasonable resolutions as deemed appropriate.

#### 8.3.8.9 Tryout Evaluation Requirements

All tryout evaluations must be completed in pen or marker (no pencil) on BJSA approved "evaluation forms" and approved "results schedule form" must be submitted to the BJSA travel coordinator within one week from the tryout completion. The forms are available from the Travel Coordinator or BJSA Board and are listed at the BJSA Web Site. These records and results will be kept by the travel coordinator for a period of one year. The results are auditable and reviewable by the executive committee upon receipt of a formal grievance or complaint. Under no circumstances are completed outcomes of the tryouts to be distributed or copied in any way.

### 8.3.9 Fields

Practices and games on Region 10 fields cannot start before fields are approved for use by the Burlington Parks and Recreation Department.

### 8.3.10 Practice and Games

All practices and games that are conducted before or after the Region 10 school year must be sanctioned by the BJSA board to qualify for coverage for our CJSA insurance.

### 8.3.11 Acceptance of Guidelines

All head coaches will be supplied a copy of these guidelines from the Travel Coordinator. Every coach must sign the form of acceptance agreeing to abide by and uphold the guidelines.

## 9 ARTICLE IX - Coaching Personnel

### 9.1 Positive Coaching Alliance, BJSA, and You

The Positive Coaching Alliance's objective is to "Transforming Youth Sports so Sports can Transform Youth". The Positive Coaching Alliance (PCA) was established at Stanford University in 1998. PCA believes that winning is a goal in youth sports but that there is a second, **more important goal of using sports to teach life lessons through positive coaching**. That is what it means to be a "Double-Goal" Coach.

### 9.2 Double-Goal Coach Job Description

You are the most important person in our organization. You determine the kind of experience our athletes have with sports. 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. The following is what we expect from you during the coming season.

1. Model and teach your players to **Honor the Game**. Teach the elements of **ROOTS**--  
Respect for:

Rules, Opponents, Officials, Teammates, and one's Self.

- Appoint a parent to be "Culture Keeper" for the team.
- Share with your players' parents your desire for them to Honor the Game.
- Drill Honoring the Game in practice.
- Seize teachable moments to talk with players about Honoring the Game.

2. Help players **Redefine** what it means to be a **"Winner"** in terms of Mastery, not just the Scoreboard:

- Teach players the **ELM Tree of Mastery (Effort, Learning, and bouncing back from Mistakes)**.
- Use a "Team Mistake Ritual" (like "Flushing Mistakes") to help players quickly rebound from mistakes.
- Reward effort, not just good outcomes. Look to recognize players for unsuccessful effort.
- Encourage players to set "Effort Goals" that are tied to how hard they try.
- Use Targeted Symbolic Rewards to reinforce effort and team play.

### 3. Fill your players' **Emotional Tanks**.

- Use encouragement and positive reinforcement as your primary method of motivating.
- Strive to achieve the 5:1 "Magic Ratio" of 5 positive reinforcements to each criticism/correction.
- Schedule "fun activities" for practices, so players will enjoy our sport.
- Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
- Develop "player coaches" by asking for player input and asking rather than telling them what to do
- Learn to give "Kid-Friendly Criticism" so players will be able to hear it. Criticize in private, "Ask Permission," use the Criticism Sandwich, avoid giving criticism in non-teachable moments.

### 4. Have **Conversations** during Team Meetings with your players at every practice and every game.

- Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
- Remind players about these three concepts before and after every game.
- Ask questions and encourage players to speak and contribute during team meetings.
- Use the Winner's Circle after a game to reinforce the positive things players did.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

### **9.3 Double-Goal "Parent" Job Description**

Research is clear that when parents and teachers work together a child tends to do better in school. There is no reason to think that it is any different in youth sports. The following are some guidelines for how parents can contribute to a Coach/Parent Partnership that can help the athlete have the best possible experience.

**Recognize the Commitment the Coach Has Made:** For whatever reason, you have chosen not to help coach the team. The coach has made a commitment that involves many, many hours of preparation beyond the hours spent at practices and games. Recognize their commitment and the fact that they are not doing it because of the pay! Try to remember

this whenever something goes awry during the season.

**Make Early, Positive Contact with the Coach:** As soon as you know who your child's coach is going to be, contact them to introduce yourself and let them know you want to help your child have the best experience he/she can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with them later if a problem arises.

**Fill the Coach's Emotional Tank:** When the coach is doing something you like, let them know about it. Coaching is a difficult job and most coaches only hear from parents when they want to complain about something. This will help fill the coach's emotional tank and contribute to them doing a better job. It also makes it easier to raise problems later when you have shown support for the good things they are doing. And just about every coach does a lot of things well. Take the time to look for them.

**Don't Put the Player in the Middle:** I imagine a situation around the dinner table, in which a child's parents complain in front of her about how poorly her math teacher is teaching fractions. How would this impact this student's motivation to work hard to learn fractions? How would it affect her love of mathematics? While this may seem farfetched, when we move away from school to youth sports, it is all too common for parents to share their disapproval of a coach with their children. This puts a young athlete in a bind. Divided loyalties do not make it easy for a child to do their best. Conversely, when parents support a coach, it is that much easier for the child to put his/her wholehearted effort into learning to play well. If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with them about it.

**Don't Give Instructions During a Game or Practice:** You are not one of the coaches, so do not give your child instructions about how to play. It can be very confusing for a child to hear someone other than the coach yelling out instructions during a game. As in #4 above, if you have an idea for a tactic, go to the coach and offer it to him. Then let him decide whether he is going to use it or not. If the coach decides not to use it, let it be. Getting to decide those things is one of the privileges earned by making the commitment to coach.

**Fill Your Child's Emotional Tank:** Perhaps the most important thing you can do is to be there for your child. Competitive sports are stressful to players and the last thing they need is a critic at home. Be a cheerleader for your child. Focus on the positive things he/she is doing and leave the correcting of mistakes to the coach. Let her know you support him/her without reservation regardless of how well he/she plays.

**Fill the Emotional Tanks of the Entire Team:** Cheer for all of the players on the team. Tell each of them when you see them doing something well.

**Encourage Other Parents to Honor the Game:** Don't show disrespect for the other team or the officials. But more than that encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate the official, gently say to them, "Hey, that's not Honoring the Game. That's not the way we do things here."

#### ***9.4 Positive Coaching Alliance Seasonal Award of Excellence***

Each season, the soccer program wishes to hear from all our members, players, coaches, referees, and parents about people that idealize the components of the Double-Goal coach mentality for youth sports. All individuals nominated will receive a certificate of excellence, and each season, one individual will be selected as recipient of the BJSA Positive Coaching Alliance Award. The winners name will be placed on the plaque on display at the Burlington Town Hall, and also receive an award to commemorate their contribution. Nominations should be sent to [bjsapres@yahoo.com](mailto:bjsapres@yahoo.com), or mailed to BJSA, PO Box 1166, Burlington CT 06013.

Note: These guidelines are provided through the Positive Coaching: Building Character and Self-Esteem Through Sports by Jim Thompson, the founder and leader of the Positive Coaching Alliance, a leading educator in the youth sports coaching arena.

#### ***9.5 WAYS TO PRAISE YOUR SOCCER PLAYERS for Parents***

From the Connecticut Junior Soccer Association [www.cjsa.org](http://www.cjsa.org), with thanks to the Shelton Youth Soccer Program:

Great Try. You must be practicing. I'm proud of the way you played today. Tremendous. I think you've got it. Super effort. Nice give and go. Magnificent. Excellent ball control. Great sportsmanship. Your getting better everyday. You make it look easy. Perfect pass. Good thinking. Great save. Exactly right. Good trap. You've got what it takes. Wow. Perfect first touch. You remembered. Your learning fast. Nice defensive move. Hurray for you. That's quite an improvement. Congratulations. Good tackle. Well done. Great decision. That's the best ever. Perfect execution. Great goal. That's the way to Support your teammates. Keep up the good work. Excellent move. You haven't missed a thing. Great vision on the pass. Fantastic. You outdid yourself today. That's the right way to do it. Great counter attack. I'm impressed. That's the best you have ever done. You are very good at that. Great timing on your run. I knew you could do it. I'm very proud of you. Nothing can stop you now. I've never seen anyone do it better. You really make coaching fun. Thanks a million. Awesome.

**A LITTLE PRAISE GOES A LONG WAY!!!**

## **10 ARTICLE X – Soccer Club Rules**

### ***10.1 Player Refund Policy***

All refunds require a written request to be sent to the Treasurer of the soccer club. The letter should specifically state why the refund is requested. Refunds will only be considered under the following conditions:

- a) A team is not formed for that player's age group, gender, and/or competition level.
- b) A player is registered to the wrong division, program, soccer club, or is injured prior to the start of the season.
- c) Refunds that do not qualify under (a) or (b) are received in writing NOT later than 2 weeks after the official start of the appropriate season.
- d) Equipment purchases and/or costs are non-refundable, regardless of circumstances.
- e) Exceptional conditions not previously stated, which would require Board approval.

### ***10.2 Scholarship Requests***

Families requiring financial assistance for registration fees should contact the First Selectman's office of the Town of Burlington or the presiding President of the soccer club. All requests will be considered on a case by case basis, and be handled in the strictest confidence. The soccer club will limit the number of hardship requests to 5 per season.

## **11 ARTICLE XI - Standing Committees**

## **12 ARTICLE XII - Amendments**

- Inserted travel soccer section. Ron Packard, 2, March, 2006
- Inserted recreational section from coaching manual, reformatted travel section to match font types. Also inserted section Coaching Personnel – section 9 from adopted coaches manual Ron Packard, 24, March, 2006