



# SEATTLE YOUTH SOCCER ASSOCIATION

## U10 Coaches Handbook



Welcome to your first year of playing in the SYSA Citywide League! This handbook explains many important items about playing in SYSA's U10 Citywide League. Please be sure to read it carefully now and save a copy to refer to easily over the course of the season ahead.

### [The U10 Kickoff Jamboree](#)

SYSA kicks off the U10 season with a Jamboree. All U10 teams play in a series of three 20-minute matches at one field on Sunday, September 12, 2021. These Jamboree games are a good introduction to U10 play for your players. In addition, the Seattle Soccer Referees Association uses these games to train new referees.

### [Game Schedules](#)

Jamboree schedules, as well as all season game schedules, will be published on the SYSA Website at [www.sysa.org/sysa-rec-league-fall](http://www.sysa.org/sysa-rec-league-fall). Bookmark this page, as you will look there frequently.

### [Match Day Rosters and Game Sheets](#)

You need to submit a set of game sheets to the referee at the beginning of each regular season match. (For the U10 Jamboree, you do not need to bring a game sheet/roster). Instructions for printing game day rosters are available in the next section in this document, Game Day Roster Printing.

You must have printed rosters to hand to the referee before each match.

### [Contacting Your Opponent](#)

The SYSA Rules of Competition (4.8.3) state and we strongly recommend that you contact your opponent before the upcoming weekly match to verify time, location, and jersey colors to avoid conflicts and confusion. You can find your opposing team's coach contact information linked to their team information in the U10 schedules. Click the team name and the contact information will be displayed.

### [Re-scheduled Games](#)

Games are rarely rescheduled. If a game must be rescheduled, Jessica Beckton, the SYSA Scheduler, will contact the teams affected and post the new information on the SYSA web site. (Jessica can be reached at [jessica.beckton@sysa.org](mailto:jessica.beckton@sysa.org)). Make it a habit to check the U10 Schedules page every Friday. **Note that school events are not a sanctioned reason to change SYSA matches.**

### [Rules of Competition](#)

SYSA has published its Rules of Competition on the SYSA web site. Please take some time to read the rules. **Note that deliberate heading of the ball and slide tackling are not allowed in U10 games.** The Offside Rule is in effect. A chart of Citywide League Standards follows this section.

[The Post season All-City Jamboree](#)

SYSA holds a season-ending jamboree event on the Saturday after Thanksgiving for U10 and U9 teams. This is a fun, round-robin style event with prizes for the kids. The Jamboree this year will be Saturday, November 27th. Registration will open by mid-October, and more complete event information will be available on the SYSA website at that time as well.

Thank you for your continued commitment to coaching the kids in SYSA! Enjoy the season ahead and good luck on the pitch!

*The SYSA Staff and Board of Commissioners*



**"The World's Sport for Seattle's Kids"**

## SYSA Citywide League Rules & Adapted FIFA Rules

These format standards apply to all teams and games in SYSA's Citywide recreational leagues. Teams in regional select and RCL premier leagues should check with their league managers.

This chart incorporates changes to U12 play that began in fall, 2017, as recommended in the newest US Soccer Standards Chart, and voted on by the SYSA Board of Commissioners.

	U10	U11	U12	U13-U19	Notes
# of Players on Field	7	9	9	11	Includes goalkeeper
Max # Players on Roster	12	14	14	18	At U16 and older, up to 22; only 18 on game day roster
Min # Players for a Game	5	6	6	7	
Ball Size	#4	#4	#4	#5	
Build Out Line (a)	Yes	Yes	No	No	BOL rules at U10 and U11
Goalkeeper Punts & Dropkicks	No	No	Yes	Yes	BOL rules at U10 and U11
Goal Size (feet) - (b)	6x12 to 6.5x18.5	6.5x18 to 7x21	6.5x18 to 7x21	8x24	
Field Dimensions (Min-Max, Length-Width in Yds)	55-65 by 35-45	70-80 by 45-55	70-80 by 45-55	Full Size	100-120 by 50-80 yds. SYSA will adjust based on individual fields.
Slide Tackling	No	Yes	Yes	Yes	
Heading in practice - (c)	No	Limited	Yes	Yes	Limited heading in practice at U11
Heading in games	No	No	Yes	Yes	
Offside Rule	Yes	Yes	Yes	Yes	
Direct Free Kicks	Yes	Yes	Yes	Yes	
Free Kick Defender Distance (yds)	5	7	7	10	
Retake on Throw-In or Kick-Off	No	No	No	No	

For the Fall soccer season, SYSA coaches will continue to use printable rosters for game sheets instead of the hand-written, triplicate forms used in the past. Each week, you should print THREE copies of the Game Day Roster and bring them to the game: one for the referees, one for your opponent, and keep one for yourself. Use the following instructions at the end of this section.

#### [Roster Printing Using Affinity](#)

Game rosters can be printed by a coach or manager in the 7 days prior to your match. Before this 7-day period, it is not possible to print a roster from the Affinity system. Once in the 7-day window, a Print Roster button will become available allowing you to print the game rosters with the steps below.

1. Log in to <https://fall2021sysa.sportsaffinity.com/> with the Affinity username and password associated with a coach or team manager profile.
2. Click on Teams | Tournament and Schedule Apps
3. Click on the Schedules/Game Scoring link for the 2021 Fall Soccer entry.
4. The Print Roster button will be listed for any games occurring within 7 days.

#### [Entering Player Jersey Numbers Using Affinity](#)

1. Log in to your My Account page at <http://www.affinity-sports.com/>
2. On the My Account screen, scroll down to the Teams section. Click the Edit link by the Team entry
3. On the page that is displayed, select the Team Roster tab.
4. Click the Edit Player Team Info button below the list of players.
5. Enter the jersey numbers in the Home Jersey column. Click the Save Changes button.

#### [Affinity Support](#)

Affinity Sports Software support is available to provide help on any issues related to using their Affinity software. If you need any assistance call Affinity support toll free at 800 808-7195. Support business hours are from 7am to 7pm, Monday through Friday and 7am - 3:30 pm Saturday and Sunday.





## [SYSA and WYS Rules and Regulations](#)

The SYSA regulations restricting players to playing on only one team during a season were amended this summer by the SYSA Board of Commissioners. We have copied the changes to the rules below but remember that all the SYSA Administration Regulations as well as the Rules of Competition can be found on the SYSA website at the Resources tab.

### **Rules of Competition**

3.3 Except as specifically allowed under the SYSA Administrative Regulation Dual Rostering Rule, no player shall be allowed to register or participate simultaneously on more than one WSYSA registered team during the same season. This includes the situation where a player is registered to and plays for a recreational team under SYSA, and simultaneously for a team within another club or association that is also part of WSYSA.

### **Change to Administrative Regulations**

3.4.8 No player may be registered on more than one team at any given time within SYSA or WYS jurisdictions, except as provided under the Dual-Rostering Rule.

3.4.9 Dual Rostering Rule - a U9 or younger player who participates in a junior academy program of the SYSA select and premier club may be dual-registered and rostered to a recreational team and club, and participate in an in-house league or in association league play. A player registered and rostered to an SYSA select team at U10 and above may, at the same time, be also registered, rostered and participate with an SYSA recreational team in association league play under the following conditions:

- a) The player participates with one and only one recreational team, in addition to the select team.
- b) For purposes of this rule, a select player is defined as a player on a team participating in the lower tier of select soccer, specifically, teams that participate in the Washington Youth Soccer North Puget Sound League. SYSA select/premier players participating in other leagues are not eligible for dual rostering.
- c) All dual rostering must be approved by both the recreational club registrar and the SYSA registrar. The SYSA registrar will consult with the SYSA select club to verify the player's participation is appropriate for recreational play.
- d) A recreational team may have no more than three SYSA select players.
- e) This rule applies only to select players registered with SYSA; players who are registered and rostered in other WYS associations may not be rostered on SYSA recreational teams.
- f) The select player must be rostered to the recreational team by September 30 of the current seasonal year and will be eligible to participate in both league play and the City Tournament. No select players may be added to a recreational team after this date.
- g) The SYSA registrar will maintain a list of SYSA select players participating under the Dual-Rostering Rule including the rostered teams. A player's continued appropriateness for dual rostering is subject to review in each seasonal year as the player develops.

## **SYSA Adapted Rules of Competition**

### Scores & Standings

#### *We don't keep Scores and Standings for U10 Teams*

US Youth Soccer Association rules require that no scores be kept and consequently no standings calculated for any teams playing in a U10 and younger modified division.

IMPORTANT: When your team registers for the following season and you apply for U11 play through your club, the SYSA Registrar and Scheduler will need to slot your team into a division based on the team's strength of play. We ask that coaches consider the relative strength of their team and how they fare during this U10 season, so that you can recommend whether your team is a top level (Gold), middle level (Silver), or lower level (Bronze) team in 2022. SYSA strives for divisions that are balanced, with like playing against like, so teams experience close matches. By placing your team in the proper level, this can be achieved.



## **SYSA Guidelines for Parking & Field Use**

### Parking

Please be considerate when parking at fields. Don't block driveways or park illegally. Respect the neighborhood. Parking in the school lots and not on the streets is one way to be considerate of the neighborhood. Here are some specific field parking suggestions.

Nathan Hale and Jane Addams (Summit) - Use the parking lots around the high school and to the west and north of the Jane Addams school. Stay off 110th and nearby streets.

Miller - Please do not leave valuables in your car at this field! There are numerous car break ins each season. There is parking to the west of the field in the upper lot and also to the north of the community center. Again, stay off the streets if possible.

Genesee - Park in the lot or across the street, NOT on the street south of the upper field.

Judkins - Please do not park in front of driveways, and do use the big Washington Middle School lot to the north.

Shorecrest High School - You must park only in the north parking lot. Do not park among the portable buildings.

Washington Park - This parking lot sees ongoing car break ins throughout the year. Leave your valuables at home or take them with you to the field!

### Trash and Recycling

SYSA needs the neighbors who live near the fields we use to appreciate our efforts so that they will in turn support our field development. Clean up any trash near or on fields, even if it isn't yours! Make one person responsible for keeping your sideline clean after each game. Rotate the chore and make everyone aware. Pick up disposable water bottles and recycle them. Keep sunflower seeds, candy and gum off all surfaces, particularly artificial surface fields.

### Dogs and Fields

Dogs are not allowed on ANY athletic playing field, per the City of Seattle and Shoreline municipal codes. Please leave your dogs at home and away from our soccer fields. Thank you.

### Protect Yourself from Car Break-ins

Please take care not to leave valuable items in your car during games or practices. Unfortunately, car break-ins occur regularly, particularly at Washington Park and Miller Playfields in Seattle. Protect any valuable items by locking them in the trunk, or taking them with you onto the field.

## Working with the Referees on Game Day

### [Game-day Tips for Coaches when Interacting with Match Officials](#)

- Match officials are there to ensure a safe and fair game  
Their proximity to play and positioning allows them to see many things that may not be easily seen from the sidelines.
- Pre-game: have rosters and balls ready; no player jewelry  
Arrive early, be polite, have your roster prepared, have game balls ready (many older teams place one behind each goal to avoid delays). Make sure players are wearing absolutely NO jewelry! This includes studs in newly pierced ears.
- Game “temperature” varies: so will referee decisions.  
The referee continually uses many inputs to gauge the ‘temperature’ of the game and will make decisions to keep the game safe and fair. Calls may vary with how “hot” the game is at any given time.
- Soccer is fast-moving and referees may make mistakes  
Soccer is played very fast and the referee must make many split-second decisions to keep the game safe. Accept that over the course of a season mistakes will even out.
- Know the Laws of the Game (including Mod variations)  
In Mod and Recreational soccer the Laws of the Game are modified and frequently change as you move up to the next age-group.
- Referee’s decisions are final  
Decisions are based on the referee crew’s application of the Laws of the Game to what they see on the field. A referee can modify a decision before the next start of play or the termination of the match.
- Help make the substitution process run smoothly  
Let the center Referee or the Assistant Referee know you want to sub after, which they will signal the Referee. They may deny your request until a subsequent stoppage in play in order not to disadvantage the opponent.
- Know that referees must balance when to call an injury stoppage  
Judging the severity of injuries to players is a specific part of the referee’s responsibilities. However, if a player is seriously hurt and the referee seems to have not noticed you may want to get the referee’s attention.
- Thank referees and complete on-line evaluations  
We have a hard time recruiting new referees and keeping the ones we have. At the end of the game, regardless of the outcome, please thank the match officials and have your players do the same. We encourage you to provide feedback by clicking on the ‘Evaluations’ link at [www.seattlerefs.org](http://www.seattlerefs.org) and filling out the form.

Need help, got questions?

Contact Larry Metz, SYSA Liaison to Seattle Soccer Referees Association  
Email: [snokingref@gmail.com](mailto:snokingref@gmail.com)