



Rules & Conduct Handbook for Coaches

Updated 10/20/2013

1.1 PURPOSE OF MANUAL

- To describe ISC Policies and procedures associated with the House and Travel programs.
- To outline the rules and responsibilities of our coaching staff.
- To provide guidelines for team behaviors.

Violations of the rules outlined in this manual strike at the very spirit of ISC's foundation and will be addressed with that feeling in mind by the Executive Board.

ISC policies may **NOT** be changed during a playing season unless so voted by the ISC Executive Board.

ONLY the ISC Executive Board may amend this manual. Others wishing to propose changes should present them in writing to a member of the Executive Board for their subsequent presentation at a scheduled Board meeting.

The ISC Executive Board shall review matters not provided for in this manual. Decisions so made shall be final and binding.

1.2 ISC PHILOSOPHY

The underlying philosophy and aim of the IRONDEQUOIT SOCCER CLUB is to provide a wholesome educational and recreational experience for the youth of Irondequoit and neighboring communities, by means of an organized soccer environment. In the Recreation League, the emphasis is on learning soccer skills, recreation and full participation of all players. Within ISC, the "win-at-all costs" approach is emphatically discouraged. For the Travel League, where the level of play is expected to be more competitive, there may be a greater emphasis on winning but learning, fun, recreation and fair participation must still receive full attention. In the coaching of young and impressionable soccer players, teaching good sportsmanship by example of personal conduct is of paramount importance. In all cases, it is necessary that a coach deal with players in a manner appropriate to their ages.

1.3 GOOD CITIZENSHIP

It is the intent of ISC to encourage good citizenship of individual participants. We are specifically concerned about being good neighbors with those who live near our playing fields. Coaches must ensure that players, parents and spectators respect the property rights and the sensibilities of our neighbors, especially with regard to parking and not running through yards. All members of ISC shall think of themselves as Good Will representatives of ISC and the Irondequoit community. It is equally important for all ISC members to maintain the cleanliness of playing fields and surrounding properties.

2.0 COACHING STAFF MEMBERSHIP REQUIREMENT

To become a member of the ISC coaching staff you must fulfill the requirements as follows:

1. Submit a coaching application.
2. Submit and be approved for NYSWYSA Risk Management. Once approved and if chosen to coach, you must have your Risk Management card on your person at all ISC events, games & practices
3. Shall attend coaching clinics provided by the club annually.
4. NYSWYSA Coaching Certification:
 - a. Travel Head Coaches-"E" License certification is required of all Travel Head coaches. If anyone without an E license is assigned a team to coach, they must attend an E certification class during that soccer season.
 - b. Other coaches including Recreation coaches and Travel assistant coaches: Certification is strongly encouraged. Examples include completion of a Youth Module course taught by an approved NYSWYSA instructor or training provided by the ISC.
 - c. ISC will reimburse our coaches for successful completion of the licensing course. We ask that you continue coaching for ISC once you complete your certification and we reimburse course fee.
5. Sign and abide by ***ISC Code of Conduct for Coaches & Managers***; ; travel coaches/managers submit form to ISC Travel DC, Recreation coaches submit form to ISC VP Recreation Soccer

3.0 GENERAL RESPONSIBILITIES OF ISC COACHING STAFF

1. Shall be responsible for the actions of their teams and are expected to cooperate fully with other coaches and ISC Board Members.
2. Shall be responsible for the actions of their spectators with the home coach ultimately responsible for spectator behavior and control. Good-natured encouragement of a team and players is to be encouraged but loud criticism and abuse (verbal or physical) of anyone will not be tolerated. Our coaches are required to take all necessary steps and precautions to prevent spectators from threatening, abusing or assaulting anyone before, during or after any ISC sponsored event.
3. **Members of the coaching staff may NEVER enter the field to dispute a referee's decision. Coaches must wait until the game is complete to request CLARIFICATION on a referee's call.**
4. Shall inform the ISC Board (via web site) of staff changes for insurance purposes. Coaching staff, including parents or friends who are interested in helping with practices and/or games must be Risk Management certified PRIOR to assisting with the team.
5. **It is recognized that coaching is a volunteer job. However, since ISC wishes to provide a healthy atmosphere, it reserves the right to withdraw the coaching/managing privilege from any individual at any time.**
6. A soccer match is not the place to settle a dispute. Adequate redress is available through the league. Failure to set a good example will not be tolerated within ISC.

3.1 Head Coach and Assistant Coach Roles

1. **Shall be responsible for teaching soccer skills and techniques as appropriate for the age and skill level of the team he/she has been approved to coach.**
2. Shall know the rules well enough to explain to players what they did wrong and how to avoid a reoccurrence.
3. The Head Coach shall be responsible for directing his/her team and supervising the assistant coach(s) and Manager Assistant Coach shall assume the responsibilities of the Head Coach if he/she is unable to fulfill the duties of coach.
4. Shall pay appropriate referee fee to assigned/certified referee prior to each home game.
5. Shall be responsible for all equipment provided by the ISC and its return. ISC has the right to request that the coach purchase unreturned equipment or to withdraw coaching privileges for the current or future seasons.
6. Shall ensure that their teams are neatly dressed (soccer socks, shorts and jersey tucked in) and in full uniform for every match. Shin guards are required; **if a player does not have shin guards, they are not permitted to practice or play. All ISC Board members have the right to remove players from games/practice immediately upon discovery of a lack of shin guards.**
7. Shall serve as a communicator between ISC Board, Parents, and players.
8. Shall report all cautions and ejections by submitting the Conduct Report (in Online Form tab of ISC website) within 24 hours of the infraction.
9. Shall be responsible for completing accident reports: Accident Report for Coaches & NYSWYSA Accident Medical Claim Form, in the Hey Coach tab of the ISC website
10. Shall be responsible for follow-up phone calls to families of any injured player within 48 hours of the injury.

4.0 SPORTSMANSHIP AND ETHICS

All coaches are expected to set the example in sportsmanship and ethical behavior, demand such behavior from their players and parents and to actively discourage contrary behavior among their players and parents. Although exemplary behavior desired is subject to some judgment, as members of the ISC Coaching Staff, Coaching staff responsibilities include:

- NO foul or abusive language.
- NO threatening language, gestures or actions.
- NO engaging or encouraging of unsportsmanlike conduct.
- NO alcoholic beverages or substance abuse.
- NO smoking on or around fields of play.
- NO coaching from multiple sides, from behind or beside the goal. Nor by “running” the touchline with the players. [Coaches should stay within technical area during play]
- NO noisemakers.
- NO Pets allowed on any fields or sidelines at any time.

All advice and comments are to be constructive and given for the benefit of the player in a **quiet and professional manner**. The use of megaphones or other artificial communication devices is forbidden.

4.1 PLAYERS CODE OF CONDUCT

- Play hard but play within the rules of soccer.
- Be on time to practices and games. Teams not ready for kickoff by 10 minutes after scheduled game time forfeit the game.
- Win without boasting and lose without excuses.
- Treat visiting teams and spectators as honored guests for without them you have no competition.
- Respect officials and their decisions without gesture or argument.
- Read and sign the player code of conduct.
- In the case of foul or threatening weather, **DO NOT ASSUME** that your game will be canceled. All players should be in attendance and prepared to play. A Recreation League game may be canceled in advance **ONLY** by the VP of Recreation Soccer or at the time of the game, by the referee.

4.2 PARENTS & SPECTATOR CODE OF CONDUCT

- Respect your child’s coaching staff; the coaches have volunteered to coach the team and deserve appropriate behavior by parents and spectators. During practice and game, coaches are the **ONLY** appropriate personnel to be directing the players.
- Remember children have more need of good example than criticism.
- Attempt to relieve pressures of competition, not increase it.
- Treat visiting teams and spectators as honored guests for without them you have no competition.
- Respect officials and their decisions without gesture or argument. Note: If a parent/ guardian/ relative/guest are ejected from a game, the associated player must also leave the game.
- Read and sign the Player/Parent Code of Conduct.

Players should:

- Arrive on the field in uniforms per club guidelines. Uniform includes jersey, shorts, socks, shin guards, and shoes (cleats, turf shoes, or sneakers with traction).
- Remove all jewelry; braces/casts are to be padded and reviewed with referee prior to start of the game. The referee has the final word on acceptability of jewelry, braces, casts and player personal equipment (e.g. gloves, hats, shoes, etc.).
- Never argue a call, nor speak to a referee with sarcasm or in an angry tone.
- Sports goggles are encouraged, but not required, if player is required to wear prescription glasses.

Recreation Coaching Staff must:

- Ensure nets and corner flags or cones secured 10 minutes before game time.
- Clarify rule interpretations with referees BEFORE the game starts.
- Have 1 good game ball ready for inspection if you are the home team.
- Avoid delay of a game by moving off reserves and equipment prior to start time; keep sidelines clear for linesperson to run sideline without interference.
- Stay off the field unless beckoned on by the referee. Coaches MAY NOT enter the field of play during a match without receiving the referee's permission. Rule does not apply to the Under 6 division.
- **NEVER ARGUE A CALL**, ask for clarification between halves or after the game.
- Provide a competent linesperson, preferably an adult, but at least older than the age of the players.
- Coaching staff stands within the technical area: on the same side as your team if both teams are seated on OPPOSITE sides of a field or on your half of the field if teams are on SAME side.
- No coaching allowed by anyone along the goal line, behind the goal or by any linesperson.
- Unlimited number of substitutions. (FIFA rules apply for the correct time to substitute) In case of extreme weather conditions or no substitutes available, the quarters may be shortened based on mutual consent of the coaches and referee.
- Maximum break between halves is 10 minutes and 2 minutes between quarters.
- Ties stand and there will be NO overtime.
- Referee has the authority to stop the match due to weather conditions; see Inclement Weather Rule.
- Parents may remove their child for safety reasons at any time.
- In consideration of the players and their parents, games MUST be started on time. A Recreation League team unable to kick off within 10 minutes of the scheduled time shall forfeit that game. If the first game of a double header starts late, the referee is advised to shorten the game (all periods equally) to allow the second game to start on time. Only the referee keeps game time and their decision as to the end of any period is final.
- A team shall forfeit if unable to field the appropriate number of players. The minimum number required for U6 is 4, U08 is 5 and U10-U19 is 7 to start. A team having the minimum number of players at kick off MUST start the game. The opposing team shall play with no more than a 2-player advantage.
- A coin toss shall be used to give the option of choice of ends or kicking off at the start of the game. Teams shall alternate kicking off in succeeding periods and shall change ends to start the second half.
- It is the responsibility of every member of an ISC team- players and staff, to know and comply with the playing rules and regulations of their respective leagues or when outside of the jurisdiction of ISC, the more restrictive rules shall apply.

5.1 PLAYING PERIODS AND BALL SIZES

- U6 plays 4 - 8 minute quarters; utilize the "Small Sided Play" format, use size 3 ball
- U8 plays 4 - 12 minute quarters; utilize the "Small Sided Play" format, use size 3 ball
- U10 plays 2 - 25 minute halves: need 7 to start; use size 4 ball
- U12 plays 2 - 30 minute halves: need 7 to start; use size 4 ball
- U15 plays 2 - 35 minute halves: need 7 to start; use size 5 ball
- U19 plays 2 - 40 minute halves: need 7 to start; use size 5 ball

See direct links below for specific age group and league rules

5.2 RECREATION LEAGUE RULE SUMMARY

5.2a [U06](#)

5.2b [U08](#)

5.2c [U10](#)

5.2d [U10/MURSL](#)

5.2e [U12-U19/MURSL](#)

6.0 TRAVEL LEAGUE

6.1 [RDYSL RULES & REG](#)

6.2 [PLAYING PERIOD & BALL SIZES](#)

6.3 [RDYSL CONDUCT & BEHAVIOR](#)

6.4 [RDYSL FEES & FINES](#)

6.5 [TRAVEL TRYOUT POLICY](#)

**7.0 UNREGISTERED PLAYERS MAY NOT PARTICIPATE IN ANY ISC
EVENT**