



City of Riverside

Parks, Recreation and Community Services Department

Youth

Tot, PeeWee, and Junior

Soccer

Coach's Handbook and Rulebook



Philosophy of the Program

This league is centered around skill development on both offense and defense. The Parks, Recreation and Community Services Department is committed to the concepts of fair play and good sportsmanship while teaching youth to appreciate the game of soccer. The main goal is to provide an atmosphere where participants may succeed, feel good about themselves, smile, and have FUN.

Coach's Responsibilities

All coaches must be fingerprinted and cleared by the City of Riverside (This is required by California Health and Safety Code sections 1522 and 1596.871) and must attend the mandatory pre-season meeting, be a registered and cleared Municipal Volunteer for the City of Riverside, and read and sign the Coach's Code of Conduct. Coaches shall display good sportsmanship, ethical behavior and implement league rules in their practices and games. Respect and sportsmanship are core values of PRCSD Youth Sports Program. All Coaches and members of PRCSD Youth Sports Program are expected to reflect these core values in their words and conduct toward members of marginalized communities, including (but not limited to) the LGBTQ community. Coaches will provide participants the opportunity to participate in a healthy, supervised, safe and controlled environment. Team spirit and a sense of fair play should govern participation.

Coaches are responsible for the conduct of their players, parents and fans before, during and after games. Poor sportsmanship by coaching staff, team members or fans will result in a warning, an ejection and/or forfeiture of the game. The Head Coach is responsible for maintaining and having in their possession copies of the Team Roster and Medical Release Forms.

A total of two (2) coaches are allowed per team. Only those coaches whose names appear on the Official Roster are permitted on the team sideline. The designated Head Coach will be the only one allowed to address the game management (i.e. City Staff and Site Director). Parents are allowed to assist with the permission of the coach and under the supervision of staff or registered volunteer/coach.

You are their ROLE model!!

They're just kids & it's just a game.

They're just kids playing a game **FOR FUN!**

"Just play. Have Fun. Enjoy the game."

- Michael Jordan

"Success is where preparation and opportunity meet."

- Bobby Unser

Taking a Stand on Bullying

Too often bullying behavior is passed off as “just a part of the game” or “kids being kids,” but it’s much more serious than that. Coaches, parents and league administrators must be on the lookout for the following indicators – both obvious and not-so-obvious – that bullying is taking place:

- Hitting or slapping with intent to hurt
- Calling players by unwanted nicknames
- Setting another player up to look foolish
- Tripping another player
- Repeated exclusion of another player
- Taunting another player
- Taking others' possessions
- Gossiping about another player
- Physical harm, including illegal use of legs and arms on the field
- Heckling other players
- Trash talking with ill-intent
- Verbal threats to hurt another player

What to Do When You See Bullying

As a coach, you are one of the single biggest influences in your athletes' lives. In many ways, ending bullying behavior begins and ends with you. Here are nine ways to both prevent and stop bullying on your team:

1. **Be an anti-bullying role model.** Coaches can be a strong deterrent to bullying if they make it clear they are firmly against it. Your relationship with your players matter, and athletes who report having a good relationship with their coach are less likely to engage in antisocial behavior such as bullying.
2. **Encourage players to report bullying** and create an environment at the start of your season that does not condone it. Discuss bullying and make sure you are there to supervise your players' unstructured time (when bullying often occurs) during practices and games.
3. **Have open discussions.** Talking about what is acceptable and unacceptable behavior on and off the field is an important part of reducing bullying. For example, discuss the difference between being aggressive during the game and using that aggression outside of practice and competition with the intention to harm.
4. **Clearly state the punishment for bullying.** Be clear about the procedure that will be followed if bullying occurs (e.g. “If you bully, the punishment will be...”). Be particularly aware not to inadvertently blame the victim for being bullied.
5. **Identify the origin of the bullying.** Coaches should take the time to identify the sources of bullying to help diminish reactionary behavior, such as retaliating against the bully. As a coach, you should help the victim find constructive ways to respond to the bully and remind them to always report incidents instead of retaliating.

6. **Keep your players' attention.** Supervising athletes closely and providing them clear goals can help reduce the frequency of negative interactions. Increased supervision during unstructured play is essential to prevent and reduce bullying, as this is the time in which most bullying occurs.
7. **Protect all athletes equally.** Coaches and teachers tend to be more vigilant in protecting overweight victims against bullying, but make sure you look after and support all athletes equally.
8. **Break up cliques.** Research shows that strong cliques within teams can lead to strong bullying and antisocial behavior toward other teammates. Emphasize the team as a whole over subgroups to maintain a positive and healthy team dynamic.
9. **Don't encourage harmful behavior.** Do not teach or condone aggressive behavior (such as slashing or head butting) on the field, as it can result in aggressive behavior off the field. Minimize retaliation against a team that is playing dirty by having your players channel their anger into more productive actions within the game.

Remember that as a coach, you are in the most influential position to prevent and stop bullying on your team. Take the time to educate your players on unacceptable behavior and clearly explain the consequences for bullying.

Youth Soccer League

GUIDELINES/RULES OF THE GAME

With the exception of the following modifications, current AYSO Soccer Rules will govern league play.

1. **Youth Sports Staff:** Games will be monitored by Youth Sports staff. Their authority and decision on calls of the game are final.
2. **Players:** Junior and Pee Wee division teams shall consist of no more than six (6) players on the field, one of whom is the goalkeeper. The Tot division will not utilize a goalkeeper and will play with five (5) players. Players must play a minimum of sixteen (16) minutes per game for Pee Wee and Junior or (12) minutes for Tot.
3. **Roster:** Each player shall have a completed Waiver Release & Indemnity Agreement Form. The Junior and Pee Wee division roster is limited to ten (10) players per team. The Tot division is limited to ten (10) players per team. A parent from each of the players must read, sign and return the Parent Code of Ethics.
4. **Out of Play:** The ball is out of play when it has completely crossed the goal line or the end or sidelines.
5. **Clock/Time:** There will be two (2), sixteen (16) minute halves for the Junior and Pee Wee Divisions. There will be two (2), twelve (12) minute halves for the Tot Division. The clock will only stop under three (3) circumstances:
 - Injury
 - Staff time-out
 - Coach time-outHalf time is three (3) minutes.
6. **Time - Outs:** Each team will have two (2), thirty (30) second team time - outs per half. It is wise to use half time to communicate with players.
7. **Kick - Off:** The ball will be placed at mid-field for the beginning of the game, half and after a goal has been scored. After half time, teams will change direction of play.
8. **Fouls/Penalties:** No penalty shots. There will only be a penalty throw from the corner for all Divisions.

9. **Goal Attempts:** For the safety of goalkeepers, players will not be allowed to attempt to score a goal within the goalie box area. If a player attempts to kick a goal inside of the goalie box area, the play will be treated as a penalty and the goal will not count.

10. **Throw In From Corner** (if caused inside the penalty area) for the following fouls:

- Kicks/attempts to kick opponent
- Slide tackling
- Trips/attempts to trip opponent
- Jumps at opponent
- Charges in an aggressive/dangerous manner
- Strikes/attempts to strike
- Charges from behind
- Hold/pull
- Push
- Illegal use of hands (except goalie inside penalty area)

11. **Throw-Ins:** Shall be from the point where the ball crosses the touch line (side line) by a player from the opposite team. Part of each foot has to touch ground prior to the release of the ball. The ball must be thrown from behind and over the head.

12. **Substitutions:** Players are allowed to substitute at the four (4) minute substitution whistle. However, if an injury occurs, the injured player can be substituted at the judgment of the coach. The injured player can be put back into the game at the next substitution opportunity at the discretion of the coach.

13. **Positions:**

- Offense: forwards and halfbacks
- Defense: fullbacks, halfback and goalkeeper (Tot Division will not have a goalkeeper).

13. **Coaches on the Field:** There will be two coaches (Cleared through the City of Riverside Parks, Recreation and Community Services Department) from each team allowed on the field for the entirety of the Tot Division games. One coach from each team will be allowed on the field for the entirety of the Pee Wee and junior Division games.

14. **Field Size:**

- 30 yards width / 50 yards length (Pee Wee and Junior)
- 30 yards width / 40 yards length (Tot)

15. **Ball Size:** Tot division will play with a size three (3) ball. Junior and Peewee division will play with a size four (4) ball.

16. **Offside:** Offside will not be enforced in any division; however, a player may not stand in front of the opposing net waiting for the ball to come to them. The purpose of the offside rule is to prevent a team from having a player "camp" in front of an opponent's goal waiting for an easy score.

17. **Minimum Play:** Each participant is required to play a minimum of half of the game (12 minutes for Tot and 16 minutes for Pee Wee and Junior). Staff will notify teams when it is necessary to make substitutions.

18. **Game Time:** Games will last approximately fifty (50) minutes.

19. **Mandatory Equipment:** All players must wear the following items:

- T-shirt issued by the City of Riverside
- Shin guards
- Socks
- Soccer shoes, tennis shoes okay, no metal cleats.

20. **Unsafe Objects not allowed**

- Jewelry, necklace, pierced ear rings, any other item determined dangerous by Youth Sports staff.

21. **Awards:** Certificates and medals will be given to the coach prior to the end of the season.

22. **Starts & Restarts:** All restarts will be a side throw in, corner throw in (no corner kicks), or goalie throw in (no goalie kicks). There will be no penalty kicks awarded. In the event of a penalty, the ball will be thrown in from the nearest sideline. A kickoff is only done at the beginning of each half and after a score is made. Teams will switch direction at the beginning of the second half.

23. **Inclement Weather:** In case of inclement weather, please call the Sports line at (951) 826-5449 the morning of the game or visit www.teamsideline.com/Riverside for updates after 7:30am.
24. **Team Sideline:** Visit us online at www.teamsideline.com/Riverside for up to date schedules and news about the league and upcoming events.
25. **Picture Day:** Picture day will be held at Arlington Heights Sports Park on Saturday, April 30th and May 7th. Pictures will be in the field 2 area close towards the restrooms. Picture day schedule will be distributed to coaches one week prior.

City of Riverside
Parks, Recreation, and Community Services Department
Youth Soccer

Division	Tot	Pee Wee	Junior
Ages	3-4	5-6	7-8
Total # of Players on team	7 min/10 max	7 min/12 max	7 min/12 max
Beginning Game Visiting Team	2 nd Team Listed on Schedule	2 nd Team Listed on Schedule	2 nd Team Listed on Schedule
Players on Field	5 (no goalies)	6	6
Minimum Play Rule	Each Player must play a minimum of 12 minutes per game	Each Player must play a minimum of 16 minutes per game	Each Player must play a minimum of 16 minutes per game
Officials	(1) Youth Sports Staff with (2) Coaches from each team	(1) Youth Sports Staff with (1) Coach from each team	(1) Youth Sports Staff with (1) Coach from each team
Standings	None	None	None
Time Outs	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds
Coaches	(2) Must be Fingerprinted and cleared. (2) Coaches will be allowed on the field for the entirety of the game.	(2) Must be Fingerprinted and cleared. (1) Coach will be allowed on the field for the entirety of the game.	(2) Must be Fingerprinted and cleared. (1) Coach will be allowed on the field for the entirety of the game.
Score	Score will <u>NOT</u> be kept	Score will <u>NOT</u> be kept	Score will <u>NOT</u> be kept
Length of Games	Two (2), Twelve (12) minute halves with a running clock.	Two (2), Sixteen (16) minute halves with a running clock.	Two (2), Sixteen (16) minute halves with a running clock.
Half Time	3 minutes	3 minutes	3 minutes
Ball Size	Size (3) Soccer ball	Size (4) Soccer ball	Size (4) Soccer ball
Field Size	75 x 120 Feet	90 x 150 Feet	90 x 150 Feet

Community Center Contact Information

Please contact one of the PRCSD community centers for questions or concerns.

Bobby Bonds Park – Jovan Fontenot, Recreation Services Coordinator
951-826-5746 or jfontenot@riversideca.gov

Bordwell Park – Janet Palacio, Recreation Services Coordinator
951-826-5355 or Jpalacio@riversideca.gov

Bryant Park – Raymond Aguirre, Recreation Services Coordinator
951-351-6135 or raguirre@riversideca.gov

Hunt Park – Paula Holden-Mitchell, Recreation Services Coordinator
951-351-6132 or phmitchell@riversideca.gov

La Sierra Park – Betty Perez, Recreation Services Coordinator
951-351-6131 or bperez@riversideca.gov

Nichols Park – Brendan Moore, Recreation Services Coordinator
951-351-6130 or bmoore@riversideca.gov

Orange Terrace Community Center – Valerie Espinoza, Recreation Services Coordinator
951-826-5858 or VEspinoza@riversideca.gov

Reid Park – Edgar Servin, Recreation Services Coordinator
951-826-5654 or eservin@riversideca.gov

Villegas Park – Hilda Hernandez, Recreation Services Coordinator
951-351-6142 or HHernandez@riversideca.gov

Youth Sports Contact Information – email: Sportsoffice@riversideca.gov

Ebony Perkins – Recreation Supervisor
951-826-2045 or EPerkins@riversideca.gov

David Abdou – Recreation Services Coordinator – Youth Sports
951-826-5473 or Dabdou@riversideca.gov

Jonathan Rodriguez- Assistant Recreation Coordinator- Youth Sports
951-826-5462 or JoRodriguez3@riversideca.gov

News regarding the Youth Soccer, info, and schedules can be found at www.teamsideline.com/riverside

YOUTH SOCCER TIPS TO SUCCESSFUL COACHING & HAVING FUN

The PRCSD Team is committed to providing a recreation Youth Soccer league with the emphasis on Safety, Sportsmanship, Teamwork, and Fun. Here are a few tips to assist coaches, parents, and players with having a great season

1. **Have Fun!!!** Make sure the kids have fun! Make sure the parents have fun!! Listen to yourself and the way you talk to your players. If you're not having fun, get off the field, go to your car and listen to the Moonlight Sonata. Or Bach. Or Norah Jones. Not Metallica. Then come back and have some fun.
2. **Rules are Rules:** Please review the playing guidelines for your age group in the PRCSD Youth Soccer Handbook. When in doubt, please ask question by contacting your local community center or by contacting the Youth Sports office at (951) 826-5449.
3. **You're the Coach:** Introduce yourself and let the referee know who is in charge of the sideline. Remember, you may have only ONE assistant on the sideline. Also, try to look like a coach, not Laird Hamilton. Flip-flops and board shorts look good on the beach, not the field. Remind your parents that you're the coach. Parents should cheer from the sidelines. We ask that parents not cheer from the end lines – ask them not to go behind the goal or to the opponents' side of the field. All comments by coaches and parents should be made to your team and not the opposing team/parents. Positive comments only.
4. **The Youth Sport Staff & Site Director are your Friends:** Remember, the Youth Sports staff is trained in the very basics of soccer. Some may still be learning the game. Don't challenge the staff on any call during or after the match. Also, if you, an assistant or a parent challenges, argues or verbally criticizes any of our game facilitators, the head coach and the person who makes the challenge will subject the team to possible penalties. The Head Coach is responsible for all players, parents, and spectators associated with his/her team.
5. **Coaches are like Scouts:** Be prepared – know in advance when you are going to substitute/rotate players during breaks. Remember – each child should play 4 - 8 consecutive minutes in each half. We know some teams/games will have one or two players who don't play up to eight consecutive minutes. Make sure that player plays at least 16 minutes in the game for PeeWee and Junior Division, and 12 minutes for the Tot Division.

6. **Drink Water Before it is Needed!** Remember the importance of proper hydration, especially in the early part of the season while it is hot. Make sure your players are drinking plenty of water before, during and after games and practices. Know the signs of heat exhaustion and heat stroke and what to do.

7. **Respect the Fields:** We have the best fields in Riverside County. Please clean up after yourself. Please, have your 'snack parent' bring a trash bag and clean up any garbage.

8. **Field set-up and take down:** BE RESPONSIBLE. Please work with staff, participants, and parents to assist in picking up equipment after practices and or games.

9. **Last but not least:**

- We appreciate your dedication and support. Without volunteers like you, kids wouldn't be able to have fun playing soccer. You are their ROLE Model!!

- They're just kids & it's just a game.

- They're just kids playing a game **FOR FUN.**

Helpful Soccer Tips

The development of proper dribbling skills in practice will help ensure that players perform to the best of their ability. The player learns to mentally envision where and how the ball will move. Some of the benefits of encouraging proper dribbling are that the player begins to develop "touch." With good touch, players will make more accurate passes, have an easier time defeating opponents with attacking moves, and be more successful at holding the ball against pressure. Once the player has the dribbling aspect down, the next part is learning how to keep the body in control. Making quick and rapid adjustments is a very important part of dribbling. As dribbling increases balance, it also improves agility, especially for those players who work in group dribbling exercises where movement and control mix together.

Passing Techniques

Push Pass: One of the easiest and most accurate forms of kicking the ball is to kick the ball on the inside of your foot. The player should always be in a straight line behind the ball to ensure the player won't lose accuracy or balance.

Instep Drive: This is the most powerful form of kicking the ball. Toes should be pointed down and the ankles should be locked in order to ensure the ball will travel long distances

Lofted Pass: This is a pass performed by defenders and goal keepers. The priority is height, so the players position should be leaning away and up from the ball.

Chipping: The kicking action that takes place during this kind of pass is a simple "jab" under the bottom half of the ball, on the top of the kicking toes.

Warming Up

Another important part of ensuring the players perform to the best of their ability is simply having the players warm up correctly. In order to strengthen arm muscles some of the stretches players should carry out include some of the following:

- Move one arm across your body, almost as if you were going to take a backhand swing, hold for fifteen (15) seconds.
- Grasp the elbow of the arm in motion with your other hand and gently pull the arm further across your body, hold for a count of ten (10) and repeat three (3) times with each arm.
- Interlace your fingers above your head. With the palms facing up, push your arms up and back gently, hold for fifteen (15) seconds.
- With your arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull your elbow behind your head, creating a stretch, hold for fifteen (15) seconds.
- Other areas of emphasis for stretching should include the back muscles, hamstrings, groin, and calf muscles. Some players may think that warming up is a waste of time; remind them that everyone, including professional teams, have to warm up. Warming-up ensures in keeping all players healthy and playing like champions.

Coaches Responsibilities

All coaches must attend mandatory pre-season meetings and games, be a registered municipal volunteer for the City of Riverside, and sign the Youth Sport Ethics form. Coaches shall display good sportsmanship, ethical behavior and must implement league rules and format in their practices. Coaches will provide all participants the opportunity to play. Participation should be in a healthy, controlled and safe environment. Team spirit and a sense of fair play should govern all participation. All coaches must be fingerprinted by the City of Riverside. This is required by California Law SB 1663.

Coaches are responsible for the conduct of their players and their fans before, during and after games/practices. Poor sportsmanship by coaching staff, team members or team fans may result in a forfeiture of the game or removal from the program. The head coach is responsible for maintaining and having in their possession copies of the team roster.

A total of two (2) coaches are allowed per team for all division. Only those coaches whose names appear on the official roster are allowed on the team sideline and field of play. The designated head coach will be the only one allowed to address youth sports staff.

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They're just kids playing a game **FOR FUN**

Safety Tips

1. Walk the field before each game and practice. Check for glass, holes, rocks or other hazardous conditions.
2. Keep your players alert at all times.
3. Pre-game warm-ups reduce the chance of muscle or tendon strain.
4. Inspect your equipment before each game and practice. Make sure items fit properly i.e. shin-guards, shirts, etc.
5. Have players remove watches, rings, earrings, chains or metal objects that may be dangerous. We suggest that a player refrains from chewing gum or candy during the game.
6. No sliding tackles.
7. Keep spectators, especially babies and toddlers, a safe distance from the field of play.
8. Soccer cleats are permitted. Sneakers/tennis shoes are permitted. Metal cleats are not allowed.
9. A cleared volunteer shall keep offensive players on the bench, away from the on-deck circle and behind the safety area.
10. Train players to practice safe habits when playing offense/defense positions.
11. Walk the field before each game and practice. Check for glass, spills, or other hazardous conditions.
12. Keep your players alert at all times.
13. Pre-game warm-ups reduce the chance of muscle or tendon strain.
14. Inspect your equipment before each game and practice.
15. Keep equipment out of harm's way when not in use.
16. Have players remove watches, rings, earrings, chains or metal objects that may be dangerous.
17. Keep spectators, especially babies and toddlers, a safe distance from the field/practice areas.
18. Sneakers/tennis shoes must be worn at all times.
19. Keep all players sitting on bench when not playing/practicing.
20. No shorts with pockets (Tape if needed).

