

BARC

Ballston Area Recreation Commission



SOCCER MANUAL

Fall 2021 ONLY (Covid Edition)

Rev. 09/09/2021



#LetsRecIt!

⊕ Soccer Coaches General Info ⊕

BARC's Philosophy

BARC is a **recreational** program where kids come to learn the fundamentals of the sport and have fun. There's a no tolerance policy for parents or coaches yelling at or insulting players or refs.

Anyone seen doing this, will be asked to leave. Please remember that our refs are also kids, and are learning. They will make mistakes. Use these times as teachable moments for them.

Pictures

- ⊕ Pictures on Sept 25th (Please see Picture Schedule available separately).
- ⊕ Your picture time will be on the envelopes that are given out the week before the picture day. Please arrive at least fifteen minutes early.
- ⊕ Everyone must wait outside during pictures. Only one child will go in the building at a time. There will be no group team photo taken, but a composite team photo will be made from the individual photos.
- ⊕ **You will receive your team shirts on your picture day.**
- ⊕ Pictures are a fund raiser for BARC. Please encourage all players to attend.

Injuries

- ⊕ 1st aid kits will be kept by staff at check in tables. Please report there in case of injury.
- ⊕ Staff will need to fill out the injury report with child/team name and nature of injury.

Equipment

- ⊕ Soccer balls, pinnies, and cones are in the sheds. No one is to enter the shed. Please ask a staff member for any equipment you may need. It will be unlocked and opened 15 minutes prior to the start of the practice/game. There is an air pump there too.
- ⊕ We encourage each child to bring their own ball and to only touch their own ball with their hands. Should someone else touch their ball with their hands it must be sanitized. If a child needs to borrow a BARC ball, please return it to the return barrel OUTSIDE of the shed and staff will sterilize all balls after soccer.
- ⊕ Should a child need a pinnie, they will be supplied a clean pinnie that they may then keep and bring with them for the season. Do not share pinnies or return them to us.
- ⊕ There will be no benches on the sideline, Each child will have a cone where they can place any belongings. Cones will be spaced out and if the parent wishes to bring a chair for the child it will be placed at their cone.
- ⊕ Bathrooms will be open, but only one child will be allowed in the building at a time (Parents of younger kids will be allowed to supervise them). Masks required.

Health and Safety Guidelines

- ⊕ Please refer to our separate Safety Guidelines document available on our website for additional information.

⊕ Soccer Coaches General Info (Continued) ⊕

Cancellations

- ⊕ ***Cancellations are decided by BARC, not by coaches.*** An email blast will go out from either the Soccer Commissioner (Christine Bouchard), the Field Coordinator (Gary Sweeney), or the Executive Director (Nora Osuchowski). ***Coaches cannot cancel games.*** In general BARC only cancels games if the school notifies us that the fields are not usable (typically due to flooding). We also cancel for ***active*** thunderstorms, and for a high heat index. In general we go by the school's guidelines for canceling athletic activities. We do not cancel for rain.
- ⊕ If as a coach you have a schedule conflict & the assistant can't cover, please ask your team parents to cover. ***Do not cancel.*** We have numerous parents contact us every season asking to help out. They just don't have the time to coach weekly, but they want to be involved. To date, we've never to cancel when team parents have been asked. If you don't have parents willing to step up, then contact Christine and we will see what we can do.
- ⊕ Rescheduling: In general, BARC will not reschedule canceled games this season.

Check-in

- ⊕ All staff, volunteers and participants will be required to check-in each day. This will require visiting your divisions' check-in table to have them verify that you have completed our online Covid questionnaire. When filling out the online questionnaire, Please show the check-in staff that your questionnaire was submitted successfully from your device and verify that you were able to honestly answer "no" to all of the questions. Anyone who is not able to honestly answer "no" to ALL of the questions will need to speak with Christine Bouchard or the senior staff member on duty to determine if they must be asked to leave.

Important Numbers

* For coaches and assistants. ***PLEASE ONLY GIVE PARENTS THE OFFICE NUMBER.***

Christine Bouchard (Soccer Commissioner)

Cell: (518) 526-9393

Email: cbouchard0820@icloud.com

Nora Osuchowski (Executive Director)

Office: 885-1634

Cell: 879-3613

Email: ballstonarearec@gmail.com

Ⓢ Soccer Coaches General Info (Continued) Ⓢ



We use SportsSignUpPlay (previously siplay) (www.sportssignup.com) as our registration site. All of your team roster info is there. (Names, parents' names, email, phone, medical info, etc.) Please use this as your primary way of monitoring and contacting your team. It is the most up to date info. We don't have anything different than what you have. There is also an app for iOS and Android. **If you are a returning coach and you have trouble getting the phone app to update to this new session, first try uninstalling and re-installing the app (this is a very common issue).** If you have any questions on this program, please contact Christine.

You will enter your teams schedule into the system. There is a video on how to do this on our website (Resources page) and Christine is available to help with this if you have trouble.

Practices

- Ⓢ There are occasional practices throughout the season, even after games have started. They are noted on the master schedule with a **(P)** next to the teams playing. Please don't use this entire time to scrimmage. Maybe only the last 15 minutes. Field letter will precede team numbers on the schedule. Your field may change based on the day so please check that!
- Ⓢ We have drills available on our website if needed. Please email Christine if you need help. We can also have a coaches clinic if needed.

Calling or emailing parents before the start of the season

- Ⓢ Call or email all families on your team **by Monday, 9/13/21**. *Your team rosters & the master schedule will be emailed to you by Friday, 9/10/21.
- Ⓢ Introduce yourself. **It is your option** to give your phone number for them to call if they aren't going to make a practice or game.
- Ⓢ Tell them the **DIVISION, NAME & NUMBER OF THE TEAM**. Some businesses are sponsoring more than one team so the division is important.
- Ⓢ Tell them where the practice is (field letter - see field diagram) and that the field letters are painted behind the goals. Give them a way to find you. Wearing a red hat, green shirt, etc.
- Ⓢ Tell them the day and time of your first practice. (After that they can follow the schedule online or through SportsSignUpPlay).
- Ⓢ **Let them know that masks are required by EVERYONE at all times while on the property.**
- Ⓢ Suggest that they bring a lawn chair for thier child because there are no benches.
- Ⓢ Tell them that the complete schedule is on the BARC website as of 9/13/21 (ballstonarearec.org), and extra paper copies are available at check-in tables.

⊗ Rules/Eligibility - Kinder Kickers (5 v 5) ⊗

For Spring Soccer, a player must be eligible for Kindergarten in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Kindergarten in September.

1. Each team shall consist of up to 10 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division.
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Sneakers only** – NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained.
9. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.
Make calls instructional in nature. (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division.**
15. Teams will alternate kick-off each quarter.
Changing sides at half time is not required in this division.
16. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).
17. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
18. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

⊗ Rules/Eligibility - First Grade Dribblers (5 v 5) ⊗

For Spring Soccer, a player must be eligible for First Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for First Grade in September.

1. Each team shall consist of up to 10 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division.
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Sneakers only** – NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained.
9. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.
Make calls instructional in nature. (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division**.
15. Teams will alternate kick-off each quarter.
Changing sides at half time is not required in this division.
16. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).
17. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
18. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

⊗ Rules/Eligibility - Second Grade Strikers (5 v 5) ⊗

For Spring Soccer, a player must be eligible for Second Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Second Grade in September.

1. Each team shall consist of up to 10 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division. *(It is ok to introduce goal keeping skills in practices (only one ball and hand sanitizing required before and after any goal keeping skills!) but not in full head to head play).* ⊗
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Soccer cleats are recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained. ⊗
9. Shin guards and soccer socks (over shin guards) are **mandatory.** If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.
Make calls instructional in nature. (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods *(with the exception of injured, cautioned, disqualified, or late players).*
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division.**
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.** ⊗
16. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).
17. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
18. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

⊕ Rules/Eligibility - Junior Division (7 v 7) ⊕

For Spring Soccer, a player must be eligible for Third Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Third Grade in September.

1. Each team shall consist of up to 14 players. ⊕
2. **7 v 7 games** (6 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even. ⊕
3. **Use Size 4 ball.** ⊕
4. Games consists of four 10-12 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.* ⊕
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained. ⊕
8. Shin guards and soccer socks (over shin guards) are **mandatory.** If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry. ⊕
10. In this division, **referees begin to officiate games.** Please have your players acknowledge and thank the referees at the end of the game. ⊕
11. **On-Field Coaching:** At the Junior level, One coach from each team can coach from the field during weekday games. *When coaching from the field, instruction/direction should not inhibit the flow of the game.* During Saturday games, coaching will be from the bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart.
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest. **GOALIES MUST USE HAND SANITIZER BEFORE AND AFTER** each quarter that they play goalie. ⊕
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.** ⊕
16. Punting and heading are **NOT** allowed at the Junior Level.
17. There is **no slide tackling from the side or behind.** This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction. ⊕
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction. ⊕
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.
20. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).

⊕ Rules/Eligibility - Intermediate Division (7 v 7) ⊕

For Spring Soccer, a player must be eligible for Fourth or Fifth Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Fourth or Fifth Grade in September.

1. Each team shall consist of up to 12 players. ⊕
2. **7 vs 7 games** (6 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even.
3. **Use Size 4 ball.**
4. Games consists of four 10-12 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.*
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained.
8. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry.
10. **Referees officiate games.** Please have your players acknowledge and thank the referees at the end of the game.
11. **On-Field Coaching:** There is no on-field coaching in the Intermediate division. Coaches should coach from the sidelines near their bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart.
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest. **GOALIES MUST USE HAND SANITIZER BEFORE AND AFTER** each quarter that they play goalie.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.**
16. Punting and heading **ARE** allowed at the Intermediate Level. ⊕
17. There is **no slide tackling from the side or behind**. This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction.
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction.
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.
20. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).

⊕ Rules/Eligibility - Senior Division (11 v 11) ⊕

For Spring Soccer, a player must be eligible for 6th through 9th Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for 6th through 9th Grade in September.

1. Each team shall consist of up to 22 players. ⊕
2. **11 vs 11 games** (10 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even.
3. **Use Size 5 ball.** ⊕
4. Games consists of four 12-15 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.*
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained.
8. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry.
10. **Referees officiate games.** Please have your players acknowledge and thank the referees at the end of the game.
11. Coaching occurs from the sideline/bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart. Have players report to the center line when making substitutions unless it is an injury. ⊕
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest. **GOALIES MUST USE HAND SANITIZER BEFORE AND AFTER** each quarter that they play goalie.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.**
16. Punting and heading **ARE** allowed at the Senior Level.
17. There is **no slide tackling from the side or behind.** This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction.
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction.
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.
20. **THERE WILL BE NO THROW INS.** We will set the ball on the sideline and have a Kick In instead. This will be an indirect kick (meaning it will not count if it goes directly into the goal without first touching another player).