

Oceanside Breakers

~ A Winner in Every Child ~

Community ~ Camaraderie ~ Commitment



Coaches Manuel

2024 Spring Recreational Season

www.OceansideBreakers.org

Oceanside Breakers - Club Background

Welcome to Oceanside Breakers, a member of Cal South (California South Youth Soccer Association). Cal South is under the direction of the United States Soccer Federation and United States Youth Soccer. The Soccer Club of Oceanside Breakers is fast becoming a pace setter in player development and education in Southern California and is made up of highly dedicated individuals, who possess tremendous soccer experience and are committed to developing our youth.

There are two groups within the Oceanside Breakers Club. The first group is comprised of our Breakers recreational teams that serve close to 1400 children ranging from Age Group 2017-2019 (4 & 5 year old) through Age Group 2006-2007 (17 & 18). The groups play in two separate seasons Spring and Fall of each year and are coached by volunteers. The 17 & 18 year old play in Spring and Fall. (94 teams, 1075+ players Fall 2024 recreational season)

The second group makes up our Breakers competitive teams. These teams are comprised of selected players who are coached by professionally trained staff coaches. Breakers competitive teams are selected during the spring and travel about half of their schedule to other cities for games. Currently, there are 35-37 competitive teams from Under 8 to Under 19, serving approximately 550 children annually.

The goals and objectives of Breakers are as follows:

- To provide education in the rules and skills of soccer
- To develop good character and sportsmanship
- To develop all-around athletic skills
- To provide good wholesome, competitive fun
- To provide a venue for our children to play soccer

Breakers Board

The Breakers board is staffed with professional-level individuals including educators, business administrators, business owners as well as dedicated parents of players. The Breakers board members and team coordinators, which includes over 25 dedicated members, spend enormous amounts of time and energy to run the Club's various programs. We are always looking for new board members.

Over 300 additional adults volunteer their time as coaches, assistant coaches, and managers.

**2023 Spring Recreational Season
Board Members and Team Coordinators**

President	Anthony Benvenuto	president@oceansidebreakers.org 760-207-0264
Vice President	Jose Prieto	VP@oceansidebreakers.org
Registrar/Director of Financial Services	Lupe Prieto	LupePrieto@oceansidebreakers.org
Director of Coaching (DOC)	Frank Zimmerman	doc@oceansidebreakers.org
Treasurer	Don Hensel	donthensel@oceansidebreakers.org
Director of Recreation	Cesar Hernandez	cesarhernandez@oceansidebreakers.org
Director of All Stars	Anthony Benvenuto	president@oceansidebreakers.org
Team Manager Coordinator	Chrissan Hernandez	chrissanmoreno@oceansidebreakers.org
Uniform Coordinator	Elsi Gutierrez	recuniforms@oceansidebreakers.org
Picture Coordinator	Elsi Gutierrez	elsigutierrez@oceansidebreakers.org
Referee Assignor (questions)	Victor Bernal	oceansidereferee@yahoo.com
Boys & Girls Div. 1 (Fall only)	Victor Bernal	760.724.0455
2006-2009 Girls / Div. 2	Victor Bernal	760.724.0455
2006-2009 Boys / Div. 2	Victor Bernal	760.724.0455
2010-2011 Girls / Div. 3	Meredith Doerr	MeredithDoerr@oceansidebreakers.org
2010-2011 Boys / Div. 3	Anthony Benvenuto	president@oceansidebreakers.org
2012-2013 Girls / Div. 4	Lupe Prieto	LupePrieto@oceansidebreakers.org
2012-2013 Boys / Div. 4	Cesar Hernandez	cesarhernandez@oceansidebreakers.org
2014-2015 Girls / Div. 5	Thomas Chiesl (Tom)	Tchiesl@yahoo.com
2014-2015 Boys / Div. 5	Ed Silva	ednmotion@cox.net 760.805.5078
2016-2017 Girls / Div. 6	Chrissan Hernandez	chrissanmoreno@oceansidebreakers.org
2016-2017 Boys / Div. 6	Chrissan Hernandez	chrissanmoreno@oceansidebreakers.org
2018-2019 Girls / Div. 7	Elsi Guitierrez	760.717.6509
2018-2019 Boys / Div. 7	Elsi Guitierrez	760.717.6509

*Any general questions, please contact info@oceansidebreakers.org

Additional Volunteers Needed

The club is always in need of volunteers. If you are interested in helping, or have any parents that are interested, please contact a Board Member.

Important Spring 2024 Season Dates

Jan. 6 th	completed	PARENTS Meeting: All Divisions (El Corazon Senior Center)
Feb. 10 th	completed	Coaches Meeting: (El Corazon Senior Center)
	8:00 am	Division 6 and 7 - 2016 thru 2019
	9:15 am	Division 5 2014 & 2015
	11:15 am	Division 2 and 3 2006 Thru 2011
	12:15 am	Division 4 2012 & 2013
		<i><u>Mandatory: All coaches require a 4v4, 9v9, 7v7 or 11v11 Coaching License & Concussion Certificate (online training)</u></i> <i><u>MANDATORY: ALL HEAD AND ASSISTANT COACHES WHO DO NOT HOLD A CAL SOUTH COACHING LICENSE. INSTRUCTIONS WILL BE EMAILED TO THOSE COACHES WHO NEED TO OBTAIN THEIR COACHING LICENSE</u></i>
Feb. 23 rd	5:30 pm to 7:30 pm	MANAGERS Meeting: All Teams (Coach if no manager) <i><u>Immediately following meeting:</u></i> * <u>Uniform Handout:</u> Team Manager Folders and Uniforms will be handed out.
Feb. 24 th	Sat.	<i><u>MEET & GREET (part 1)</u></i> We Got Soccer 5617 Paseo Del Norte Carlsbad, Ca 92008
	10 am to 10:30 am	Division 7 Boys
	11 am to 11:30 am	Division 7 Girls
	12 pm to 12:30 pm	Division 6 Girls
	1 pm to 1:30 pm	Division 6 Boys
	2 pm to 2:30 pm	Division 5 Girls
Feb. 24 th	Times (TBD)	Referee Class w/ Victor Bernal • Contact Victor Bernal @ Oceansidereferee@yahoo.com
Feb. 25 th	Sun.	Meet & Greet (part 2)
	10 am to 10:30 am	Division 5 Boys
	11 am to 11:30 am	Division 4 Girls
	12 pm to 12:30pm	Division 4 Boys
	1 pm to 1:30 pm	Division 3 Girls and Boys
	2 pm to 2:30 pm	Division 2 Girls and Boys

Mar. 2 nd	Times (TBD)	Weekend Practice (Mance): 1 st practice (divisions 2 thru 5 only) <ul style="list-style-type: none"> • Division 5 (Keeper Training)
Mar. 9 th	Times (TBD)	Weekend Practice (Mance): 2 nd practice (division 2 thru 5 only)
Mar. 11 th thru Mar. 14 th		Weekday Practice (Mance): All Divisions <ul style="list-style-type: none"> • Divisions 2 thru 5 (Mance) • Division 6 and 7 (So Cal Sports Complex)
Mar. 16 th		1 st Game
Mar. 23 rd Mar. 24 th		2 nd & 3 rd game (Double Header)
Mar. 25 th		Easter Weekend (No Games Only)
Apr. 6 th		4 th Game
Apr. 7 th	Times (TBD)	Picture Day <ul style="list-style-type: none"> • Schedule will be emailed TBD
Apr. 13 th		5 th Game
Apr. 20 th		6 th Game (Parity Emailed and submit by Apr. 20 th)
Apr. 27 th		7 th Game
May. 4 th		8 th Final Game (Equipment and Medical Release Form Return)

****** IMPORTANT NOTICE ******

Please note the Club will do everything it can to try and ensure the Spring Season consists of 8 regular season games. Due to the possibility of rain, game(s) may be postponed or eliminated. The Club may try to accommodate any such rainouts by playing games mid-week or on a Sunday. Game changes are not a reason for a full or partial refund of fees.

In addition, please note a reduced season due to circumstances outside of the Club's control, such as a rain out or field closures will NOT result in a refund of fees.

Soccer Club Contact Information: Website, Hotline & Mailing Address

Please have parents check our website, www.OceansideBreakers.org for updated information about all our ongoing programs.

Please direct any questions by parents to our soccer hotline at **760-814-1922**. The soccer hotline is checked daily, and we try to respond within 48 hours.

Mailing Address: Soccer Club of Oceanside, P.O. Box 5977, Oceanside, CA 92052.

Coaching Resources

These Internet sites are great sources for supplies and coaching information for experienced coaches, new coaches and players.

www.soccersupplies.com
www.soccerrom.com

www.scoresports.com
www.soccerxpert.com

www.joesoccer.com
www.uefa.com

Coaches General Information

- 1. Call all your players within the next 24 to 48 hrs. of the coaches' meeting**, to introduce yourself to the parents, and make sure they have all your phone numbers and your TEAM #. Make a team roster for all parents on the team. It is a good idea to include parents' names and alternate numbers. If you have the wrong number for a player, or you lose a player, call your Coordinator immediately. You should talk to a parent, not leave a message.
- 2.** Inform your parents when and where practice times and locations have been scheduled. Inform parents of the Clubs rules regarding behavior at fields (no dogs, clear end lines, no yelling, no noise making devices on the sideline, etc.).
- 3.** Set your standards as a coach. Review league rules, coaching philosophy, sideline behavior and parental responsibilities.
- 4.** Coaches shall develop a complete and thorough understanding of the FIFA laws of the game (as modified by the Club).
- 5.** Coaches shall attend all official Club coaches' meetings and clinics. Coaches shall obtain a coaching license if not already licensed, prior to coaching.
- 6.** Coaches are expected to keep track of their players' attendance and contact them if they repeatedly miss games or practices. If a player drops from a team, it **must** be reported to your Division Coordinator immediately. Coaches may not add a player to their team without permission of the League Registrar.
- 7.** No player may practice or play with an Oceanside Breakers team unless that player has been registered by the League Registrar. Automatic 5-year suspension if found in violation of this rule.
- 8.** In Age Groups 2006 through 2011 we recommend each team have a few players be given the opportunity to play goalkeeper throughout the season. In the Age Group 2012-2015 we recommend all players be given the opportunity to play goalkeeper.

Coaching Conduct

Coaches are responsible for the behavior of players, parents, and spectators on their sidelines. **Misconduct can lead to disciplinary action against the coach and parent(s) by the Executive board and can lead to suspension and/or removal from the fields.**

Shouting at any player or referee is considered serious misconduct. Shouting should never be done during game play or practice. No communication is to be made with referees, opposing coaches, opposing parents/spectators, or other team players at any time; this includes communication from your parents, spectators, and players before, during, and after a game. Spectators must be removed from the end lines during game play (except in Age Groups 2016 through 2019), and are not to sit on the same touchline as the AR.

Player misconduct should be reported to any board member immediately. Foul language is not permitted by players, parents, or coaches. Coaches should understand the importance of being a role model to their players and should conduct themselves with the highest moral and ethical values to earn the team's respect and admiration.

The Club takes a zero-tolerance stance on profanity. Any profane language will be met with disciplinary action.

Coaches are expected to clear the field and sidelines immediately after a game to give the referees and teams time to prepare for the next game. The sideline should be free of any trash.

Coaches and parents who receive a send-off before, during or after a game are subject to immediate suspension for a minimum of 8 days (including missing a minimum of one game) and are required to leave immediately upon that send-off without discussion. Failure to leave the field as directed will result in the abandonment of the game and will subject the offender(s) to additional disciplinary action. **Please note any coach that is sent off twice in any 1 season shall be suspended from coaching within the Club for a minimum of 1 year.** Any sending off may be reviewed by the Board for additional suspension or sanction.

Any player, coach or spectator who physically assaults a Referee, Coach or Player will be suspended for life from the Club and will also be referred to Cal South for additional sanctioning.

PLEASE NOTE THE DIRECTORS AND BOARD HAVE COMPLETE DISCRETION ON COACH SELECTION.

All coaches within Oceanside Breakers **must be** registered with the league and be Risk Management certified through the “Livescan” process, which is offered at no charge to the participants. In addition, all coaches are required to possess a minimum US Soccer License and Concussion Certificate, which will also be provided at no cost to the prospective coach.

Player Conduct

The Red Card Committee will review any red card issued to a player. The RED CARD COMMITTEE is only recommending the discipline for the red card; the Executive Board has the authority to override any of their recommendations. Any player who accumulates 3 yellow cards in one season will sit out the next playable game from the 3rd yellow card. **A player receiving a yellow must come out of game immediately and can return at the next stoppage.** *(Unless there are no subs)*

Any player who received 2 violent conduct Red Cards will be suspended for the remainder of the season. If it's the last game of the season and it's the first violent conduct they miss the first two games of the tournament, and if it's the second they miss the entire tournament. If they get it in the tournament the same rule applies or if it's the last game of the tournament, they miss the first two regular season games of the next season they play in. Red cards for "Violent Conduct", serious foul play, referee abuse or reckless/careless play with injury will result in the player being suspended from practice for a **minimum** of one week immediately following the red card, and review for further suspension by Red Card Committee with a recommendation to the Executive Board. This applies to actions before, during or after a game.

Team Number/Names

Please inform all your parents of your team number. **The Club keeps no record of team names.** All game schedules and picture schedules reflect only team numbers. It aids the parents if they know the team number on any information, they may receive from you.

Sponsorship

The Sponsorship program assists SCO in keeping registration fees the lowest in North County. Teams are strongly encouraged to find sponsorship from a business within the community. The following Club sponsorships are available:

Bronze: \$250 minimum commitment

Recognition on the club website, including logo and hyper link.

Photo plaque of a sponsored team.

Inclusion in 1 club wide email listing and thanking all sponsors.

Silver: \$500 minimum commitment

All the benefits of bronze sponsorship.

Opportunity to host a tent at the park to sell items or provide information to members.

Opportunity to partner with club for a fundraiser event advertised to all members.

Gold: \$1,000 minimum commitment

All the benefits of silver sponsorship.

Opportunity to send 1 customizable promotion email to all members.

Customized windsock banner displayed on field.

Uniforms

Please check to ensure your uniforms are complete when picking them up. A complete uniform consists of a numbered shirt, shorts, and socks. Goalie jerseys are included (except in Age Groups 2016 thru 2019). Most uniforms will come in standard children's sizes.

If you have a child in need of a special uniform, please call your division coordinator immediately.

Shorts issued to the player with the uniform are to be worn. If the shorts are too small the uniform coordinator will order new ones. Players are not to wear their own personal shorts not issued by the league and may **NOT contain pockets**.

Player's names are not permitted on jerseys. **Uniforms are not to be altered in any way and only Club issued uniforms are to be worn. Goalkeeper jerseys should not be from a professional team or have any sponsor on them. This will be strictly enforced.**

Team practice shirts or any other team apparel for any division must be approved by the Executive Board before purchasing.

Medical Release Forms

Please review all Medical Release Forms to ensure that all coaching staff are aware of any special medical conditions a player may possess. Please have all signed MRF's with you at ALL practices and games. You should make copies for your assistant and team manager as well, so that MRF's will always be available at all practices and games. This is to ensure if there is an accident on the field and if the parent is not present, the signed MRF will allow that child to receive medical attention from emergency responders. MRF's for players placed on your team after the season begins will be emailed to the head coach.

All copies of the medical release forms must be returned at the end of the year for shredding. Please hand them in with your equipment at the end of the season.

Coaches' Information Boxes

All teams will have a folder with their Team Number on it at the main information table. Please check it each week before your game. Information that the coach is responsible for will be placed in the coaches' box. **Please check your folder every week.**

Questions?

Parent contacts Coach, Coach contacts Coordinator, and Coordinator contacts Assistant Director.

End of Season Tournament - *FALL Season Only*

There is a Fall end of season tournament for 2008 through 2013 age groups. This tournament is provided to the teams through sponsorships, donations and numerous volunteer hours provided by the Club members. It is NOT part of your registration fees. Therefore, as the tournament is not included in your registration fees, any cancellation or reduced format is not grounds for any refund of fees. **IF THE TOURNAMENT IS CANCELLED IT WILL NOT BE RESCHEDULED.**

Home Team

The Home team is listed FIRST on the schedule.

The Home team shall have its choice of sideline.

The Visiting team shall occupy the opposite sideline.

Communicate with the opposing coach before the game to ensure everyone knows who home is and who is away.

Please make sure all parents, families and friends are situated on the side of the field not occupied by the Assistant Referee (AR). The game shall not begin (or continue) until all parents in that area are removed.

MUST BE FILLED OUT PRIOR TO GAME -SAMPLE LINE UP CARD

Soccer Club of Oceanside (**SIDE 1**)

Soccer Club of Oceanside (**SIDE 2**)

Division: 4 Boys Girls

Game Date: 04-15-16

Team #: 406 Uniform Color: Black

Game Time: 11:10 am

Team Name: Cali Girls
Coach Name: Julie Ellis

Home vs. Visitor
Team # 401 vs. Team # 406

No.	Player Name	Goals
2	Christine Dunn	
3	Ariel Morgan	
4	Mellisa Brian	
5	Carnie Lloyd	
6	Teri Heath	
7	Sara Mewis	
8	Jackie Johnston	
9	Eli Krieger	
10	Belinda Saverbrunn	
11	Mallory Klingenberg	
12	Heather Solo	
13	Jen Hinkle	
14	Eva Long	
15	Mindy Pugh	

Score _____ To _____

Referee
Name: _____

AR Name: _____

AR Name: _____

CAUTION CODES (YC):

UB-Unsporting Behavior / E-Enter Field Improperly

DT-Dissent / FRD-Fails to Respect Distance

DR-Delay Restart / L-Leave Field Improperly

PI-Persistent Infringement of Laws

EJECTION CODES (RC):

SFP-Serious Foul Play / VC-Violent Conduct

S-Spitting / AL-Abusive Offensive Language

DGH-Denies Goal Opportunity Handling

DRF-Denies Goal Opportunity Foul/2CT-Second Caution

Player# _____ Team # _____ Reason: Code/Act _____

Referee Signature: _____

Coach Signature: Tony Scores

Please fill out both sides completely. List players in numerical order using their first and last name.

Blank Line-up cards will be placed in the Coach's box. Cards must be completed prior to the start of each game. (Time will be deducted from game time if there is a delay due to no card.) **At the end of game, the Referee will keep the cards.**

LINE UP CARDS ARE NOT USED FOR 2016 THRU 2019 AGE GROUPS

Game Day Rules

Coaches shall not move out of their designated coach's box during the game. Please note only players, Coaches, Team Managers, and club officials are allowed in the coach's box during the game. **Please be prompt in moving out of the coach's box at the end of your game, to allow the coaches for the next game to setup. Also, please pick up your trash before you leave.**

Coaches shall not enter the playing field except for injury and then **only after being granted permission by the Referee**. Please keep parents from entering the field of play when their child is injured until permission is granted by the Referee.

Both teams can make substitutions at any stoppage of play, subject to the Referees discretion and permission. This is totally at the Referees discretion. Substitutions can only be made at stoppages in play as described above and cannot be made "on the fly" while the game is in progress. Substitutes must enter the field at the midfield line, but only after the player being substituted has left the field of play at any touchline area.

NOTE: Coaches must always obtain Referee's permission to change their goalkeeper, including at half time. Failure to obtain permission will result in a yellow card to both the old and new goalkeeper.

No parents, spectators or players are allowed on end lines by the goals except in age groups 2016 thru 2019 teams.

Players are allowed to wear plastic or rubber cleat soccer shoes (no toe cleats are allowed). No metal cleats are permitted. Tennis shoes are allowed but cleats are recommended.

Shin guards are **MANDATORY** for all practices and games. Players may not participate without shin guards. NO EXCEPTIONS! Please note shin guards must be worn completely under the practice or game sock. They cannot be worn on top of the sock with the top of the sock folded over to cover the shin guard.

Any player bleeding or blood on uniform will not be able to participate any further in a game until the bleeding has stopped or the wound has been adequately covered. A player with blood on their uniform will either need to clean off the blood from the uniform or change into a clean uniform before they will be allowed to participate further in a game.

The Referee is the only person permitted to stop play. In the case of an injury; Play is to continue unless the referee believes the injury is serious. In the event the referee stops play for an injury, the player injured is required to leave the field (except if player is the goal keeper) and may not return unless permission is granted by the referee.

In the event of a head injury, any player who becomes unconscious or is believed to have a concussion may not return to games or practices unless written release by a medical professional is provided.

Players shall not be permitted to play games or practice with any injury that can be aggravated by playing, or which constitutes a danger to others. No player wearing a hard cast or braces/splints with metal in them will be allowed to play.

Orthodontic headgear, watches, bracelets (of any material), neck chains, rings, metal hair clips, earrings (using tape to cover earrings is not acceptable), other jewelry, caps with hard bills (except for the goalkeeper), sunglasses or any other object considered by the Referee to be dangerous, may not be worn.

Eyeglasses may be worn at the player's own risk (subject to referees' discretion).

Please note that Medic alert bracelets must be removed or completely covered by adhesive medical tape.

In case of inclement weather, teams MUST report to the field at their allotted game time. Referees will have the final decision as to whether or not the games will be played. Coaches are encouraged to check the website regularly for field status updates. Coaches that take it upon themselves to cancel a game will be faced with disciplinary action.

DEVELOPMENT COORDINATORS

Thank you for stepping up to coach the kids of our community, whether you're a seasoned coach with soccer experience or this is your first time coaching, we appreciate your commitment.

Because we have volunteer coaches at different coaching levels, our club's goal is to offer our kids the best soccer development possible, and in doing so we have hired staff coaches (Development Coordinators) for every division. The Development Coordinators will be periodically coming out to your practice sessions to observe and offer assistance in maximizing your practice plans. We are asking that you allow the Development Coordinator to run at least 1-2 of your practices for the season. This will help give you some additional ideas in running your practices.

Please welcome your Development Coordinator into your practice sessions, we can all learn something new and this will only give our kids the advantage of developing better soccer skills while incorporating your knowledge and that of the Development Coordinators.

50% Play Time for ALL Players

While we encourage players to attend all practices, this is recreational soccer and our Club requires that **all players must play at least 50% of each game, regardless of practice attendance or players ability.** If a child is unable to play in an upcoming game due to injury, illness, or other disciplinary reason, the Club must be notified beforehand. Although a coach may be tempted to leave his/her best players in a game in order to win a game, the primary purpose of recreational soccer is to develop all players rather than to win games. 50% of playing time is also in affect during the recreational tournament at the end of the season. Failure to comply with this rule can and will result in a forfeit and possible coach suspension. The Club takes this very seriously and any coach if caught "cheating" can lose coaching privileges with SCO.

Running up the score and playing down

Oceanside Breakers has a strict policy on running up the score on opponents. If a team has a 3 or more-goal lead, **the coach is required to make changes** to prevent the team from running up the score (**this does not mean 1 player has to score three goals to adjust, only a 3-goal lead**). It is not the referee's responsibility to enforce these changes. Coaches are required to change scoring players to defensive positions or remove scoring players from the field to avoid running up the score on an opponent. Remember this is a recreational league and the development and enjoyment of all players is more important than a final score.

In addition, playing down is mandatory for specified Divisions. It is required coaches play down to match the number of opposing team players. This rule does not apply if the team is a player short due to a red card ejection. However, this rule does apply where a team loses a player to injury with no available substitutes.

Pictures

Please inform your parents to be at least 20 minutes early. Parking may be hard to find. Please inform your parents of the following:

Included in registration fees:

1. 1 - Composite Memory Mate (8x10 of individual & team)
2. 2 - 5x7 team photos
3. 4 - Wallets

Banners

Banners are encouraged. It is recommended a team get them early because pictures are taken early in the season. If a team has a sponsor, please extend the courtesy of having sponsors name on your banner. Individual teams are responsible for any costs associated with the banners. It is highly recommended a team create their own banner, as this is a great team-building event. If interested please email, Refined Marketing at info@refinedmktg.com

Alcohol, Tobacco, and Pets

Smoking is not allowed in any of the fields, during practices or games. We are using school property for some practices and games. It is unlawful to use tobacco or alcohol on school grounds.

We also are required to adhere to school policies that **animals are not allowed** on school grounds during practices or games. Anybody violating this policy will be asked to leave immediately. This policy will be strictly enforced.

Team Manager

Every team should have a team manager to assist in helping run the team. **Team Managers must be Risk Management and Concussion certified.** Team Manager duties include:

1. Snack Schedule
2. Monitor sideline behavior
3. Collecting banner fees
4. Calling players for any changes
5. Collecting for Coach awards
6. Insure medical release forms are at all practices and games
7. Arranging end of season party
8. Assist team on Picture day
9. Assisting coach at games and practices

Practices

All practice times and locations shall be assigned by SCO. A copy of the practice schedules will be supplied to the City of Oceanside and the OUSD, in accordance with our Agreement with them.

Coaches are prohibited from practicing anywhere other than their designated time and location without prior approval of the Club Vice President. Failure to follow this rule places our entire program at risk and will result in disciplinary action, up to and including removal from the Club.

Practice not more than two times a week for age groups 2005 thru 2015 and not more than 3 times per week for all other divisions, is recommended before the season starts.

Practices should only be fun and cover the fundamentals. Inform your parents that your players should have soccer cleats; soccer attire, a water bottle or sports drink (32oz Minimum), and shin guards (which are required) to practice. All players also must be registered with the Club to practice. Parents should be reminded they need to be at the field when practice begins and ends to pick-up their kid(s). Practice times should follow US Youth Soccer recommendations.

Coaches are not to leave any player unattended during or after practice or games. A parent or guardian must attend all practices and games. Players must not be allowed to use the restroom unattended. They must be accompanied by an adult

Parity (Player Rating) Forms – All Teams “except” age groups 2018 and 2019

At the completion of each season (**SPRING & FALL**) a Parity Committee made up of coaches and previous coaches come together to review and add comments on any players rating that may be in question. Parity is nothing more than the rating of your players on a scale of 1-5 (5 being the highest). The forms will give you a bit more information on what each rating number represents and how you should go about rating each player. This player rating is put back into our database and when we are forming team rosters for the following season, we use these ratings to make the teams as even as possible. It's important that these ratings be done with some thought.

Age Group Specific Rules

2018-2019 Age Group - Practice Procedures

A staff coach along with the support of the volunteer coaches will run these age group team practices. This will provide volunteer coaches with a foundation of how practice sessions should be conducted at these age groups. Therefore, it is vital that a pre-practice meeting in a fun location takes place, so the coach and players/parents get to meet and know each other a bit before the first practice session!

- Where possible, two teams will practice at one time. Teams and volunteer coaches will be provided with some time to train as a group and will scrimmage against the other team(s) at the end of each practice.
- ALL these teams will practice at SoCal Sports Complex one day a week (with additional Saturday slot prior to games starting on request). Coaches are not to conduct additional practices outside of this schedule.
- Volunteer coaches will coach the Saturday games.

Our goal is to provide division wide continuity and consistency of knowledge, which will come from a skill-based training curriculum in an age-appropriate environment for all players and volunteer coaches at the earliest age possible.

- Practices will not exceed 60 minutes
- Every child should have a ball
- Warm up will include movement education problems and soccerastics
- Games activities, mostly body awareness, along with maze games (20 minutes)
- Finish with 3v3 or 4v4 game to small goals, no goalenders (20 minutes)

2018-2019 - Game Rules

1. Ball Size - # 3 – Field size 18yds x 25yds (approx.) – Pop Up Type Goal
2. Players: Maximum 3 / Minimum 3
3. Two 20 minute periods with a 5 minute half time break
4. Each team will be divided into 2 groups and will play a group from the opposing team. Both games will play simultaneously
5. 3 players on the field per team – NO GOALIES - (Players should be encouraged to not stand in front of the goal but be actively involved).
6. Coaches may stand on the field or their sideline
7. Coaches are Referees
8. Offside Rule does NOT apply
9. Sideline kick in only (no throw in's)
10. No scores are kept
11. All free kicks including kickoffs, kick-ins are indirect
12. No heading of the ball is allowed

Age Group Specific Rules

2016-2017 Age Group - Practice Suggestions

A staff coach along with the support of the volunteer coaches will run these age group team practices. This will provide volunteer coaches with a foundation of how practice sessions should be conducted at these age groups. Therefore, it is vital that a pre-practice meeting in a fun location takes place so the coach and players/parents get to meet and know each other a bit before the first practice session!

- Where possible, two teams will practice at one time. Teams and volunteer coaches will be provided with some time to train as a group and will scrimmage against the other team(s) at the end of each practice.
- ALL these teams will practice at SoCal Sports Complex one day a week (with additional Saturday slot prior to games starting on request). Coaches are not to conduct additional practices outside of this schedule.
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- Practices will not exceed 60 minutes
- Every child should have a ball
- Warm up will include movement education problems and soccerastics
- Games activities, mostly body awareness, along with maze games (20 minutes)
- Finish with 3v3 or 4v4 game to small goals, no goaltenders (20 minutes)

2016-2017 - Game Rules

1. Ball Size - #4 – Field size: 25-35 yards (length), 15-25 yards (width). Goals should be no larger than 4 feet (height) x 6 feet (width)
2. Players: Maximum 4 / Minimum 3
3. Two 20 minute periods with a 5 minute half time break
4. Each player must play 50% (20 minutes)
5. Each team will be divided into 2 groups and will play a group from the opposing team. Both games will play simultaneously
6. 4 players on the field per team – NO GOALIES - (Players should be encouraged to not stand in front of the goal, but be actively involved).
7. Equal number of players on the field at all times (except for player Red card)
8. Goal kicks can be taken from anywhere inside the goal box.
9. Throw Ins or Kick Ins are allowed. If the throw-in is done incorrectly then a 2nd attempt will be allowed.
10. All free kicks are indirect from the spot of the foul, all corner kicks, goal kicks and kick-ins are indirect from the out of bounds line.
11. No coaching outside the coaching area
12. Offside rule does NOT apply
13. Unless otherwise noted FIFA laws of the game apply
14. No scores are kept
15. No heading of the ball is allowed

Age Group Specific Rules

2014-2015 Age Group - Practice Suggestions

2014-2015 Goalkeeper Camp Training: At the beginning of the season all 2014-2015 teams will have a goalkeeper training recreational development session conducted by a staff coach. These sessions are geared for all players to be involved.

- Should not exceed 1 hour and 15 minutes.
- Warm up, partner and small group activities, stretching (15 minutes)
- Introduce small group activities (4 to 6 players)
- Add more directional games. Play to targets and or zones (25 minutes)
- Conclude with small-sided games 7x7 game to two goals, with goaltenders (25 min)
- Finish with cool down activity (10 minutes)

Coaching points: Players in this age group have a sense of pace, have them think ahead. Take plenty of water breaks. Be fun and positive. Parents should NOT coach.

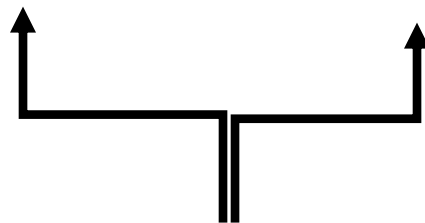
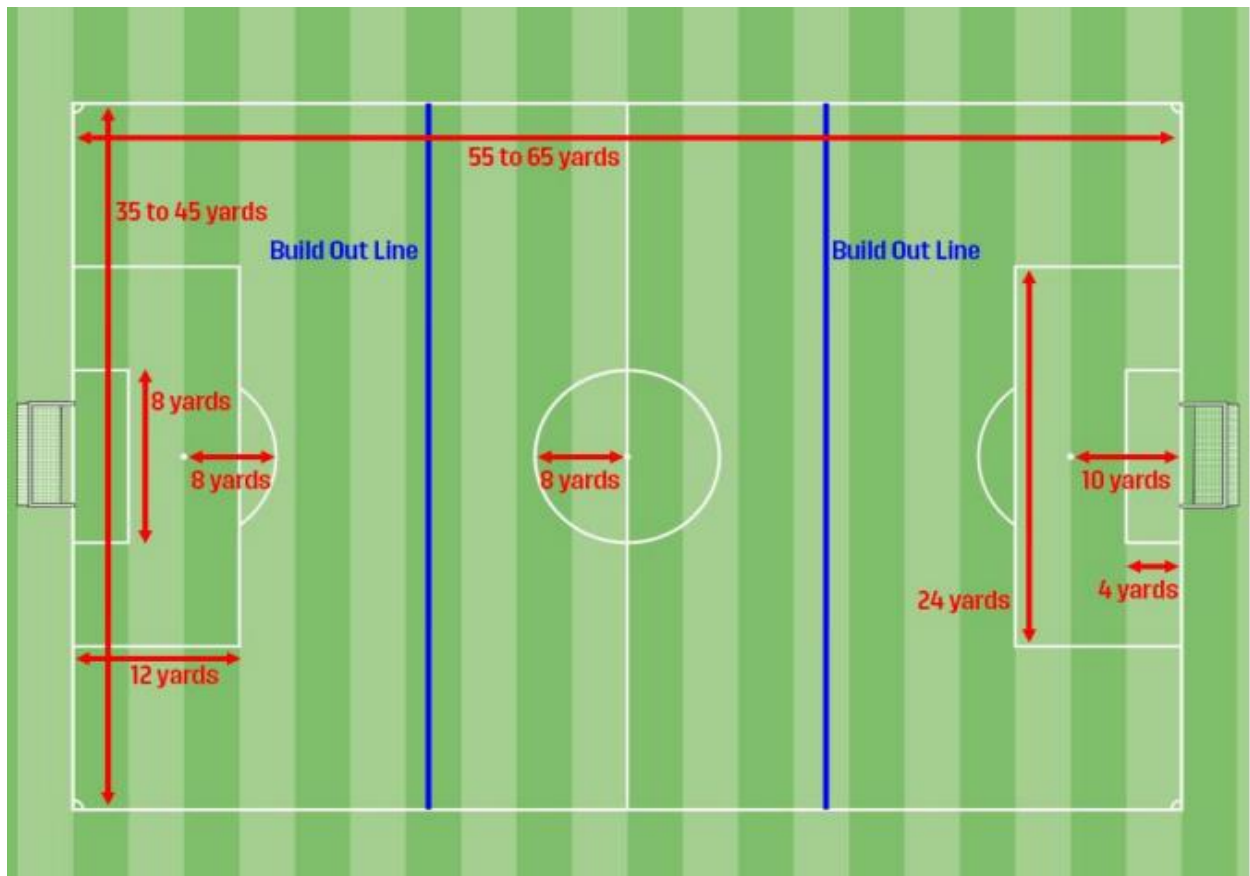
2014-2015 - Game Rules

1. Ball Size - #4 – Field size: 55-65 yards (length), 35-45 yards (width). Goals should be no larger than 6.5 feet (height) x 18.5 feet (width).
2. Players: Maximum 7 / Minimum 5
3. Two 25 minute halves with a 5 minute half time break
4. Each player must play 50% (25 minutes) (*implement 8-minute sub rule, each player plays minimum of 16 minutes a half, explained at coaches meeting*)
5. Equal number of players on the field at all times (except for player Red Card)
6. The club will provide game ball. Game ball to be returned to referee at game conclusion
7. No coaching outside the technical area
8. Offside rules apply
9. Unless otherwise noted FIFA laws of the game apply
10. Parents are to sit on the opposite side of the Assistant Referee (AR).
11. No heading of the ball is allowed
12. **Build Out Line-** The build out line is used to promote playing the ball out of the back in an less pressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. At any time the goalkeeper may pass, throw or roll the ball to a teammate, but the goalkeeper does so accepting the positioning of the opponents and the consequences of how play resumes.

Punts or drop-kicks are not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the defending third in an unpressured setting. After the ball is put into play, the opposing team can then cross the build out line and play resumes as normal. This line will be equidistant between the top of the penalty area and the halfway line.

The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line

Diagram of 2014-2015 Dimensions and Build Out Line



Build Out Lines

Age Group Specific Rules

2012-2013 Age Group – Practice Suggestions

- Should not exceed 1 hour and 30 minutes
- Warm up, partner and small group activities, stretching. (15 minutes)
- Introduce large group / team activities (6 to 8 players)
- Directional games. Play to targets and or zones. (25 minutes)
- Conclude with smallsided games 9x9 game to two goals, with goaltenders (25 min)
- Finish with cool down activity (10 minutes)

Coaching points: Flexibility training is key to prevention of injury. Take plenty of water breaks. Be fun and positive.

2012-2013 - Game Rules

1. Ball Size - #4 – Field size: 70-90 yards (length), 45-60 yards (width). Goals should be no larger than 7 feet (height) x 21 feet (width).
2. Players: Maximum 9 / Minimum 7
3. Two 30 minute halves with a 5 minute half time break
4. Each player must play 50% (30 minutes)
5. Equal number of players on the field at all times (except for player Red card)
6. The club will provide game ball. Game ball to be returned to referee at game conclusion
7. No coaching outside the technical area
8. Offside rule applies
9. Unless otherwise noted FIFA laws of the game apply
10. Parents are to sit on the opposite side of the Assistant Referee (AR).
11. No Heading Allowed.

Age Group Specific Rules

2010-2011 Age Group - Practice Suggestions

- Should not exceed 1 hour and 30 minutes.
- Warm up, partner and small group activities, stretching (15 minutes)
- Introduce large group / team activities (6 to 8 players)
- Directional games. Play to targets and or zones (25 minutes)
- Conclude with small sided games 11x11 game to two goals, with goalenders (25 min)
- Finish with cool down activity (10 minutes)

Coaching points: Flexibility training is key to prevention of injury. Take plenty of water breaks. Be fun and positive.

2010-2011 - Game Rules

1. Ball Size - #5 – Field size:100-120 yards (length), 60-80 yards (width). Goal size: 8ft v 24ft
2. Players: Maximum 11 / Minimum 7
3. Two 35 minute halves with a 5 minute half time break
4. Each player must play 50% (35 minutes)
5. Equal number of players on the field at all times (except for player Red card)
6. The club will provide game ball. Game ball to be returned to referee at game conclusion
7. No coaching outside the Technical area
8. Offside rule applies
9. Unless otherwise noted FIFA laws of the game apply
10. Parents are to sit on the opposite side of the Assistant Referee (AR).

Age Group Specific Rules

2006-2009 Age Group - Practice Suggestions

- Should not exceed 1 hour and 30 minutes.
- Warm up, partner and small group activities, stretching (15 minutes)
- Introduce large group / team activities (6 to 8 players)
- Directional games. Play to targets and or zones (25 minutes)
- Conclude with small sided games 11x11 game to two goals, with goaltenders (25 min)
- Finish with cool down activity (10 minutes)

Coaching points: Flexibility training is key to prevention of injury. Take plenty of water breaks. Be fun and positive.

2006-2009 - Game Rules

1. Ball Size - #5 – Field size:100-120 yards (length), 60-80 yards (width). Goal size: 8ft v 24ft
2. Players: Maximum 11 / Minimum 7
3. Two 40 minute halves with a 5 minute half time break
4. Each player must play 50% (40 minutes)
5. Equal number of players on the field at all times (except for player Red card)
6. The club will provide game ball. Game ball to be returned to referee at game conclusion
7. No coaching outside the technical area
8. Offside rule applies
9. Unless otherwise noted FIFA laws of the game apply
10. Parents are to sit on the opposite side of the Assistant Referee (AR).

SOCCKER CLUB OF OCEANSIDE REFUND POLICY

Refund Policy - **There are NO full refunds** due to the immediate fees incurred by the club at the time of acceptance in the CORIS Program by CYSA (The Cal South Internet Registration computer program, used by all Registrars in Cal South).

Partial refunds may be considered for those who move out of the area which is considered more than reasonable travel or for those who become ill / injured prior to February 1st in spring season and July 1st in fall season which prevents them from participating in any part of the season's games. A refund request for illness or injury must accompany a written notification from a licensed medical provider.

No other refunds allowed.

All refund requests must be in writing and subject to SCO Board review and approval at monthly board meetings or permission in writing via email to League Registrar, to initiate release on behalf of the parent.

Phone calls or person-to-person direct is not acknowledged as an official release or refund request.

No one individual has authorization to approve a refund request.

Email to: refunds@oceansidebreakers.org.

All refunds are subject to SCO Board approval, and the SCO Board decision is final.

****** Reasons not considered for refunds: Not receiving a requested coach, field of practice, time, or day of practice. Not receiving your requested Buddy because policy was not followed. Not being selected as an administrator. Over commitment on behalf of the player or parent and additional sports or school activities are also not valid reasons for a refund and it will not be considered.



Soccer Club of Oceanside Tournament Entry Policy Recreational

The following policy has been put into place for recreational players/teams to enter a tournament and be covered by Cal South insurance.

A player registered in a Fall or Spring season may be borrowed by any “Team” to play in any Cal South Sanctioned tournament. Parent or Player must request the player card from the league registrar, and borrowed players will be issued a player card if the tournament intended is Cal South Sanctioned.

Teams must consist of the minimum number of players required to “activate” a team. For example, a U8-U10 and below team requires 4 players to activate, so 4 players must be rostered to a tournament roster from the same activated Cal South CORIS team. Age groups playing 11 v 11-- 7 players are required to activate a team, so minimum of 7 players to be considered a “team”.

Any recreational “team” requesting to enter into a tournament must have a head coach who **possess an E License or higher**. A written request must be submitted to the entire Executive Board of Directors 45 days prior to the first day of tournament check in. The Executive Board of Directors will review your request and render a yes or no notification within 10 days. If granted, names of the players entering the tournament are due to the league registrar 30 days prior to the first day of check in to the tournament.

If necessary to create a Summer Tournament Team in order for enough players to qualify as a “team”; a \$15.00 per player fee will be applied and payment is required prior to issuing a player card or 10 days prior to the first day of the tournament check in day; whichever is sooner. Request to create summer tournament team is due to the Executive Board of Directors 45 days prior to the first day of tournament check in and player names due to the league Registrar 30 days prior to the first day of tournament check in.

Teams requesting more than one tournament must name all tournaments intended no less than 45 days prior to the first day of check in for each tournament. Player cards are due back to the league Registrar within 72 hours of the last requested tournament end date; failure to comply will jeopardize future requests.

Please be advised; the Soccer Club of Oceanside is under no obligation to create a Summer tournament team, and has the right to refuse any team from being created if in the opinion of the Executive Board of Directors it's not in the best interest of the League. The Soccer Club of Oceanside also has the right to refuse any player or administrator to be rostered to Soccer Club of Oceanside team without cause. All players and administrators **MUST** be in good financial and ethical standing with the League. No single executive board member is authorized to speak on behalf of the entire board and authorize any recreational team or summer tournament team to enter a tournament. A quorum of the executive board is required to vote on a tournament request.

The Soccer Club of Oceanside will not sanction any tournament not sanctioned by Cal South, and is released from all liability to players and administrators who enter into or play in any tournament not sanctioned by Cal South.

The Soccer Club of Oceanside will not produce player cards or admin cards if the intent is to play in a “Non-Sanctioned Cal South tournament or the tournament is not listed on the Cal South Web site as a sanctioned tournament.



Soccer Club of Oceanside

Coaches Contract

The Soccer Club of Oceanside is an organization designed to teach children the game of soccer in a friendly environment. Soccer builds self-esteem, character and physical fitness. Although soccer is a competitive sport, emphasis should be placed on improving existing skills and good sportsmanship. Coaches are expected to act as role models for the children by demonstrating positive leadership, good sportsmanship and ethical behavior on and off the field.

The Soccer Club of Oceanside takes the Coaches Manual very seriously and will enforce violations of these rules up to the state level, if applicable. Please pay special attention to parental conduct and your roles and responsibilities in that regard. **You are responsible for the conduct of the players, parents and spectators.**

If you have a problem with a player, parent or spectator, you should promptly handle the matter to prevent it from getting out of hand. If you need assistance or cannot handle the situation, you should contact your Division Coordinator or a Board Member. **If you have a problem with a referee, do not deal directly with the referee during or after the game.** Problems with referees should be handled directly with the head of referees. **Misconduct toward referees will not be tolerated. Physical or verbal assault of a referee is reported to and handled at the state level and could result in permanent loss of coaching privileges.**

You will receive notification of your practice location(s) and times, together with a copy of the permit approval for your assigned site(s). Please note that practice at your assigned site(s) is mandatory. Failure to do so puts our whole program at risk and will result in disciplinary action up to, and including, suspension.

While we encourage players to attend all practices, this is recreational soccer and **all players must play at least 50% of each game**, regardless of practice attendance, or players ability. Failure to abide by this rule will not be tolerated and will result in the Board convening a disciplinary hearing for the coach to attend to explain his actions.

The rules contained in the Coaches Manual are designed to make the children's soccer experience as safe and positive as possible. By signing below, I acknowledge that I have read and understand the Coaches Contract and Coaches Manual. I further understand that I will be held accountable for my players, parents, and my own actions as a coach. Violations of the Coaches Manual may result in disciplinary action that could suspend or revoke my coaching privileges.