



**RULES
MANUAL
FOR
FULL
FIELD
U12-U18**



*COACHING GUIDELINES,
RULES OF PLAY AND OTHER
REGULATIONS COVERING FULL
FIELD SOCCER WITH THE
PICKERING SOCCER CLUB*

FOR USE BY
COACHES,
ASSISTANTS,
COORDINATORS
AND REFEREES



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EXECUTIVE & BOARD OF DIRECTORS 2010/11

Website: www.pickeringssoccer.ca

E-mail: admin@pickeringssoccer.ca

EXECUTIVE

President	Phil Frampton
Executive Vice-President	Corrado Roccasalva
Vice President – Operations	Lisa Fernandez
Treasurer	
Secretary	Cliff Schmitt

DIRECTORS

Referee-In-Chief	Mario Iozzi
Full Field	Cheryl Modica
Mini Field	Lisa Lahey
Micro Field	Gino Sgovio
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Girls Competitive	Franco Taverna
Indoor, Events & Tournaments	Liz Keen
Webmaster	Lisa Fernandez

STAFF

Business Development Manager	
Office Administrator	
Office Clerk	Nina Cancellara
Head Coach	Tony La Ferrara
Screening Officer	

CLUBHOUSE HOURS

Monday/Tuesday – 12:00 noon – 5:00 p.m.
Wednesday/Thursday – 3:00 p.m. – 8:30 p.m.
Friday – 9:00 a.m. – 1:00 p.m.
Saturday/Sunday – Closed

Club Telephone: 905-831-9803

Club Address: 1735 Bayly Street, Unit 14
Pickering, ON L1W 3G7



April, 2011

AN OPEN LETTER TO ALL CONCERNED

Welcome Back to Soccer!

I'd like to take this opportunity to thank all those that take time out of their busy lives and do such a wonderful job with PSC. This includes all the dedicated coaches, volunteers, referees, the board and staff. I also would like to thank the parents who year after year give their support to the kids, the Club and the sport of soccer in general by continuing to register their children, drive them to games and practices, cheer on the teams while endorsing PSC's policy of good sportsmanship, fair play and equal opportunity for all.

As with any sport, there have been rare occasions where less than good sportsmanlike behaviour has been evidenced; either toward referees, coaches, players or spectator parents. PSC, like any other club within the OSA, has mandated policies for dealing with aggressive and intimidating behaviour. OFFENSIVE BEHAVIOUR IS NOT ACCEPTABLE from players, coaches or parents and there are procedures in place to deal with it if necessary.

I am proud to say that as a Club, we are working very hard to be both responsive and proactive with regard to member concerns or suggestions. As a player, as a parent, as a coach, please do not hesitate to contact me or the Club via email with any information you feel is important and needs to be passed on. Please, let us know what you are thinking!

Recreational soccer at the full field level is about fun, exercise, teamwork and community participation. It is considered the non-competitive alternative that allows kids of all ages and skill levels to enjoy the game of soccer. I'm looking forward to seeing you and your kids on the pitch. Let's have another great outdoor season!

Best Regards,

Cheryl Modica
Director, Full Field
fullfield@pickeringssoccer.ca



POLICIES AND PROCEDURES

General Information:

The affairs of the league are to be conducted on behalf of the Board of Directors of the Pickering Soccer Club via the Vice President of Operations, who may appoint such committees/co-coordinators as deemed necessary to assist them in this respect.

Only players duly registered with the Pickering Soccer Club are eligible to participate in house league play. To prevent a house league team from defaulting a game to absenteeism, injury or illness, certain other registered players may be used:

- 1) The VP of Operations/designate must give approval. A house league player from a lower division may fill the above-mentioned vacancy. This approval, if granted, would be temporary, to a maximum of 6 times per season.
- 2) Call-ups are not allowed to participate at the yearend tournament games.
- 3) Competitive players of any age group are not allowed as call-ups or replacement players for House League teams.
- 4) An unregistered player shall not play.

A Coach/Manager may not refuse permission for the transfer trial of a player to a competitive team. House League players may play with REP teams on a trial basis to a maximum of 6 times per year. They must still play House League and must be carded as recreational.

PLEASE REMEMBER: The Referee's decisions are final and should be respected at all times. Referee abuse is not acceptable and will NOT be tolerated.

Game sheets:

The game sheet provided by the scheduled home team (or two game sheets, one from each team) **must** be completed by both teams and given to the referee prior to the start of the game. The winning team (home team, in case of a tie) is responsible for forwarding the game sheet(s) to the coordinator immediately following the game.

The original game sheet(s) shall follow e-mailed results within a reasonable amount of time.

Standings

Effective beginning in 2011, there are **no standings** in the recreational division from U3-U18. This decision was made unanimously by the PSC Board of Directors in keeping with the spirit and developmental direction of the OSA and Ontario's club Head Coaches.

CUP Games

In support of the no standing decision, the Year End Tournaments have been modified in 2011 to incorporate a new format. Your regular season schedules will now include 3 noted CUP games – one in June, one in July and one in August.



From a statistical perspective, it is the CUP games played during the regular season that drive the Year End Tournament. They are used to determine seeding for the tourney games essentially replacing the three Saturday "round robin games" of previous years.

Results of CUP games must be tracked (statistically) therefore, game sheets from these games must also be submitted within 24 hours of the conclusion of the game.

In the event of a rain out on the week of a scheduled CUP game, the CUP game scheduled the following week will be deemed as the CUP game and their statistics will be collected. Teams should not meet more than once in the CUP games. Teams will not play all the teams in the division, only the 3 games designated.

Cup games **can** end in a tie. Points are awarded as normal. Results of the cup games will lead to seedings and year end tourney games will be scheduled based on those standings.

In the event of a tie, for seeding purposes, tie breaker rules are as follows:

- head to head play during CUP games
- greatest goal difference (goals for and against) with a maximum of 3 goals awarded per CUP game
(EG: if you win 2-1 your goal differential will be 1; if you win 8-3 your goal differential will only be 3)
- the team that has the least total goals scored against them
- the team that has scored the most goals (includes all goals scored)

Each team is guaranteed to play on the Saturday of the year end tournament.

The Goal Keeper:

In U11-U12, teams must use 2 goal keepers with no keeper playing in excess of 50% of the game. Goal keeper changes are to be made only at half-time. The only exception to this rule is in the event of injury at the referee's discretion.

Keepers **MUST** wear a colour that is distinguishable from all outfield players and the referee.

Keepers have 6 (six) seconds to release the ball from their hands, and they can only hold the ball in their hands **INSIDE** the Penalty area; otherwise they will be penalized.

In the event of overtime or a shootout, you may substitute the keeper. The referee must be informed of the substitution.

Please protect the goal keepers on **BOTH** teams. Teach your players that they should not be kicking at or running into a keeper charging for the ball, particularly if the keeper is in possession of the ball.

COACHES' CODE OF ETHICS



The person who takes on the responsibility of coaching a soccer team in the Full Field Division is a special kind of person with special qualities, who volunteers their time and effort to develop well rounded individuals, not only in their athletic endeavors, but in their daily lives.

- A coach is responsible for teaching players that officials are an important part of the game.
- A coach is responsible for encouraging good conduct by players **and parents** on and off the field at all games and practices. The laws of soccer forbid abusive language and racial innuendos.
- A coach should be appropriately dressed to reflect the tone of the sport, and should encourage players to do the same. Coaches are required to wear their coaches' shirt at ALL games.
- A coach must insist on all players wearing shin pads and appropriate footwear at all times, and full uniform on game, picture and trophy days.
- A coach must maintain the highest standards of personal conduct; maintain the principles of fair play and promote good sportsmanship.
- A coach must arrive at games and practices without alcohol on his/her breath. The coach must not smoke at the games or practices.

PLEASE REMEMBER: The Referee's decisions are final and should be respected at all times. Referee abuse is not acceptable and will NOT be tolerated.

"ZERO TOLERANCE POLICY IS IN EFFECT"

Remember that winning is desirable, but winning at any cost defeats the purpose of the game. Losing can be a triumph when the team has given its best.

By accepting a position as coach with the Pickering Soccer Club you must agree to conform to all of the above and understand that failure to do so could result in disciplinary action and may result in termination of coaching duties.

PARENTS' CODE OF CONDUCT



Children can expect adults not to:

- Attempt to 'coach' or 'manipulate' the players while they are playing
- Shout, swear, become violent or use sarcasm
- Ignore a child/children who need help
- Attempt to 'referee' the game by appealing for free kicks, offside etc.
- Assess players by their mistakes
- Abuse or argue with the referee or linesman

Children can expect adults to:

- Praise effort and performance more than results
- Look for aspects to praise in players who might not otherwise get attention
- Give them clear examples of excellent behavior
- Show consistency
- Assess players with regard to their skills and attitude
- Praise good behavior quickly to show adults value it
- Help, encourage and support

Remember: Children do not mean to make mistakes!



ZERO TOLERANCE

The Pickering Soccer Club supports zero tolerance as it relates to all forms of abuse: verbal, physical, emotional, and sexual.

All relationships within the Club context – whether involving members of the Board of Directors, Club employees, coaches/managers, players, parents, volunteers, outside suppliers or referees – must be based on mutual trust and respect. Any act of abuse is a betrayal of that trust.

The Club will investigate and act upon all complaints or reports of inappropriate behaviour.

This Zero Tolerance Policy attempts to respect diverse individual and cultural viewpoints while protecting individuals from real or perceived abuse.

Definitions of Abuse:

1. **Verbal Abuse** – Verbal abuse includes remarks that are rude or threatening in nature and that tend to demoralize or demean another person. Words that degrade another person constitute a form of verbal abuse.
 - a) Verbal abuse includes racial or ethnic insults. All complaints of verbal abuse will be investigated by the Club and may be reported to police with the consent of the victim or, in the case of a minor, a parent.
2. **Physical Abuse** – Physical abuse refers to inappropriate behaviour such as punching, pushing, slapping, kicking, spitting or pinching another individual. All complaints of physical abuse will be investigated by the Club and may be reported to police with the consent of the victim or, in the case of a minor, a parent.
3. **Emotional Abuse** – Emotional abuse signifies the lack of sensitivity on the part of anyone associated with the Club towards another individual. In particular, Club officials (Board members, coaches, and managers) should be aware of the power that is inherent in such positions and strive for sensitivity in dealing with individuals in positions of supervision (players, Club employees, volunteers) and with parents. Emotional abuse includes racial, physical or ethnic insults. All complaints of emotional abuse will be investigated by the Club.
4. **Sexual Abuse** – Sexual shall be defined as:
 - a) sexual intercourse or other forms of physical sexual relations between at least one individual associated with the Club and another person where the activity is not consensual
 - b) any and all sexual intercourse or other forms of sexual relations with a minor
 - c) touching of a sexual nature and
 - d) behaviour or remarks of a sexual nature

The Club will immediately report all complaints of sexual abuse to the police.



Reporting Guidelines and Procedures

1. Violations of the Zero Tolerance Policy should be reported immediately to the Club headquarters by the victim(s) and/or by those close to them (a parent, a teammate, a coach etc.).
2. A complaint can be communicated verbally, initially, to a Club official or employee but must be followed up in writing (letter and/or email). If the complaint involves physical or sexual abuse, the Club official or employee will contact the police if the individual alleging abuse has not already done so and with the individual's consent.
3. All complaints of abuse will be immediately investigated by the Club.
4. All complaints to the Club must be in written form before a complaint is dealt with. However, the Club will immediately report criminal activities to the police (with the consent of the individual alleging abuse) without a written complaint.
5. Once a written complaint has been filed with the Club, a Discipline Committee consisting of a least three Board members will discuss the complaint with the individual alleging abuse (note: in the case of sexual abuse, the Club may designate a Club official of the same gender as the individual alleging abuse to contact the victim).
6. A Board member assigned to lead the investigation into the complaint will schedule a Discipline Hearing within ten (10) business days of notice in the individual(s) whom the complaints has been filed against. The individual(s) who are named on the complaint shall be contacted by registered mail and requested to appear at the Discipline Hearing.
7. In the case of Physical Abuse such as fighting, kicking, etc the Discipline Committee will decide between a Discipline by Review or Discipline by Hearing process to determine appropriate penalties and/or suspensions.
8. Discipline shall be heard by three (3) Board members one of whom is to be a certified Discipline Chair. If a certified Chair is not available within the Club the Region will be asked to provide a certified Chair for these purposes.
9. The committee shall hold a hearing and invite the individual(s) named on the complaint to be present at the hearing. Only individuals called by the committee shall be allowed to participate in a hearing. The committee shall then deliberate incamera following the meeting with the individual(s) who are named on the complaint.
10. The decision shall be communicated to the individual alleging abuse and the individual named in the complaint within ten (10) working day of the Hearing.
11. Penalties for contravening the Zero Tolerance Policy can range from a permanent suspension from the Club, suspension for a specified period of time, and a probationary period where the individual is allowed to continue with the Club. All committee decisions are final.
12. OSA guidelines for suspensions and penalties may be used as guidance in rendering suspensions for physical abuse issues such as Violent Conduct (fighting, kicking, etc).
13. Individual(s) who are charged with a criminal offense involving Club related incidents shall be immediately suspended from the Club pending resolving of the charges. No Discipline Hearing shall take place when an individual is facing criminal charges for Club related incidents. Club members who are convicted of a Criminal Code of Canada offense are subject to suspension or removal.
14. Any individual who is convicted of a criminal offense resulting from sexual or physical abuse shall be banned for life from the Club.



15. Individual(s) who violate the Zero Tolerance Policy for non-criminal activities may apply for reinstatement to the Club in writing one month prior to the end of a time specified penalty.

Handling Incidents of Abuse during a Recreational League Game (physical, verbal or emotional abuse)

1. The referee must stop a game if an abuse incident involving a coach, player or parent/spectator occurs during a game.
2. If a coach is the source of the abuse, the referee will advise the coach that the game will be abandoned if the abuse continues.
3. If a parent/spectator is the source, the appropriate coach will be informed that the game will be abandoned unless the abuse ceases. If the spectator is not associated with either team, both coaches will ask the spectator to leave.
4. The game will be restarted by the referee only if the abuse ceases.
5. The incident shall be reported to the Club Head Referee by the referee in charge immediately following the game completion or abandonment.
6. If the abuse continues, the referee will abandon the game.
7. He/she must immediately report the incident to the Club Head Referee and fill out a Special Incident Form.
8. In cases of physical abuse on a referee, a "Referee Assault Form" must be completed by the referee.

The Club will report all incidents of a criminal nature immediately to police.

Application – This Zero Tolerance Policy applies to:

1. All elected Club officials
2. All Club employees
3. All coaches
4. All managers
5. All players
6. All parents
7. All referees
8. All volunteers
9. All service providers having contact with anyone associated with the Club

All elected Club officials, volunteers, Club employees, coaches, managers, and referees must sign a form acknowledging their understanding and acceptance of the Zero Tolerance Policy. This Zero Tolerance Policy shall be posted on the Club's website at all times and communicated to parents and players at the beginning of every program cycle. Ignorance of the Zero Tolerance Policy shall not be considered a valid defense against a complaint.

Remember that winning is desirable, but winning at any cost defeats the purpose of the game. Losing can be a triumph when the team has given its best. By accepting a position as coach with the Pickering Soccer Club you must agree to conform to all of the above and understand that failure to do so could result in disciplinary action and may result in termination of coaching duties.



COACHES GUIDELINES

Many of you will have coached through the years as your child/children has progressed with soccer either in Pickering or other leagues. These guidelines are intended to assist and serve as a reminder:

Ensure your police check is done – A new police check must be done every 3rd year of recreational coaching. You may start the season with a police department receipt, but the original of the report must be submitted to the club office ASAP!

Dealing with referee or coach issues – Please ensure you report any issues (via email) to the division co-coordinator. He/she will ensure the appropriate director is advised. Parents should be advised to follow the same reporting procedure.

Game sheet submission – The winning team must ensure the game sheets are given to the coordinator within 24 hours of playing the fixture, or as soon as is reasonably possible. In the event of a tie, the home team is responsible for game sheet submission.

If there is an **assistant/substitute coach** while you are away on holiday, inform your coordinator of their name, address, phone number immediately. Also pass on the duties they are responsible for (game sheets, etc.).

1. Orientation:

- Visit our website (www.pickeringsoccer.ca) for field maps.
- Locate your practice and game fields on your map.
- Visit the fields so you can give directions to your parents; advise parents on parking issues.

2. Getting Started:

- Call players ASAP. Registration permitting, all 11 v 11 full field teams are assigned a maximum of 18 players
- Introduce yourself and advise them how to contact you (address, phone, email etc.)
- Ask the parents if they wish to provide you with an email address for future communications.
- Tell the parents or the older players where/when your first meeting is to distribute uniforms, balls, schedules, etc.
- Each player needs shin pads (mandatory), soccer shoes are needed (highly recommended). Explain the jewelry rule: **NO JEWELLERY PERMITTED. TAPING IS NOT PERMITTED.**
- Explain the importance of informing you if the player is not attending a practice or game.

3. Preparation:

- Inflate soccer balls one week before first meeting to make sure they stay inflated. (If there are any problems, contact your coordinator for replacement balls).
- Mark jersey number on each ball with permanent marker.
- Make copies of maps for each player with your fields marked.



4. At 1st team meeting:

- Introduce yourself to the players. Get to know their names.
- Ask a parent or older sibling to do a drill with the team while you talk with parents.
- Tell them your expectations.
- You are not a babysitter; they need to make arrangements for their child if the parent is going to be late.
- Ask for volunteers to help.
(Suggest several parents so they do not need to be a helper at every game).
- At games, parents must sit on one side of the field while the team sits on the opposite side.
(The Referee will not start the game until this rule is followed per PSC rules)
- Organize oranges/drink schedule for half time at games.
(Mark date on their copy of the schedule or provide a list.)
(Bring a large container of water/cups in case parents forget).
- When distributing uniforms, smaller numbers on the jerseys are smaller sizes, larger numbers (10+) are larger.
- Match soccer ball number to jersey number.
- Tell parents when you are going on vacation and will need someone to assist during this period.
- Advise parents and players alike about the importance of using garbage and recycle receptacles at the field – we don't want to lose field permits due to litter violations!!



COORDINATOR GUIDELINES:

Coordinators make a valuable contribution to the Pickering Soccer Club recreational division. They act as representative of the club and liaise with the coaches and directors to ensure smooth and reliable communications both ways.

Coordinators are expected to participate in the following ways: at the first coaches meetings, on picture day, at the yearend tournament and on any occasion where a meeting is deemed necessary by the Director.

1. Introduce yourself to your coaches. Tell them how to contact you (your home address, phone, email, fax, etc.)
2. For coaches who are emailing you the game results:
 - Remind them to include any information recorded on the back of the games sheet as this is important communications from the game referee.
 - All original games sheets must be handed into the coordinator within a reasonable amount of time.
3. Games sheets:
 - Coaches are to drop game sheets at the coordinator's house. Coordinator must submit results to the club ASAP.
4. General Information:
 - "Rules Manual for Full Field": A copy is available for each coach and each coordinator. It will also be available online via our website.
 - Exhibition games: TBA at the beginning of the season.
 - Weather: **Unless posted by 4 p.m. on our website, the team must show up** to games rain or shine, the referee calls the game.
 - If fields are known to be closed prior to 4 p.m., coordinators/coaches will get either a phone call or an email from the director announcing the cancellation.
 - Once play has commenced, a game is called by the referee when lightening is present. Games will only be qualified if $\frac{3}{4}$ of the game has been played.
 - Make up games for weather related cancellations will be at the discretion of the Director of Full Field / VP Operations and are subject to scheduling/field availability and standings.
 - Difficulties: During the course of the season problems may arise. You are encouraged to use your best judgement to deal with them. Always ensure your director is copied on any email correspondence. If at any time you need assistance do not hesitate to contact your director or VP of Operations.
 - Any referee or disciplinary issues received by the coordinator must be forwarded to the Head Referee, VP of Operations, Full Field Director and the office administrator within 24 hours



- MVP: Make sure each player is chosen at least once per season, maximum of 2 MVP's per game. The player of the game does not have to score any goals (sportsmanship, improvement, etc.)
 - Call-ups: Coaches that require call-ups should contact their coordinator. Acceptable call-ups come from the age group immediately below. The coordinator will contact his/her counterpart of the age level below theirs who will in turn contact coaches to see who is available and interested to play as a call-up. It is common courtesy to ask the coach for players.
 - Any call-up player must be registered with the Pickering Soccer Club (i.e.: cannot be a friend of a player, neighbour, etc. who is not registered with the club).
 - **Up to 3 players maximum per game with roster not to exceed 10 players (U12 and up).** The player can only play a maximum of 6 games in total in an older division.
5. Key events to communicate to coaches:
- If applicable, date of draft picks, at the discretion of the Director. Coordinators are encouraged to attend (you may have to pick a team and an opportunity to meet your coaches).
 - Equipment pick up. (Uniforms, balls, team roster, game sheets, instructions, etc.)
 - Picture day schedules.
 - Yearend tournament schedules.
 - Rating sheets when applicable.
 - Trophy day schedules.
6. Rating sheets:
- Will be given to the Directors in mid-July and then distributed to the Coaches. Coordinators, please remind coaches that these must be returned to the Coordinator or Director BEFORE tournament date.
7. Equipment:
- Will be given out early in May, and must be returned at tournament date (i.e.: pylons, nets, goalie shirts (or pinnies), and goalie gloves).
8. All star team:
- Any registered house league players are eligible to participate in tryouts.
 - A tryout schedule will be posted on the Pickering Soccer Club website. (www.pickeringsoccer.ca).
9. Team websites:
- Coach must receive approval from the Pickering Soccer Club Board of Directors – Executive Committee. There are permission forms for the parents to sign. The Club offers website space on their server at no additional cost.



RECREATIONAL CALL-UP GUIDELINES

The call-up system is made available in recreational soccer to facilitate teams getting in complete games as opposed to forfeiture particularly during the prime summer vacation weeks.

As always, we strive to maintain the spirit of sportsmanship and fun over and above winning and require coaches to proceed accordingly. Coaches should not be calling-up players as a way to "beef up" or "stack" teams and assure statistical wins.

Each age division has documented minimums and maximums for game rosters; keep in mind that it is not necessary to go into a game with a "full" roster in order to play.

A recreational (house league) team may use call-ups provided:

- a. The players being called upon are registered with the Pickering Soccer Club (i.e.: cannot be a friend of a player, sibling, neighbour, etc. who is not registered with the club);
- b. The call-ups are from the division directly below;
- c. The player must be physically capable of competing in the older division;
- d. The team does not use more than 3 called up players per game and does not exceed the roster maximums;
- e. The player has not yet played a maximum of 6 games in total in the older division;
- f. The call-up is not required for a league play-off game, year-end tournament game or cup game as no call-ups will be allowed to play in these types of games;
- g. Call-ups or replacement players for house league teams may not be from competitive teams;
- h. Failure to comply with any of the above shall result in the offending team forfeiting the game.

NOTE: Players from house league may be called-up to a competitive team, not to exceed a maximum of six competitive games.

Procedure for call-ups:

- a. Call-up requests must be arranged through the coordinator of the division. **Coaches are not to deal with players or coaches directly to arrange a call-up** (unless advised to do so by the coordinator) and no special requests will be granted. For tracking purposes, notification by the coordinator of a confirmed call-up will be sent to the coach giving up the player (in the event that they practice the same night) and the coach of the opposing team.



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- b. Call-ups are to be arranged **no more than 1 week prior to game time**. It is possible to arrange a call-up with as little as 24 hours notice, but due to logistics for the replacement player, this should only be done to prevent forfeit – saving the game by bringing the team up to the minimum level required for the division.
 - c. Call-up players must be identified on the game sheet as a call-up regardless of the jersey worn for the game.
 - d. Failure to comply with any of the above shall result in the offending team forfeiting the game.



PSC FULL FIELD SOCCER PLAYING RULES

(Note: These rules are in accordance with the OSA published recommended rules)

Rule 1 - THE FIELD OF PLAY (See Chapter 11)

Rule 2 – THE BALL

The home team is responsible for providing a game ball in good condition.

- U11 – U12 size 4 ball

Rule 3 - NUMBER OF PLAYERS

The game shall be played by two teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper.

A maximum of 18 players for U12 - U16 division, and 20 for U18 and older can be dressed for a game. Exception: ONLY if the original team roster exceeds 18 players, in which case a maximum of 20 players is allowed.

Both teams must have at least 7 players to start the game. The game should not continue if a team has less than 7 players.

Unlimited substitution shall be allowed.

Substitutions shall be allowed at stoppages, under the control of the referee. The referee may refuse a request to substitute at his/her discretion (ie: close to half-time or end of the game, or if the substitution slows down the play of the game).

Stoppages at which substitutions may be made:

- On a throw in – the team in possession of the ball may make substitutions. If the team in possession substitutes, the other team may also substitute.
- On a goal kick – either team may initiate a substitution. If the team not in possession of the ball wants to change, they may, but it must be done without delay to the flow of the game (ie: can't be done just as the keeper goes to take the kick).
- Following a goal.

Substitutions are not allowed on corner kicks or free kicks (following fouls).

Players ejected by the referee must be replaced by team substitute.

Due to the nature of recreational play, each team is to field an equal number of players within the boundaries of the minimum listed above.

Ejected players must not take any further part in the game. If ejection of a player causes the number of players on the field to drop below the minimum of 6, the team unable to field the minimum of 6 will default the game.



Rule 4 - PLAYERS' EQUIPMENT

In accordance with FIFA's Laws of the Game, players shall not wear anything that will endanger themselves or other players (including any kind of jewellery).

NO JEWELLERY IS TO BE WORN WHILE PLAYING A GAME AND IS TO BE REMOVED PRIOR TO START OF GAME. COVERING JEWELLERY WITH TAPE IS NOT PERMITTED AT ALL. If a player has just recently had a piercing done, rest assured that removing the jewellery for 1-2 hours will not cause the holes to close up. If the jewellery cannot be removed, he/she MUST bring this to the attention of the referee who will make a decision with or without the assistance of the coaches who are present.

Basic compulsory equipment shall consist of shorts, socks, shin-guards, footwear, and a numbered shirt.

Goalkeepers must wear a color that is distinguishable from all outfield players and the referee.

A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible.

Rule 5 - THE REFEREE

The referee appointed to officiate at a Full Field-soccer game will have the full authority to enforce the Full Field-soccer rules. Referee decisions regarding facts connected to play are final.

The referee shall:

- 1) Enforce the rules of the game.
- 2) Refrain from penalizing in cases where the offending team may gain an advantage.
- 3) Report in writing to the appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game.
- 4) Control who may enter or leave the field of play.
- 5) Stop the game immediately if a player appears to be injured or bleeding.
- 6) Signal to start the game, and to restart it after a stoppage.
- 7) Decide if the field of play and all applicable equipment is suitable.

Rule 6 – ASSISTANT REFEREE

Where available assistant referees will be scheduled to assist the referee in controlling the game.

(Note: please leave space beside the touch lines for the AR's to work safely.)



Rule 7 – DURATION OF GAME

- U12 – U16 2 x 35 minute halves (70 minutes)
- U18 and up 2 x 45 minute halves (90 minutes)

In the event of non-completion of a game due to weather or insufficient light, the result will stand if the game is, in the opinion of the referee, at least 3/4 complete.

Rule 8 - START OF PLAY

At the beginning of the game, choice of halves and the kick-off shall be decided by the toss of a coin.

The team that wins the toss shall decide which goal to attack in the first half. The other team will take the kick-off. At a kick-off, all players shall be in one half of the field of play. All players opposing the team taking the kick-off shall be not less than 10 yards from the ball until it is kicked-off. The game shall start by the referee giving a signal. The ball will be in play when it is kicked forward into the opponent's half of the field. For any infringement of this rule, the kick-off shall be retaken. A goal may be scored directly from a kick-off.

Should the player taking the kick-off play or touch the ball a second time before it has been played or touched by another player, an indirect free-kick shall be awarded to the opposing team.

After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.

After the first half, the teams shall change halves. The kick-off shall be taken by the team opposing to the one that started the game.

For any stoppage not mentioned elsewhere in these rules, the referee shall restart the game by dropping the ball at the place where it was when play was stopped, unless play was stopped in the goal-area. In this case, the ball shall be dropped on the goal-area line at the point nearest to where the ball was when play was stopped. The ball shall be in play as soon as it touches the ground.

Rule 9 - BALL IN AND OUT OF PLAY

The ball is OUT of play:

- When the whole of the ball has crossed the goal line or touch line, whether on the ground or in the air.
- If the ball rebounds off of vertical football posts (above the cross bar)
- When the play has been stopped by the referee.



The ball is IN play:

- When it rebounds into play from a goal-post, a cross-bar, or a corner flag post, or referee, and remains in the field of play.

Rule 10 - METHOD OF SCORING

A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the cross bar, **provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper from within his own penalty-area.**

The referee shall be the sole judge as to whether a goal has been scored.

During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The referee shall restart the game by dropping the ball.

Rule 11 - OFFSIDE

It is not an offense in itself to be in an offside position. A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second last opponent.

A player is **not in an offside position if:**

- He/she is in his/her own half of the field of play, or
- He/she is level with the second last defender,
- A player receives the ball directly from a goal kick, a throw-in or a corner kick.

A player is **offside if** at the moment the ball is played he/she is, in the opinion of the referee, gaining an advantage by being in an offside position.

Rule 12 - FOULS and MISCONDUCT

A player who, in the opinion of the referee, intentionally commits any of the following offences, shall be penalized by the awarding of a free-kick to the opposing team:

- Spits at an opponent or kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent. Jumps at an opponent;
- Charges an opponent. Strikes or attempts to strike an opponent;
- Holds an opponent. Pushes an opponent;
- Handles the ball deliberately, (except a goalkeeper from within his/her own penalty area) tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball;
- **No slide tackles.**

Should a player commit one of the above offences within his own penalty-area, a penalty-kick shall be awarded.



Rule 13 - FREE KICKS

For any infringement of the Full Field soccer rules when the ball is in play, the referee may award a free-kick to the non-offending team. The free-kick shall be taken from the place where the infringement occurred, unless the free-kick is awarded to the attacking team within its opponents' penalty-area. In this case, the penalty-kick shall be taken from the penalty-mark.

At the taking of a free-kick, the ball shall be stationary and all opponents shall be not less than 10 yards from the ball until it has been kicked. The ball shall be in play when it is kicked and moved.

A player taking a free-kick within his own penalty-area shall kick the ball into play beyond the penalty-area. The ball shall be in play when it has been kicked and moved and has passed outside the penalty-area. All opponents shall be outside the penalty-area and not less than 10 yards from the ball until it has been kicked. For any infringement of this rule, the free-kick shall be retaken.

A player taking a free-kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringement of this rule, a free-kick shall be awarded to the opposing team.

A goal may be scored directly from a free-kick.

No slide tackles: Play will be whistled to a stop and a free kick is awarded unless the tackle is committed by a defensive player in their own penalty area which will lead to a penalty kick.

Rule 14 - PENALTY KICKS

A penalty-kick shall be taken from the penalty-mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty-area but within the field of play, not less than 10 yards from the ball until it has been kicked. **Refer to Chapter 11 - Full Field Soccer Field Layout for penalty spot.**

If necessary, the time of play shall be extended to allow a penalty-kick to be taken.

The goalkeeper shall remain on his own goal-line facing the kicker, and between the goal-posts, until the ball has been kicked.

The player taking the penalty-kick must kick the ball forward. The ball shall be in play when the ball is kicked and moves forward.

The player shall not play or touch the ball a second time until it has been played or touched by another player.

For any infringement of this rule:

- By a member of the defending team, the kick shall be retaken if a goal has not been scored.



- By a member of the attacking team, if a goal is scored it shall be disallowed and a free-kick awarded to the defending team, to be taken from the place where the infringement occurred.
- By a member of both teams, the kick shall be retaken whether a goal has been scored or not.
- If, after the kick has been taken, the ball or the goalkeeper is interfered with by an outside agent, the kick shall be retaken.

Rule 15 – THROW INS

A throw-in is a method of restarting play. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a throw-in.

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the touch line or on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over his head
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 m (2 yds) from the point at which the throw-in is taken.

The ball is in play when it enters the field of play.

After delivering the ball, the thrower must not touch the ball again until it has touched another player.

Rule 16 - GOAL KICK

When the whole of the ball has crossed the goal-line, either on the ground or in the air, excluding that portion between the goal-posts, having last been played or touched by a member of the attacking team, a goal-kick shall be awarded to the defending team. The ball shall be kicked into play from any point within the goal area by a player of the defending team.

At the taking of a goal-kick, all opponents shall be outside the penalty-area until it has been kicked into play. The ball shall be in play when it has travelled directly beyond the penalty-area.

If the player taking the goal-kick plays or touches the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team.

A goal may be scored directly from a goal-kick.

Substitutions may be made on a goal kick.



Rule 17 - CORNER KICKS

When the whole of the ball has crossed the goal-line, either on the ground or in the air, excluding that portion between the goal-posts, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team.

The corner-kick shall be taken from within the corner-arc nearest to where the ball crossed the goal-line. All opponents shall be not less than 6 yards from the ball until it has been kicked. The ball is in play when it is kicked and moves.

If the player taking the corner-kick plays or touches the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team.

A goal may be scored directly from a corner-kick.

Substitutions MAY NOT be made on a corner-kick.

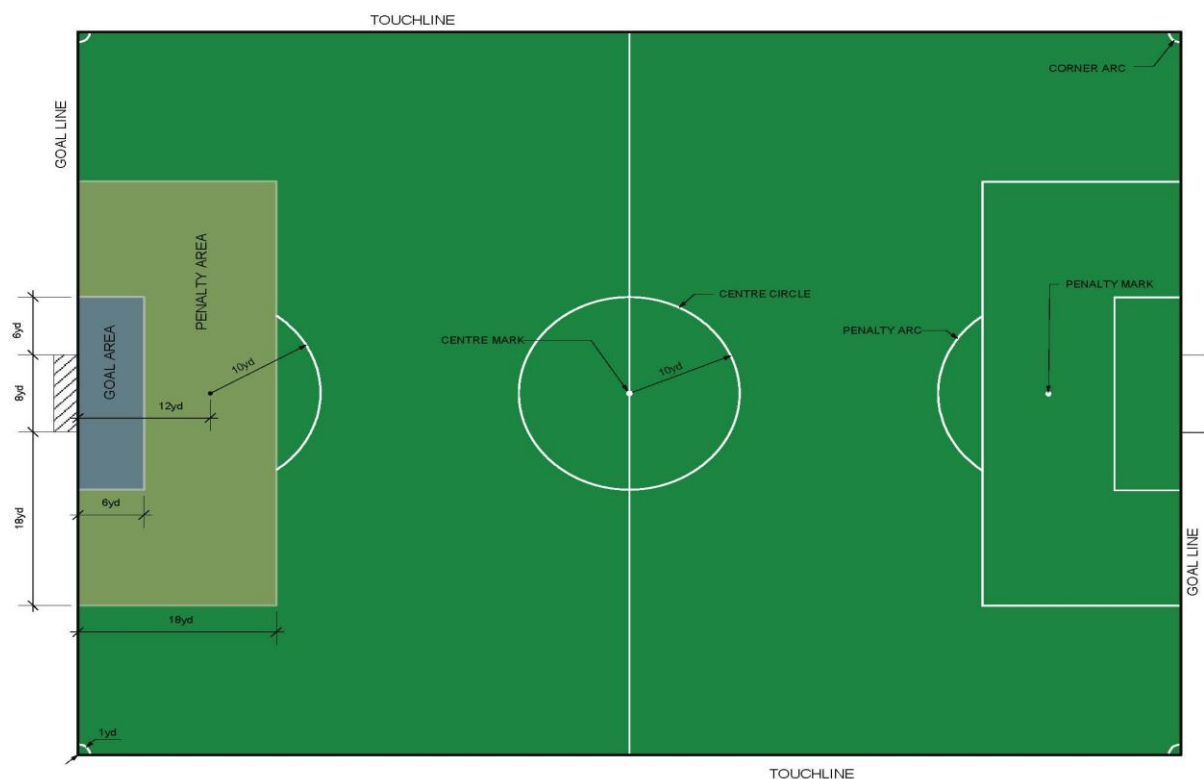
POLICY 16-3 – EQUAL PLAYING TIME POLICY FOR THE HOUSE LEAGUE

The major aim of the Pickering Soccer Club is to promote, develop, and govern the game of soccer in the City of Pickering. One of the ways to achieve this is to provide equal playing time for all players participating in our House League program. All Directors, Coordinators and Coaches should ensure that this policy is followed. We ask that parents monitor this policy as it applies to their child/children. If a parent believes that their child is not being treated fairly, they should discuss their concern(s) with his/her coach. Should the concern(s) not be effectively addressed, the parent should contact (in writing) the appropriate house league director.

E-mail of VP Operations: operations@pickeringssoccer.ca

**Please Note: this policy is in effect for regular season games
as well as tournament games!**

FULL FIELD SOCCER FIELD LAYOUT



The 6 yd. boxes or **Penalty Area**: If any other player on the field other than the goalie handles the ball in this area, a penalty kick is awarded. This is the only area of the field in which the goalkeeper may handle the ball.

Penalty Mark: 12 yds from the Goal Line. All players must be 10 yards away prior to the ball being struck.

The **Touch Line** is the outside parameter of a soccer field.

Goal Lines: The entire ball must cross this line for a goal to be scored or a corner kick to be awarded.

The **Corner Arc**: These markings are used for a corner kick by the opposing team; used when the other team has kicked the ball out of their own end.

The **18 yard box**: For a goal kick, all opposing players must be outside this box. The ball must leave the 18 yard box before any player on the keepers team can play the ball.

The **Centre Circle**: used for kickoffs at the beginning of the game, after a goal is scored, or at the start of the second half. Opposing players are not allowed in the circle when the kick is being taken. As soon as the ball is touched the opposing team can attack.



KINSMEN TURF FIELD RULES OF USE:

These are the rules set by the City of Pickering and they MUST be followed!!

Please make sure your players and parents are aware of the rules of use for the turf field.

You, as coach, are responsible for ensuring the proper usage of the field!

- ✓ Only players, coaches, team managers and referees are allowed on the field (inside of the fence)
- ✓ Spectators are not allowed on the field (inside of the fence)
- ✓ Unauthorized persons found on the field shall be considered as trespassing and may be charged under the City of Pickering By-Law
- ✓ Metal shoes cleats are not allowed on the field
- ✓ Remind your players not to hang on the soccer goals at any time or to sit on the fence/rail
- ✓ Folding chairs/seating, coffee & food are not allowed on the field - take half-time or post-game snack outside of the fence!
- ✓ No chewing gum allowed on the field
- ✓ No smoking
- ✓ No driving/parking on the east side of the field (all cars to be parked at the official parking spots)
- ✓ After the game, as with any field, please pick up any garbage for proper disposal!



RECREATIONAL COACHING PROGRAM

The Pickering Soccer Club has scheduled a number of ***free coaching clinics*** for Recreational coaches during the spring and summer. The objective is to provide all coaches, from the beginner to the more experienced, with theoretical and practical knowledge of the game and methods of training. The sessions are conducted to emphasize field instruction in the areas of technique, tactics, coaching methodology, and team management.

Each coaching session is approximately three hours in length and will likely be scheduled for a Saturday morning early in the season.

In addition, as was introduced last year, we have ***Recreational Technical Directors*** that will be visiting teams from the age of U8-U12 to provide instruction and guidance on coaching techniques. These experienced Technical Coaches will work with the program outlined in the Technical Coach Manual to ensure that the coaches understand the tools we have provided.

Finally, we've introduced the ***Player Development Program*** in 2011.

The Pickering Soccer Club is offering a supplementary skill development program for recreational players registered with the Pickering Soccer Club. You will be able to register your player for this program during the normal online registration process. You can also register at the Clubhouse.

This program is supplementary to the player's regular team training. The most committed players enroll in the RDP on a weekly basis and enjoy the opportunity to train with the certified coaching staff of the PSC Technical Department.

What is the Player Development program about?

This is a development program designed to help develop both individual skills and team skills. Our skills sessions are run by experienced technical coaches giving players the opportunity to develop age appropriate skills.

The sessions focus on skill development, passing, receiving, dribbling, shooting/finishing, heading, crossing as well as the development of technical, strategic, tactical, creative, physical and mental skills using a combination of basic and advanced development drills, and dynamic, game-situation environments.

What age groups can participate in the Player Development program?

The Development program is for Boys and Girls in the U7 - U14 age bracket.



Recreational Goalkeeper Development program

In addition to the field player program, PSC will also offer a Goalkeeper program. This program will be offered to PSC registered players from the age of 8 years old to 14 years old.

Does my child have to try out?

Players do not tryout. This program is available to any child in the age groups indicated above.

Are there any costs involved?

The cost is \$40.

What do I bring to the training sessions?

Soccer Shoes – Wear your Recreational Uniform – Shin Pads – Water.

What is the commitment?

Each group would practice 1 time per week for a total of 8 sessions. All sessions will run on Saturday mornings. (June 18, 25) (July 9, 16, 23, 30) (Aug 6, 13).



"ALL STAR" PROGRAM

All Boys and Girls that are currently registered with the Pickering Soccer Club recreational league are invited to tryout. The players are chosen based on the child's performance during the tryouts and the family's willingness to commit to additional practices and games.

Selected players will form All-Star teams within their age groups and have the opportunity to play against All Star teams from other areas in games and sanctioned tournaments

"All-Stars" is a wonderful program designed to accomplish the following goals:

- Allow children who love the game of soccer the opportunity to continue their soccer experience at a more challenging level of competition.
- Allow players to further develop their soccer skills while participating in a higher level of competition.
- Build a foundation for our Competitive Teams.

Participants should wear appropriate attire for active participation.

We want to wish each player good luck in the tryout process in their quest to represent the Pickering Soccer Club.

The All-Star Program is also searching for Enthusiastic Volunteer Coaches.

Interested coaches who are willing to share their knowledge with quality players and take part in future coaching clinics are invited to consider the intrinsic benefits of being an All-Star Coach.

If you are interested in coaching an **ALL STAR TEAM**
please e-mail the Director of All Star - Liz Keen
allstar@pickeringssoccer.ca

Please watch the website at **www.pickeringssoccer.ca** for information regarding dates/times/locations for All Star team tryouts!



FIRST AID BASICS FOR SOCCER

THIS MATERIAL IS NOT MEANT AS A SUBSTITUTE FOR A PROPERLY CERTIFIED FIRST AID COURSE.

While it may be possible to limit the number and severity of injuries with injury prevention strategies, one wrong step or a collision on the field can result in a sudden, painful injury. When this happens, you need to be prepared to act quickly. Ideally, you will have access to a well-stocked first aid kit or have medical help nearby.



HAVE AN EMERGENCY PLAN!

It is important to have a well thought out plan for dealing with injuries. It is best to have a written response plan for emergencies. Keep this in your coaching bag where you can pull it out and refer to it if necessary. Some points to consider in your plan:

- Is a first aid kit available?
- Do I have all of my players' medical consent forms and emergency contacts with me at all times?
- Where is the nearest phone?
- How do I get first aid and paramedics/ambulance?
- Do any of my assistant coaches or parent volunteers know first aid?
- Who will go for help if I need to attend to an injured player?
- Who will supervise other players if I need to summon help?
- Do my assistant coaches and players know the emergency plan?

The primary goal of sports injury first aid is to stop activity and prevent further injury or damage.

Injury Prevention

An ounce of prevention is worth a pound of cure. Prevent injuries in every way possible. Some important steps that can help you in your injury prevention plan include the following:

- Emphasize proper skill development
- Inspect practice and game fields (e.g. holes, sprinkler heads, other hazardous objects)
- Teach your players sound conditioning habits (including proper warm-up, stretching, cool down, and access to plenty of fresh water)



PREVENT DISEASE TRANSMISSION

Place an effective barrier between you and the victim's blood when you give first aid. Examples of such barriers are: the victim's hand, a piece of plastic wrap, clean folded cloth, rubber or latex gloves.

Wash your hands thoroughly with soap and water immediately after providing care.



Common Soccer Injuries and their Care

Whenever a player is injured, be certain to inform the parents or guardians of the injury, even if it seems minor and the athlete is able to continue with the practice or game.

- Muscle sprains and strains
- Tears of the ligaments that hold joints together
- Tears of the tendons that support joints and allow them to move
- Dislocated joints
- Fractured bones, including vertebrae.

Most sports injuries that require immediate treatment are called "**acute injuries.**" These injuries occur suddenly and generally cause the following symptoms or conditions:

- Pain and swelling
- Cuts and abrasions
- Fractures
- Sprains or Strains
- Concussion

The first treatment for most acute soft tissue injuries (bruises, strains, springs, tears) is to prevent, stop and reduce swelling. When soft tissue is damaged, it swells or possibly bleeds internally. This swelling causes pain and loss of motion, which limits use of the muscles.

Injury First Aid with Rest, Ice, Compression, Elevation (R.I.C.E.)

The primary treatment to stop swelling of injured soft tissue is with the R.I.C.E. method.

- **Rest.** In this case, rest means stopping activity immediately but also resting to allow the tissues time to heal.
- **Ice.** Applying cold therapy (ice or an ice pack) is the best immediate treatment for acute injuries, because it reduces swelling and pain. Apply ice (wrapped in a thin towel for comfort) to the affected area for 10 minutes to 15 minutes at a time. Allow the skin temperature to return to normal before icing a second or third time. You can ice an acute injury several times a day for up to three days.
- **Compression.** Compression of an acute injury is perhaps the next most important immediate treatment tip. By quickly wrapping the injured body part with an elastic bandage or wrap, you help keep swelling to a minimum. If possible, it's helpful to apply ice to the injured area over the compression wrap to limit the swelling.
- **Elevation.** Elevating the injured area is another way to reduce the blood flow and swelling to the area.

Soft Tissue Injury Step-By-Step

In summary, here is what you should do immediately when you sustain any soft tissue injury:

1. Stop the activity immediately.
2. Wrap the injured part in a compression bandage.



3. Apply ice to the injured part (use a bag of crushed ice or a bag of frozen vegetables) for 10 minutes to 15 minutes. Let the area warm completely before applying ice again (to prevent frostbite).
4. Elevate the injured part to reduce swelling.
5. Get to a physician for a proper diagnosis of any serious injury.

Treating Chronic and Overuse Sports Injuries

While the most dramatic sports injuries are acute and sudden, the majority of sports injuries are slow to develop and result in vague aches and pains. The chronic pain of overuse injuries, such as tendonitis, tends to have subtle or vague symptoms that develop slowly. What begins as a small, nagging ache or pain can grow into a debilitating injury if it isn't recognized and treated early.

Treating overuse injuries requires rest, reducing exercise intensity, frequency and duration. Icing an overuse injury can also help reduce inflammation and pain. For more serious overuse injuries, physical therapy, over-the-counter medications and complete rest may be necessary.

Treating Other Sports Injuries

There are many possible types of injuries that may occur while playing sports. Here is information about first aid treatment for some of the more common sports injuries:

ANKLE INJURIES:

An injury to an ankle can take the form of a sprain or a break and may have different degrees of severity. Sprains are stretched or torn tendons, ligaments, and blood vessels around the joints.

FIRST AID:

- Assume the injury could be severe.
- Immobilize the player (avoid any movement that causes pain).
- Begin the RICE routine (Rest, Ice, Compression, Elevation) - elevation helps slow the flow of blood, thus reducing swelling.
- Have the player see a physician before returning to practice.

DON'T:

- Remove athlete's shoe and sock until ice is available.
- Have the player try to "walk it off".

BLEEDING:

In most cases, bleeding can be controlled by placing direct pressure over the wound. To reduce risk of infection, whenever possible wear latex gloves and wash hands before (and after) treating an open wound.



FIRST AID:

- Apply direct pressure to the wound with a clean compress (use clothing if a clean compress is not available).
- Elevate the wound above the level of the heart.
- Keep the player lying down.
- If bleeding is sufficient to soak through the compress, apply additional as necessary directly over the others.
- Call for emergency help if bleeding is severe or persistent.

DON'T:

- Remove old compresses; this may cause more bleeding.
 - Treat any bleeding lightly.
 - Let dirt get into the wound.
 - Panic. Call for help if you are unsure.
-

BLISTERS:

Blisters typically appear as a raised bubble of skin with fluid beneath; the fluid may be clear or bloody. The blister may be torn with new skin exposed. Generally painful.

FIRST AID:

- Rub ice over the area.
- Place small moleskin doughnut over the outside edges of the blister and tape to prevent further friction.
- If the blister is torn, wash area with soap and water; put ointment over the blister and cover with a protective dressing.

DON'T:

- Treat a blister lightly; infection can result, causing serious problems.
- Puncture blister - let a physician do so.

PREVENTATIVE STEPS:

- Properly fitting shoes and socks are essential.
 - Proper conditioning is necessary to allow the skin to become accustomed to the activity load.
 - Wear two pairs of socks if friction is extremely bad.
-

BROKEN BONES:

Fractures come in a variety of forms and may occur any place in the body where there is a bone. Remember, you are not a trained medical professional qualified to handle these many different situations.

Your job is to recognize the injury (or possible injury) and to limit further injury.



SIGNS & SYMPTOMS:

- May have heard a pop or snap, or received a direct blow to the area.
- A closed fracture will have pain, swelling, irregularity, or deformity over the injured area.
- An open fracture will have bone protruding.

FIRST AID:

- Leave fractured bone in the position found.
- Immobilize the joints above and below the suspected injury.
- Cover an open fracture wound with a large clean dressing; control bleeding.
- Apply ice to a closed fracture (not to an open fracture).
- Transport the player to the hospital or call for an ambulance if you are unsure about moving the player.

DON'T:

- Attempt to straighten injured limb or push back protruding bones.
- Allow player to move the injured area.
- Allow dirt into any injured area with protruding bones.

CONCUSSION:

A concussion may result from a fall in which the head strikes against an object or a moving object strikes the head. A suddenly induced turning movement such as a blow that twists the head (like a punch to the side of the face) is more likely to produce unconsciousness. However, significant jarring in any direction can produce unconsciousness.

SIGNS AND SYMPTOMS:

- Confusion
- Disorientation
- Memory loss
- Unconsciousness
- Fluid draining from the ears, nose or mouth
- Unequal size pupils

FIRST AID:

- Assume the injury could be severe.
- Immobilize the player (avoid any movement that causes pain).

If an athlete suffers any head injury, they must stop playing and sit out the rest of the game. If they continue or return to play, you risk making a mild injury a permanent one.

Because signs of a mild concussion -- confusion, disorientation and memory loss -- may disappear within minutes and may not be reported by the athlete, athletes are often allowed to continue playing or return to a game before their brain has had adequate time to heal.



If a head injury causes unconsciousness, immediate medical attention is required for evaluation of the injury. An initial baseline neurological evaluation by a physician will determine the appropriate treatment for an uncomplicated concussion. Most likely that player should not return to the sport for up to three months.

DISLOCATIONS:

Dislocations and broken bones (fractures) are treated similarly. A dislocation is a displacement of a bone end from the joint. Dislocated joints will have pain, swelling, irregularity, or deformity over the injured area.

FIRST AID:

- Leave dislocated joint in the position found.
- Immobilize joint in the exact position it was in at the time of injury.
- Apply ice and elevate to minimize swelling.
- Have the player see a doctor immediately.

DON'T:

- Attempt to relocate a dislocation or correct any deformity near a joint (movement may cause further injury).
 - Assume the injury is minor.
 - Assume there is no broken bone.
-

HEAD AND NECK INJURIES:

These injuries can be the most devastating of all injuries. **Permanent paralysis may result from any neck injury, so these injuries must be handled with extreme care.**

SIGNS & SYMPTOMS:

- Headache, dizziness.
- Unconsciousness (immediate or delayed).
- Unequal pupils.
- Tingling sensation or numbness in arms and/or legs.
- Inability to move fingers, toes, or extremities.
- Difficulty breathing.
- Athlete not alert.

FIRST AID:

- **Call for paramedic or other help immediately.**
- Make sure the athlete is able to breathe.
- Keep the player still (stabilize head and neck as you found them).
- Maintain body temperature.
- Call parents or guardian immediately.
- Pass all important information on to doctors.



DON'T:

- Move the athlete.
 - Leave the player unattended.
 - Overstep the limits of your knowledge! **GET HELP IMMEDIATELY!**
-

HEAT EMERGENCIES:

Preventing Heat Emergencies

- Avoid being outdoors during the hottest part of the day, if possible.
- Change the activity level according to the temperature.
- Take frequent breaks.
- Drink large amounts of fluid.
- Wear light-colored clothing, if possible.

Heat cramps

- Have athlete rest in a cool place.
- Give cool water.
- Stretch muscle and massage area.

Heat exhaustion - Player's skin will appear pale and clammy, perspiration is profuse, may experience nausea, weakness, dizziness, headache, cramps

- Have athlete lie down in a cool place with feet elevated 8 to 12 inches.
- Give cool water.
- Loosen tight clothing.
- Remove clothing soaked with perspiration.
- Apply cool wet cloths (such as towels) or ice packs (wrapped) to the skin.
- Call 911 if player refuses water, vomits or if level of consciousness changes.

Heat stroke - Player will appear hot, red, will not be sweating (although skin may be wet from previous sweating), pulse will be rapid and strong, body temperature will be high (105 degrees Fahrenheit or more). **This is an immediate and life-threatening emergency!**

- Send someone to get emergency medical help (call 911).
 - Get the athlete out of the heat and into a cooler place.
 - Cool the player fast - immerse in a cool bath, or wrap with wet towels and fan him/her.
 - Give nothing by mouth.
-

KNEE INJURIES:

The knee is the most complicated joint in the body, as well as the joint most frequently injured. It requires a specialist to treat knee injuries properly. Your job is to limit further injury and to get the player to the hospital.



FIRST AID:

- Help the player off the field.
- Apply ice to the injured area.
- Elevate the leg without moving the knee, if possible.
- Take the player to the hospital immediately.

DON'T:

- Move the knee to examine the injury.
- Allow the player to get up and "walk it off".
- Allow the knee to move freely.
- Allow the athlete to continue participating until he/she has seen a physician.

NOSE BLEEDS:

A bloody nose is a common occurrence following a blow to the face, or in association with high blood pressure, infection, strenuous activity or dry nasal passages. Although usually more annoying than serious, any bloody nose resulting from an injury to the face should be considered as a potential fracture. If you suspect a head, neck, or back injury, do not try to control a nosebleed; instead, keep the player from moving and stabilize the head and neck.

FIRST AID:

- Place the player in a sitting position leaning slightly forward.
- Apply a cold compress to the athlete's nose and face.
- Apply direct pressure by having the player pinch the nostrils with the fingers.
- Take the athlete to the doctor if bleeding persists.

DON'T:

- Allow the player to blow his/her nose for several hours.
- Stick anything up the nose to stop the bleeding without the assistance of a medical professional or emergency personnel.
- Lean head backwards (player may choke on blood running down the throat).

PULLS AND TEARS

Calf Muscle: This injury happens during acceleration or changes in direction. It occurs when part of the muscle of the lower leg is torn away from the achilles tendon. The player may think they've just been hit in the leg and hear a "pop." there is sudden pain at the back of the leg, pain, swelling or bruising in the calf muscle, and they have difficulty standing on the toes. The torn calf muscle may spasm, and contract forcefully. The toes will point down. Bruises show up in the foot and ankle due to pooling of blood from internal bleeding.

FIRST AID:



- Begin the rice routine (rest, ice, compression, elevation) - elevation helps slow the flow of blood, thus reducing swelling. Wrap the calf to keep the blood from pooling in the foot, and keep it elevated for the first 24 hours to reduce swelling.

Eventually, the muscle reattaches to the tendon; however, and the calf is often shorter than before the injury and prone to repeat injury. A visit to a physician and or a physical therapist is recommended to ensure in fast rehab.

Groin Pull: The most common cause of groin pain is a muscle strain that causes localized pain and in the inner thigh, or groin. These injuries often occur during a sudden change of direction while running and quick starts and stops. These injuries are especially common in field or court sports. A severe tear can cause a sudden, acute pain and may be accompanied by swelling and bruising. They are painful to the touch, and pain increases with resistance movements, and stretching of the inner thigh and hamstrings.

Is it a groin pull or a hernia? The symptoms of sports hernia are sometimes mistaken for a groin pull or strain. A dull aching pain that intensifies with exercise may be the only symptom of a sports hernia. An inguinal hernia, however, typically creates a bulging protrusion in the lower abdomen or upper groin that is hard to miss. If you suspect a hernia, a visit to your physician is the next step.

FIRST AID:

- Begin the RICE routine (Rest, Ice, Compression, Elevation)
- Avoid aggravating activities for the first one to two weeks and gradually return to sports.
- Once activity is started again, ice the muscle after exercise to reduce any swelling.
- After applying the ice, wrap the thigh to keep it compressed.

Hamstring injuries: Hamstring injuries are common among athletes who play sports that require powerful accelerations, decelerations or lots of running. Less commonly, a hamstring injury is the result of a direct blow to the muscle from another player or being hit with a ball. Some of the factors which may contribute to a hamstring injury includes:

- Doing too much, too soon or pushing beyond your limits.
- Poor flexibility.
- Poor muscle strength.
- Muscle imbalance between the quadriceps and hamstring muscle groups.
- Muscle fatigue that leads to over exertion.
- Leg Length Differences. A shorter leg may have tighter hamstrings which are more likely to pull.
- Improper or no warm-up.
- History of hamstring injury.

SIGNS AND SYMPTOMS:

A hamstring injury typically causes by a sudden, sharp pain in the back of the thigh that may stop the player mid-stride. After such an injury, the knee may not extend more than 30 to 40 degrees short of straight without intense pain. Like most sprains and strains hamstring injuries are usually caused by excessive stretching (tearing) of muscle fibers or other soft tissues beyond their limits.



FIRST AID:

Treatment for hamstring injuries depends upon the severity of the injury. Due to the pain and limited ability to use the muscle, a third degree strain usually results in a visit to a physician for evaluation and treatment. Less severe hamstring strains may be treated at home. These general treatment steps are commonly recommended for mild or moderate hamstring injuries:

- Begin the RICE routine (Rest, Ice, Compression, Elevation)
 - After an injury it's important to rest the injured muscle, sometimes for up to two or three weeks before the player can return to sports after the injury.
 - A stretching program can be started as soon as the pain and swelling subsides.
 - A strengthening program should be used to rebuild the strength of the injured muscle in order to prevent re-injury. Make sure you increase this gradually.
 - A thigh wrap can be applied to provide support as the muscle heals.
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SHIN SPLINTS:

The term "shin splints" actually refers to pain along the tibia or shin bone, the large bone in the front of the lower leg. This pain can occur at the front outside part of the lower leg, including the foot and ankle (anterior shin splints) or at the inner edge of the bone where it meets the calf muscles (medial shin splints).

Shin splints are primarily seen in runners, particularly those just starting a running program. Risk factors for shin splints include overuse or incorrect use of the lower leg; improper stretching, warmup, or exercise technique; overtraining; running or jumping on hard surfaces; and running in shoes that don't have enough support. These injuries are often associated with flat feet.

Returning to Sports after an Injury

So after your player has been treated for their injury, what comes next? Most athletes want to know how soon they can return to their sport. This answer tends to be different for everyone, because each athlete and each injury is unique. As a coach, keep in mind that returning to sports too soon can increase the risk of re-injury or developing a chronic problem that will lead to a longer recovery.



The Body's Healing Process

From the moment a bone breaks or a ligament tears, your body goes to work to repair the damage. Here's what happens at each stage of the healing process:

At the moment of injury: Chemicals are released from damaged cells, triggering a process called inflammation. Blood vessels at the injury site become dilated; blood flow increases to carry nutrients to the site of tissue damage.

Within hours of injury: White blood cells (leukocytes) travel down the bloodstream to the injury site where they begin to tear down and remove damaged tissue, allowing other specialized cells to start developing scar tissue.

Within days of injury: Scar tissue is formed on the skin or inside the body. The amount of scarring may be proportional to the amount of swelling, inflammation, or bleeding within. In the next few weeks, the damaged area will regain a great deal of strength as scar tissue continues to form.

Within a month of injury: Scar tissue may start to shrink, bringing damaged, torn, or separated tissues back together. However, it may be several months or more before the injury is completely healed.