



# **RULES MANUAL FOR U7-U10 MINI SOCCER**



COACHING GUIDELINES,  
RULES OF PLAY AND OTHER  
REGULATIONS COVERING  
MINI SOCCER WITH THE  
PICKERING SOCCER CLUB

FOR USE BY  
COACHES,  
ASSISTANTS,  
COORDINATORS  
AND REFEREES



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**EXECUTIVE & BOARD OF DIRECTORS 2009/10**

**Website:** [www.pickeringsoccer.ca](http://www.pickeringsoccer.ca)

**E-mail:** [admin@pickeringsoccer.ca](mailto:admin@pickeringsoccer.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
Boys Competitive	
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

### **A Message from the Director, Pickering Soccer Club**

On behalf of the Executive and Board of Directors of the Pickering Soccer Club, I would like to welcome you to the 2011 soccer season. To the returning coaches, it is great to see you back. To the new coaches, you are in for a very fun and exciting experience! First and foremost thank you to all of you for volunteering your time; without you the Mini Soccer Program would not be a success.

Mini soccer is a non-competitive, fun filled two days a week program for the boys and girls, their coaches and parents. As a coach it is essential to be aware of 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, players and other coaches. PSC, like any other club within the OSA, has mandated policies for dealing with aggressive and intimidating behaviour. This type of behaviour is NOT ACCEPTABLE and there are strict procedures in place to deal with such behaviour.

Let us all keep in mind that recreational soccer at the mini level is about fun, exercise, teamwork and community participation. It is considered the non-competitive alternative that allows kids of all ages, their parents and coaches to enjoy the game of soccer.

Enjoy and have fun.

Best regards,

Lisa Lahey  
Director, MINI Soccer  
Pickering Soccer Club  
mini@pickeringssoccer.ca



### **COACHES' CODE OF ETHICS**

The person who takes on the responsibility of coaching a soccer team in the Mini 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 endeavours, 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 coach 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 breathe. The coach must not smoke, at the games or practices.
- A coach is responsible for the behaviour of the parents of participants at each game

**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"**



## **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.

## **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!**



## **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 3<sup>rd</sup> 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 (preferably via email) to the division 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 holidays, inform your coordinator of their name, address, phone number immediately. Also, pass on the duties they are responsible for (game sheets, equipment bag, etc.)

### **1. Orientation:**

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

### **2. Getting Started:**

- Call players ASAP.
- Introduce yourself and tell 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 where/when your first meeting is to distribute uniforms, balls, schedules, etc.
- Each player needs shin pads (mandatory) and soccer shoes are needed (highly recommended). Explain the rule regarding jewelry. **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 1<sup>st</sup> 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!!



**MINI SOCCER RULES**  
**(As per the OSA published/recommended rules, 2010)**

**Please note:** *Some of the PSC Mini Soccer rules have been adapted to fit in the recreational program run by our Club. In the event that any of the PSC rules are in question or are insufficient, decisions will be made by referees to the best of their ability in accordance with the published OSA Mini Soccer Rules.*

**RULE 1: The Field (see Chapter 8)**

- Field markings shall be clearly visible and of uniform width of approximately 5 inches (12.7cm). All lines are part of the area they encompass.
- The size of the goals shall be 16 feet (4.9M) wide and 6 feet (1.8M) high.
- The width of the goals shall be measured from the inside of one goal-post to the inside of the other goal-post, and the height from the ground to the underside of the crossbar.
- Whenever possible, goal-nets shall be used.
- Corner-posts shall stand not less than 5 feet (1.5M) from the ground and shall be placed in each corner of the field of play.

**Off-side: Not applicable**

**RULE 2: The Ball**

- The ball shall be spherical and shall be constructed of material which is not dangerous to the players.
- Ball size for all players up to U7-U10 is size 4.

**RULE 3: Number of Players**

- The game shall be played by two teams, each consisting of 7 players, one of whom shall be the goalkeeper.
- A maximum of 14 players can be dressed for a game.
- Unlimited substitution shall be allowed.
- Substitutions shall be allowed at stoppages, under the control of the referee.
- Both teams must have at least 7 players to start the game.
- The game should not continue if a team has less than 5 players.
- Players ejected by the referee must be replaced by a team substitute
- Ejected players must not take any further part in the game.

**RULE 4: Player's Equipment**

**Players shall not wear anything that will endanger themselves or other players. No jewellery is to be worn while playing a game. Studs and hoops ARE to be removed prior to start of game. Covering with tape is NOT permitted AT ALL. Please remind parents!!**

- Players shall not wear anything which endangers themselves or other players.
- Basic compulsory equipment shall consist of shorts, socks, shin guards, footwear, and a numbered shirt. Goalkeepers must wear colors which are 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 a mini-soccer game will have the full authority to enforce the mini-soccer rules. Referee decisions regarding facts connected to play are final.

The referee shall:

- Enforce the rules of the game.
- Refrain from penalizing in cases where the offending team may gain an advantage.
- 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.
- Control who may enter or leave the field of play.
- Stop the game immediately if a player appears to be Injured, bleeding or concussed.
- Signal to start the game, and to restart it after a stoppage.
- Decide if the field of play and all applicable equipment is suitable.

**Referee Assistant: Not Applicable**

### **RULE 6: Duration of the Game**

- The game shall be divided into two equal halves, the length of which shall be 25 minutes. The half-time interval shall be 5 minutes.
- If for any reason, a game is terminated before full-time, the local organizers shall decide the outcome of the game.

### **RULE 7: 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 which 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 their own half of the field of play. All players opposing the team taking the kick-off shall be not less than 6 yards (5.5M) from the ball until it is kicked-off. The game shall be started 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.
- 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, a 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 of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that which 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 penalty-area. In this case, the ball shall be dropped on the penalty-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.
- A goal may be scored directly from a kick-off.

### **RULE 8: 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.
- When the play has been stopped by the referee.



The ball is IN play:

- At all other times including 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 9: 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 10: Free-kick**

- For any infringement of the mini-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 kick shall be taken from that part of the penalty-area line which runs parallel to the goal-line, at the point nearest to where the offence was committed.
- At the taking of a free-kick, the ball shall be stationary and all opponents shall be not less than 6 yards (5.5M) 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 6 yards (5.5M) 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.**

#### **RULE 11: Penalty-kick**

- 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 6 yards (5.5M) from the ball until it has been kicked.
- 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.
- If necessary, the time of play shall be extended to allow a penalty-kick to be taken.

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.

**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
- 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 own penalty area)
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

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

**RULE 13: Throw-In / Kick-In**

<p><b>U9 &amp; Younger:</b></p> <p><b>Kick-In</b></p>	<ul style="list-style-type: none"> <li>• When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be kicked-in from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.</li> <li>• The player taking the kick-in shall:             <ul style="list-style-type: none"> <li>a. Face the field of play and</li> <li>b. Kick the ball from on, or behind, the touch line.</li> </ul> </li> <li>• The ball will be in play immediately after it enters the field of play.</li> <li>• If the player taking the "kick in" 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.</li> <li>• At the taking of a kick-in, all opponents must be at least 2 yards (1.8 meters) from the ball.</li> <li>• <b>A goal may not be scored directly from a kick-in.</b></li> </ul>
<p><b>Under-10:</b></p> <p><b>Throw-in</b></p>	<ul style="list-style-type: none"> <li>• When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be thrown-in from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.</li> <li>• The player taking the throw-in shall:             <ul style="list-style-type: none"> <li>a. Face the field of play,</li> <li>b. Have part of each foot on the touch line or on the ground outside the touch line,</li> <li>c. Use both hands, and</li> <li>d. Deliver the ball from behind and over her/his head.</li> </ul> </li> </ul>



	<ul style="list-style-type: none"><li>• If the player fails to throw the ball in correctly, she/he shall be permitted a second attempt. If the second attempt is unsuccessful, a throw-in shall be awarded to the opposing team.</li><li>• The ball will be in play immediately after it enters the field of play.</li><li>• If the player taking the throw-in 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.</li><li>• At the taking of a throw-in, all opponents must be at least 2 meters from the ball.</li><li>• <b>A goal may not be scored directly from a throw-in.</b></li></ul>
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**RULE 14: 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 a point within that half of the penalty area nearest to where the ball crossed the goal-line.
- 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 traveled 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 with referee consent.**

**RULE 15: Corner-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 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 (5.5M) 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. *Email VP of Operations: [operations@pickeringssoccer.ca](mailto:operations@pickeringssoccer.ca)*

### **MINI SOCCER FIELD DIMENSIONS**

1. These areas are called 5 yd. box or "Goal Area". If any other player on the field other than the goalkeeper handles the ball in this area, a penalty kick is awarded. The 10 yard box "Penalty Area" the goalie can pick up the ball in this area and throw-in or drop kick the ball back into play.

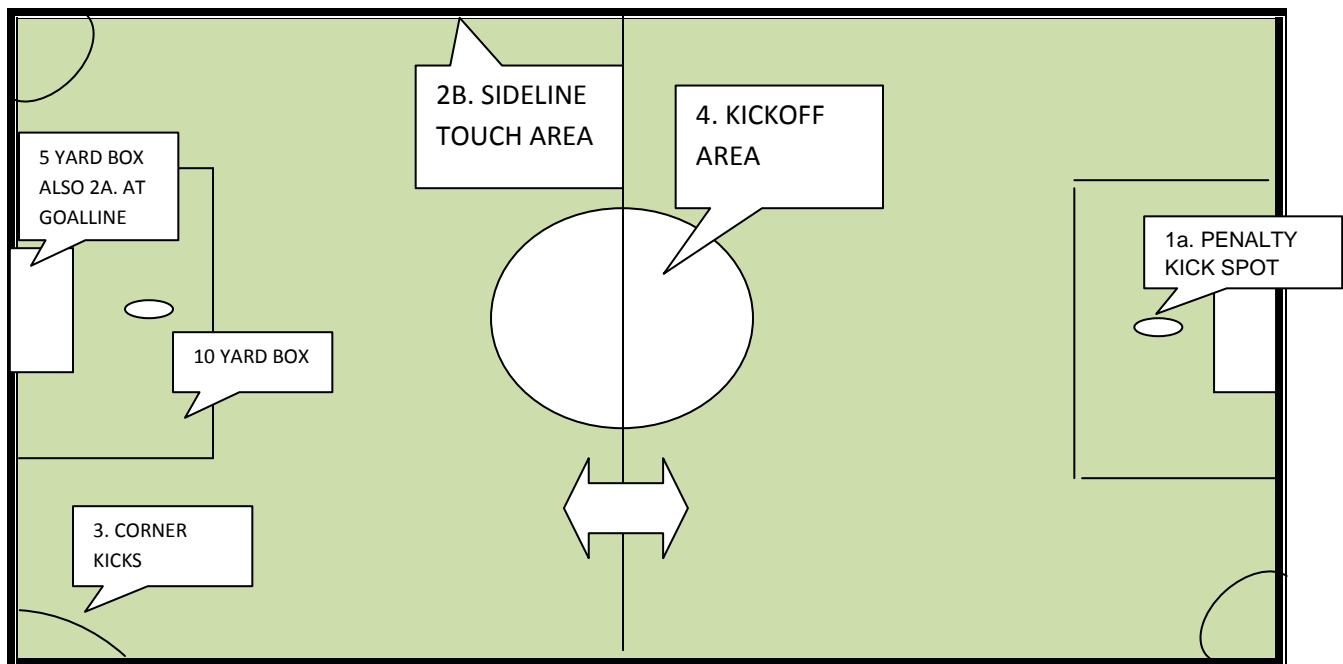
1a. Penalty Kick spot 8 yds from the Goal Line.

2a. Is known as the "Touch Line" which is the outside parameter of a Soccer Field.

2b. Are the goal lines to which are taken into consideration when a goal is scored in the net.

3. These markings are used for a Corner Kick by the opposing team, when the other team has kicked the ball out of their own end

4. This area of the field is centre, used for kickoffs at the beginning of the game, after a goal is scored, or at the start of the second half. The only players allowed inside the semi circle are players from the team which have possession of the ball. Ball must make a forward motion before anyone else can enter the circle.





## **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. Gamesheets:
  - Mini gamesheets are available on the website (see "FORMS" under CLUB INFO)
  - Although there are no standings in the recreational division, games sheets must be completed and submitted to the club (through either the divisional Coordinator or the divisional Director) as they are the official documents required for OSA (insurance) purposes. This is a MANDATORY REQUIREMENT!
  - Any referee or disciplinary issues received by the coordinator must be forwarded to the Head Referee, VP of Operations, and the office administrator within 24 hours
4. General Information:
  - 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 Mini/ VP Operations.
  - 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 call 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).
  - 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.
5. Rating sheets:
- Will be given to the Directors in mid-August and then distributed to the Coaches. Coordinators, please remind coaches that these must be returned to the Coordinator or Director at tournament date.
6. Equipment:
- Will be given out early in May, and must be returned at tournament date (i.e.: pylons, goalie shirts, and First Aid kits, etc).
7. All-Star team:
- Any registered house league players are eligible to participate in tryouts.
  - A schedule will be posted on the Pickering Soccer Club website. [[www.pickeringsoccer.ca](http://www.pickeringsoccer.ca)]



## **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. Watch the website for dates and times!

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 are comfortable with 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".

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#### **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.

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### **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.

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### **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.
- 

### **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.

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### **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.