



## **Player/Parent Handbook**

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[www.ssl-nc.com](http://www.ssl-nc.com)

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## **Mission Statement**

*The mission of the Seashore Soccer League (SSL) is to promote mental and physical fitness, good sportsmanship, self and community pride, and to provide young people with an opportunity to learn and to play organized soccer.*

## **Purpose**

This document provides general policies and modified playing rules for Seashore Soccer League (SSL) recreation teams, U6 - U18, playing within Carteret County. If a rule is not covered within this document, conform to FIFA soccer rules.

## **Conduct**

The personal conduct of all individuals associated with SSL (players, coaches, referees, parents, and SSL officials) must be *above reproach*, as spelled out in the "United States Soccer Federation (USSF)". Any individual who displays poor sportsmanship or objectionable behavior is subject to removal from all SSL activities. Such removal will be at the discretion of the Board of Directors. Before the start of each season SSL Board of Directors shall review and approve all coaches and referees. In addition, any individual who did not exhibit good sportsmanship or conduct during the previous season must be approved by the Board of Directors before coaching again. SSL may allow a player or coach to continue in SSL on probation under conditions set by the Board of Directors. Care must be taken to obtain input from all concerned parties before a Board decision is made.

SSL prohibits coaches and parents **from smoking** on the field and during games and practices.

SSL **discourages bringing dogs (leashed or not)** and other pets to the soccer fields during practice and games. Rotary Parks does NOT allow dogs anywhere, except the walking path.

SSL players, coaches, parents, spectators, and visitors must comply with all Carteret County Parks & Recreation Park Policies and Procedures at all times. A list of these Policies and Procedures can be found on the CCP&R website [www.ccparksrec.com](http://www.ccparksrec.com).

## **Player Eligibility**

- A. Permanent residents of Carteret County are eligible to participate in SSL competition. Exceptions will be considered on a case by case basis by the SSL Board. The SSL Board will rule by majority vote on eligibility violations.
- B. Players may be ineligible for competition if false information relative to birth date and home address is put on registration forms. Proof of age and address can be required at any time by SSL Board of Directors. Player can not be the same age as age bracket prior to Aug 1 for upcoming season. Age chart will be available at SSL website [www.ssl-nc.com](http://www.ssl-nc.com).
  - a. **example 1:** Player A turns 8 in July 2007. Player A can not play U8 for Fall 2007 or Spring 2008 season. Player must play at least in U10 level.
  - b. **example 2:** Player B turns 8 in August 2007. Player B can still play U8 for Fall 2007 or Spring 2008 season.
- C. Players are not eligible for competition until payment of fees has been received by SSL. Players will not be placed on a team until registration fees are paid in full. A check returned for Non Sufficient Funds (NSF) will require full payment of registration fees plus \$30 return check fee to be paid in cash or certified funds. No team is eligible to begin the regular

season until registration fees for all players are paid to SSL unless special arrangements have been made.

## **Formation of Teams**

- A. Only the Commissioners designated by SSL have the authority to place players on teams and assign coaches. Coaches cannot add players directly any team. Commissioners are encouraged to seek an equal distribution of talent. Final decisions by the SSL Board will be made if a dispute arises. Expansion (new) teams will be protected as much as possible.
- B. Players who have played soccer for several years and are at an advanced skill level may play up an age level if the commissioner and parent deems it in the best interest of the child. Each case will be decided individually.
- C. Teams and games may be Coed except for Girls divisions which will have only female participants.
- D. The number of divisions shall be set by SSL prior to each season to accommodate growth of SSL. Age limits for each division are set by the state (North Carolina Youth Soccer Association – NCYSA) and can be found on the NCYSA website or the SSL website.

## **Player Participation**

- A. U6 – U18 Recreation Play: Each player shall play at least half (50%) of the game.
- B. Exceptions being for injury or disciplinary reasons (at the coach’s discretion). If playing time is to be decreased for disciplinary reasons, the opposing teams coach must be given prior notification. The child’s parent(s) must also be given prior notification including an explanation of the reason for the disciplinary action.
- C. Coaches may also reduce the playing time of a player for missing practices for “unexcused” reasons. Some “unexcused” reason would be missing practices to play other sports/activities or missing a practice before a game without player notifying coach that they will be at the game on Saturday/Sunday even though practice will be missed. Any further clarification of this should to be addressed to that teams commissioner.

## **Referees**

SSL Officials are trained and tested by State certified instructors. They are paid officials. Contact the league for employment opportunities.

For more information on training: <http://www.ncsra.org/clinics.html>

## **Safety and Equipment**

- A. Ball sizes:
  - 1. U13 & up: #5
  - 2. U10 - U12: #4
  - 3. U6 - U8: #3

**B. Uniform minimum requirements:**

1. All players must wear the shirts, shorts, & socks provided by Seashore Soccer League.
2. All players must wear approved soccer cleats.
3. All players must wear shin guards underneath socks. No part of shin guard should be visible at any time.
4. No metal objects such as watches, bracelets, necklaces, rings, etc, shall be worn by any player.

Official in charge of the game will inspect all safety equipment at the beginning of game. Official's decision at the time of inspection is final. If equipment is found below standard, player may not play until discrepancy is corrected. Only player in U6 age bracket may wear non-soccer cleat athletic shoes (tennis shoes).

**Additional Rules**

1. Parents, players and spectators shall remain a minimum of 3 yards off the touch line at all times.
2. Coaches, players, and spectators are not allowed behind the goal line (or past the penalty box along sidelines for U12 & up) at any time during a game.

**Who is covered by SSL rules? – All players, coaches, visitors, spectators, officials, and members of the Board of Directors. SSL shall enforce rules based upon the following levels: local, state, national. Any conflicts/protests shall be first addressed by the Area Commissioner; followed by the SSL Director of Coaching. If problem is not resolved at that level it should then be brought before the entire SSL Board of Directors and President for a ruling.**

**Parental Expectation:**

- Understand the rules of the Game!
- Make sure your child is on time to practices and games!
- Be encouraging and positive to your child, **and ALL children**, while they are playing.
- **DO NOT COACH THE PLAYERS** during practice or the game! Let the coach do the coaching! Reward the player with positive remarks. Avoid panic screaming when the ball is near the goal. The players have enough pressure as it is.
- Allow players to make mistakes. They know when they mess up, they do not need to hear a low moan or sigh from the crowd when they miss a goal.
- Do not offer incentives for your child's performance. Let the coach do the motivating!
- **DO NOT** talk or argue with the referee! Set an example. The level of referees in the U.S. is low compared to other countries because they take so much abuse from parents and don't

want to return season after season. Parental/player abuse runs good referees and young aspiring referees off.

- **Support your Coach!** How many times have you listened to parents complain that their kid's coach didn't have a clue...or that he/she didn't know how to motivate the kids? How many times have you felt that way yourself? While we have all had experiences with less-than-perfect coaching, as parents who aren't stepping up to the "coaching plate", you really don't have a right to complain! 99% of the coaches mean well; they just don't have the coaching knowledge required for the position. If you have something to discuss with your coach, do it after the game when the coach has released the team.
- **Volunteer** your services for practices and game day!...oranges at halftime...ice and water for the coolers...setting up a phone tree or email list...carpooling to practice or games...
- Be respectful to other parents! Nothing is worse than to see child's soccer match come to a complete stop to watch bickering parents on the sideline! The final score may not be remembered, but the fan on the touch line making a fool out of him/her self will be.
- Pass the reality test. If your child's team loses, but plays their best, help see this as a "win". Focus on the process, not the end result. Fun and satisfaction should come from "striving to win". On the other hand, don't let "winning" be satisfying if it comes from inadequate preparation and performance.
- Keep the game in its proper perspective. The game should not be larger than life. If the player's performance produces strong emotion in you, suppress them. Remember that your relationship with your child will continue long after the competitive soccer days are over.

*All parents and players are required to sign a Player/Parent Rule of Conduct form and return it to their coach. A list of the Rules of Conduct expected are found on pages 6 & 7 of this handbook.*

## **Volunteer Eligibility**

All volunteers MUST complete the on-line Risk Management form and be APPROVED before being allowed to volunteer in any capacity, per NCYSA requirement. Visit the SSL website for the current link for Risk Management. Any person wishing to become a volunteer with the League, must first contact the Area Commissioner and then complete the Risk Management on-line form. After background check has been completed and approved by NCYSA, Area Commissioner will be notified of approval and then volunteer may participate with players.



## PLAYER'S CODE OF CONDUCT

It is a privilege to be a player in the Seashore Soccer League (SSL). I understand I must follow the rules written below to remain a player in good standing in the Association:

- I will respect the game of soccer and its rules. I will learn these rules and try to follow them. I will play the game fairly.
- I will show respect for the authority of the referee, even though I will sometimes disagree with his calls.
- I will show good sportsmanship before, during, and after games. I understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
- I will help parents and fans understand the Rules of the Game so they can better watch and enjoy the game. I will be sure they understand that disagreement is not permitted in the SSL.
- I will remain at least 3 yards off the sideline of the playing field during all games.



## PARENT'S CODE OF CONDUCT

Soccer is a wonderful sport and a passionate game. We should always remember that our attitude is contagious. The referees, the players, the coaches, and the fans should come together to match skills. The other team is our opponent, not our enemy, and thus should be treated with respect.

While winning is important, playing well and fairly is the essence of the game. We will set a good example for our children in their soccer development by adhering at all times to the following:

- We will not criticize the referee openly or directly before, during, or after matches. Any criticism shall be done in writing, not verbally, to my SSL club representative.
- We will only give constructive feedback to players.
- We will cheer at all matches within the spirit of fair play and will do our best to cheer the effort regardless of the outcome. We will be mindful in matches with lopsided scores that cheering our own "winning" team might be misunderstood.
- We will do our best to teach our players to become students of the game.
- We will endeavor to find the "little successes" that our children have during each match.
- We will show the quality of our sportsmanship before, during, and after each and every match and help our children remember to thank the referees after the match without regard to the result.
- We will do our very best to have our children prepared for every match.
- We will support the learning effort of the players, the coaches, and the referees by demonstrating our patience.
- We understand that improper behavior at a match may result in a parent or fan being asked to leave the field by the referee, an SSL official, or a club official so that the match is not jeopardized by the actions of the parent or fan.
- We will leave the coaching to the coach during the match. We will do our best to not give our child instructions during the match.
- We understand that (upon review) the SSL can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- We will do our best to have as much enjoyment watching the match as the players should have playing the match.
- We will remain, and keep all others in our group, at least 3 yards off the sideline of the playing field.
- We understand that sitting or standing behind the goal line is not permitted.

## **ECSA Rec. – East Carolina Soccer Association**

*Definition: Recreation level play with other clubs in the Carteret, Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible. The other half will be away games not to exceed a 50 mile distance from the team's practicing field.*

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Recreation soccer is defined by three principles:

- Every player should have an equal opportunity to participate in every game.
- The formation of teams follows an open or controlled registration policy where every player is accepted and assigned a team by a random process that is evaluated to ensure a balanced level of play.
- The philosophy of player participation is that the competition be held in a low-stress, high-fun environment.

To be specific, recreation teams do not hold tryouts, use open drafts, use invitations or any like process to roster players selectively on the basis of talent or ability, and do not cut players.

-Each local association governs its own recreation program to meet its individual needs within its own bylaws and rules and the bylaws and rules of affiliated organizations such as NCYSA, USYSA, and/or FIFA.

-Local association members can determine how the state recreation program is run by input through the Recreation Council – NCYSA.

Please visit the ECSA website for a complete list of rules and policies associated with ECSA Recreation level of play. [www.ecsa-nc.com](http://www.ecsa-nc.com)

## **Challenge (with ECSA scheduling league)**

*Definition: Challenge level of play is the next step above recreation play. Players are more experienced and can tolerate a higher level of competition. This level of play will be with other clubs in the Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible.*

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Please visit the NCYSA website for a complete list of rules and policies associated with the Challenge level of play. [www.ncsoccer.org](http://www.ncsoccer.org)

## **CLASSIC LEVEL OF PLAY THROUGH NCYSA**

Seashore Soccer League offers classic level of play to advanced players and teams wishing to participate in the State's highest level of soccer, giving you the opportunity to play other clubs across Eastern North Carolina. Players are selected through an advertised tryout. Tryouts are posted on the SSL website [www.ssl-nc.com](http://www.ssl-nc.com) throughout the year and advertised in the newspaper. Players are graded on skill, speed, game comprehension and attitude by the team's coaches. Classic players retain roster rights from Sept. 1<sup>st</sup> through Aug. 31<sup>st</sup>. Players on U14 and younger teams are expected to commit to both a Fall and Spring season. Players on U15 and up teams only compete for one season; however teams often participate in tournaments in the off season. Fees in Classic vary from team to team. The fee is based on how many games a team plays and what equipment is needed. Players provide their own uniforms. Half of team's games are usually home in Carteret County leaving four or five games to travel to other clubs in Eastern North Carolina.

Please visit the NCYSA website for a complete list of rules and policies associated with the Classic level of play. [www.ncsoccer.org](http://www.ncsoccer.org)

**Any coach wishing to move up to a higher level of play must first contact the Commissioner for that level and/or the Vice President in charge of ECSA Rec., Challenge, and Classic. Any coach attempting to "set up" a team prior to receiving the proper information, will result in a decline for that coach to move to another level.**