



BCSL Background and Philosophy

Beach Community Soccer League is a recreational soccer league for children of all skill levels ages 4-17. **We have three fundamental goals:**

1. to provide an opportunity for children to engage in organized exercise in a non-competitive and fun environment
2. to develop a love of soccer and improve soccer skills over the course of the season
3. to celebrate the Beach(es) community and all it has to offer.

To assist coaches we promise the following

- a) effective communication – If you haven't been receiving our emails then please verify that we have the proper email address.
- b) accessibility.- if you have any questions, concerns or needs some help, please email us at soccerinthebeach@gmail.com or call me directly at 416-435-0469

Coaches' Responsibilities

All teams have a Head Coach and at least one Assistant (more often two or three) in order to assist game day activities and to accommodate busy schedules. **The Head Coach is our point of contact.** All BCSL coaches' communication will be routed electronically to this person. He/She is responsible for disseminating all relevant information to Assistant Coaches and players. This is, more often than not, reinforcement to other BCSL communication sent out to the entire constituency.

On-field activities are to be worked out by the coaching team and can be divided up according to the strength and skills of the Coaches on each team.

We ask that the Coaches provide the following on a weekly basis:

1. **Be there** - have one Coach arrive 5 minutes prior to the 6:30 start so that there will be a Coach available upon players' arrival and to start the building of the net, if parents aren't available.

The Head Coach is ultimately responsible for ensuring that there is at least one Coach present at every game. There will be times during the season when no Coach will be available due to work, vacations etc. If all avenues, including non-coaching parents, have been exhausted, please inform us and we will endeavour to have someone there to lead your team.

2. **Be prepared** - have a 25-minute practice organized and ready for each week
3. **Play each player equally** - substitute players equally and through all positions
4. **Referee when required** (in 4 and 5 Divisions, Coaches ref every game, in all other Divisions Coaches ref only when referees are no-shows)
5. **Assist with league balance** - during a game, if one team is clearly superior to another, drop back scoring players, add additional players to the weaker team etc., all done in consultation and agreement with the opposing Head Coach
6. **Ensure sportsmanship** is practiced, by modeling behaviour and supervising unsportsmanlike behaviour.

Supervision

Parents are responsible for the supervision of their children off the field. This includes arrival, departure and any time off the field, including washroom breaks. Coaches are only responsible for the players on the field and in preparing for the next line shift. We do however ask that at least one Coach wait to make sure that no child is left unattended at the end of the game. Please report any child left unsupervised.

Discipline

We ask that Coaches be the first point of dealing with issues of discipline concerning either a player or family member. If unsuccessful, please pass on the issue to League officials and we will pursue it to resolution. If Coaches are unable to work together, please communicate any issues to us as well. Please refrain from resolving coaching, refereeing or any other conflicts in front of your players. Coaches have an opportunity to model behaviour for their athletes. Please keep this in mind in all of your interactions.

Code of Conduct

Please refer to our Code of Conduct which is posted on our website.

Contacting your players.

We are currently in the process of forming teams. We plan to have them completed and forwarded to the Head Coach by the end of April/Early May. While we will email the players to tell them which team they will be on, we ask that each Head Coach personally contact their Assistant Coaches and all of their players to introduce themselves and give them any relevant information about the first game.

Kit (Uniform) Distribution

Uniforms will be distributed by Coaches on the first game day for each Division. They will be delivered to the field and Coaches are responsible for holding onto any unclaimed uniforms, bags and balls until they are all distributed. (You may wish to bring your car to the first game to bring home any extras). There will be one extra jersey in each package – please hold onto this in case there are any player changes during the season. Please bring permanent markers so that you can assist your team members in marking their balls and carry bags.

All players receive a full kit consisting of shorts, socks and jersey, as well as a sport bag (4-9/10 divisions) and practice ball. Please be sure to distribute according to size, not by number, as there will be a range of sizes. Please remember that baggy is the current fashion. Alternative shorts may be available in the shed for those who prefer a snugger fit. Any **problems can be referred to the office: at** soccerinthebeach@gmail.com

Limited colour selection of jerseys will require the occasional game where two teams with the same colours playing each other. We have full sets of pinnies available when this occurs.

Coaches will receive a handsome jersey and whistle. Please wear your jersey for each game so you are recognized as a BCSL volunteer. Any extra coaching materials (pylons, pinnies, etc) can be borrowed from, and returned to the shed on each game day.

Each team (except 4 Division teams) will receive a goalie jersey for their use during the season. Coaches are responsible for bringing this jersey to every game. And returning it at the end of the season.

Game Day

Coaches are asked to arrive five minutes before the practice starts at 6:30. Game schedule, in addition to being posted on our website, will also be posted on the Pantry Park bathroom building and on the Woodbine Shed.

Nets need to be constructed (we will encourage non-coaching parents to assume this responsibility). Coaches are to lead a twenty-five minute practice before each game.

The game begins at 7:00. All Divisions have a 5 minute half-time break.

The 4 Division plays a half hour game until 7:30.

The 5 and 6 Divisions play two 20-minute halves.

The 7, 8 and 9/10 Divisions play two 25-minute halves.

The 11/12 and 13/14 Divisions plays 55 minutes.

All games end with a handshake between both teams, supervised by, and including all Coaches from both teams.

We ask that Coaches oversee the deconstruction of the net, and its return along with other equipment (pylons, pinnies etc) to the field's shed.

Injuries

Any injury will require a stop in play. Coaches are asked to supervise a serious injury. Please refrain from moving those who may suffer a serious injury and report the incident to the Field Manager at the shed who will call for professional assistance, and will inform BCSL representatives. First Aid kits and/or ice packs will be available in the shed.

General soccer rules:

BCSL rules are our interpretation of standard soccer laws. We have instructed our referees to interpret them to enhance the flow of the game, provide safety to all participants, and to instruct players.

The basic rules are as follows. A more complete version is available on our website.

Number of players on field

The 4 year old Division has 5 players on the field. (goalie optional)

The 11/12 and 13/14 Division (numbers permitting) has a full side of 11 including the goalie. All other Divisions have 7 players on the field, including the goalie.

Coaches have the flexibility to increase or decrease these numbers based on attendance and other factors such as extreme heat and a disparity in the skill levels in each team. Please do so in consultation, and agreement, with the opposing Coach and be sure to communicate any changes in player numbers to the referee.

Body contact

No pushing, shoving or aggressive body contact is allowed in any Division. No slide tackling, period. Safety of players is a priority.

Uniforms

No hats, sunglasses or jewelry is allowed on the field for players. Each is a safety hazard for both players and their opponents. All teams must use the designated goalie jersey, which will be provided for each team, (except for the 4 Division which doesn't use them). Shin guards are mandatory and must be worn inside the soccer socks provided. Soccer shoes are not mandatory, but are recommended for the older Divisions.

We ask that all players wear the uniforms provided. There will be exceptions when uniforms are lost and/or forgotten, but on-going irregularities will be disciplined.

Coaches on field

With the exception of the 4 and 5 division (where all Coaches are allowed on the field provided they don't disrupt play), only one supervising Coach is allowed on the field from each team. Exceptions will be made for Coaches directly assisting timid players. No Coaches from the 9/10 or 11/12 or 13/14 Division may be on the field.

Line changes/Substitutions

For all Divisions, except the 11/12 and 13/14, substitutions occur approximately every five minutes. Referees are instructed to blow the whistle at a stoppage in play and both sides are asked to substitute players. Remember that all players receive equal playing time and are to play a variety of positions. Coaches should have the next line ready to ensure a smooth and speedy transition.

In the 11/12 and 13/14, substitutions are at the discretion of Coaches but can only occur after a goal kick or on an offensive throw-in or a defensive free kick. The defensive team can choose to substitute as well if the other team is substituting. Equal playing time applies here as well.

Off-sides

With the exception of the 11/12 Division and above, there is no off-side in the BCSL. Coaches should discourage players who cherry pick, (constantly waiting for the ball near the net instead of participating in the game play). The refs will communicate this to players and Coaches when it occurs.

Throw-ins

There are no throw-ins in the 4 Division. Coaches are instructed to toss the ball back in play as quickly as possible to keep the flow of the game. In all other Divisions, a throw-in must come in directly overhead with both feet on the ground. We suggest Coaches incorporate this into an early practice session.

In all Divisions, except the 11/12 and above, the player will be given an opportunity to improve on a foul throw-in, modeled by the referee. In the 11/12 and above Division, a foul throw-in will result in a change of possession.

Ten yard rule

On all stoppages in play (free kicks, goal kicks, kick-offs) opposing players need to be at least 10 yards back from the ball. This allows for safe clearance and protects players from potential injury.



Divisions

Game schedules will be posted on the website as soon as they are available.

4 Division (Birth year 2014)

Mondays, 6:30-7:30pm at Boardwalk West

5 Division (Birth year 2013)

Tuesdays, 6:30-7:45pm at Pantry Park or Boardwalk East

6 Division (Birth year 2012)

Tuesdays, 6:30-7:45pm at Woodbine Park or Boardwalk West

7 Division (Birth year 2011)

Wednesdays 6:30-8:00pm at Pantry Park or Boardwalk East

8 Division (Birth year 2010)

Wednesdays 6:30-7:45pm at Woodbine Park or Boardwalk fields

9/10 Division (Birth years 2008-2009)

Thursdays 6:30pm-7:45pm at Pantry Park, Woodbine Park or Boardwalk Fields

11/12 Division (Birth years 2006-2007)

Mondays 6:30pm to 8:00pm at Pantry Park, Boardwalk East or Woodbine Park

13/14 Division (Birth years 2004-2005)

Thursdays, games at 7:00 or 8:00 at Cherry Beach Sports Field

For most divisions, practices start at at 6:30 and run to 6:55, with a 5 minute break for hydration and preparation to start the game at 7:00. Please see game schedules for exact times.

Rain Out Policy and Hotline

It is our goal to get as many scheduled games in as possible. Games that are rained out will not be re-scheduled. Games are cancelled only in the event of heavy rain, lightning and/or poor field conditions. It is irrelevant weather-wise what is occurring elsewhere around the city, and/or the predictions of weather experts.

A message will be left on the **Rainout Hotline (416-435-0469)** at approximately 5:30 on game day indicating the current status of the games for that day. Sometimes we will try to get games in but if weather does not co-operate, we will cancel at the field level.

Fields

There are three main field areas:

Pantry Park

Woodbine Park

Cherry Beach

The three fields in **Pantry Park** proper are generally designated as Pantry Park North (PPN), Pantry Park Centre (PPC) and Pantry Park South (PPS). The Five Division divides this field into quads, NW, NE, SE, and SW.

The **Boardwalk fields** are on the south side of Kew Beach Avenue, below Pantry Park. These are allocated according to Division:

- Mondays the 11/12 Division uses the east end of the fields (BWE) while the 4 Division plays at the west end (BW1, BW2, BW3, BW4, BW5)
- Tuesdays and Wednesdays the east field is divided into two fields Boardwalk East (BWE) and Boardwalk Central (BWC), while the west field is Boardwalk West (BWE)
- Thursdays the fields are divided in two, Boardwalk East (BWE) and Boardwalk West (BWW)

The three fields at **Woodbine Park** are designated as Woodbine Park North (WPN), Woodbine Park Central (WPC) and Woodbine Park South (WPS) or for the 7 Division NE, NW, SE and SW

Please see field configuration diagrams on our website for details.

Sheds

Equipment for practices and games including balls, pumps, pylons, pinnies and first aid is available at the shed. Players who have forgotten balls can borrow them and return them to the shed. Please return any borrowed items following the game.

Each shed has a Field Manager for your assistance and convenience. Michael Hyde manages the Pantry Park Shed, and Andrew Frost manages the Woodbine Park shed. Please take the time to introduce yourself to them sometime at the beginning of the season.

Referees

Despite our vigorous training session, our refereeing varies from game to game. Please be kind to the referees and accept all calls made. Please report any egregious refereeing to me as we'd like to monitor the quality of the refs. I will come down and watch them in action.

Popsicles/Treats

Popsicle and other treats are not the responsibility of the League and are an optional bonus that you may consider. If you choose to initiate this extra, and in order to avoid potential personal bankruptcy, please spread out the responsibility of after-game treats to your team's families. Please be aware of potential dangers for children with peanut and other nut allergies and make sure everyone buys appropriate products for distribution to players.

Lost and found

Each year we collect a veritable wardrobe of hats, jackets, shorts and shoes. Please check at the shed if you have lost or left any items behind. It is advisable that names be placed on all soccer paraphernalia, as one water bottle or soccer ball looks like another.

Extra Activities

For insurance purposes BCSL does not encourage, nor support, soccer activities outside regularly scheduled practices and games.

Police Checks

Anyone who has not filled out a Police Reference Check form is required to do so. Please contact Michael or Christie at soccerinthebeach@gmail.com to get a form. Police Checks must be resubmitted every three years. Please return all forms to the League who will submit them on your behalf. Do not send them directly to the Police Department.

Soccer Coaching Resources

The following is a list of youth soccer websites that you can check out for drills and coaching help. Drills, rules and coaching strategies can be found on these sites, but remember; the practice is only a half hour so plan accordingly.

www.topleague.co.uk

www.joesoccer.com

www.footy4kids.co.uk

www.saysoccer.org

www.betersoccermorefun.com

www.worldofsoccer.com

www.usyouthsoccer.org

www.soccertournament.us

www.ucs.mun.ca/~dgraham/manual

www.cdc.gov/tobacco/sport_initiatives/coaches_manual_eng.htm

www.dprsports.com

www.jbgoalkeeping.com

www.soccerhelp.com

www.soccerperformance.org