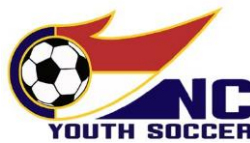


NCYSA RECREATION PLAYBOOK



2024-2025

An all-encompassing and inclusive guide to
administering and running a successful NCYSA-
affiliated Recreation program.

NCYSA Coaching Education & Player Development
Recreation Technical Staff

Welcome to NCYSA Recreation! We are excited to have your association on board as part of the foundation that makes up North Carolina Youth Soccer. Approximately two-thirds of NCYSA membership is registered as Recreation players! Every player, parent, team official, coach, and club official plays a role in creating the right environment for Recreation soccer in our state. We are relying on you as directors to help us develop the next generation of players and leaders within North Carolina.

NCYSA offers fun, safe, and healthy opportunities for all children. We are a proud member of US Youth Soccer, the largest youth sports organization in the United States, and US Soccer, the official governing body for soccer in the United States. NCYSA is the governing body of youth soccer in North Carolina and provides all players, coaches, and associations equal opportunities through structure, organization, and leadership. We take pride in being recognized as one of the most progressive state associations in the country and a leader in innovative member programs and benefits.

We believe that NC Youth Soccer and its member associations have a responsibility to each child to increase their mental, physical, and social competency to produce the right tools to be successful beyond their soccer career. So, we ask that you join us on the journey to equip our youth with every means necessary to make a difference in their communities!

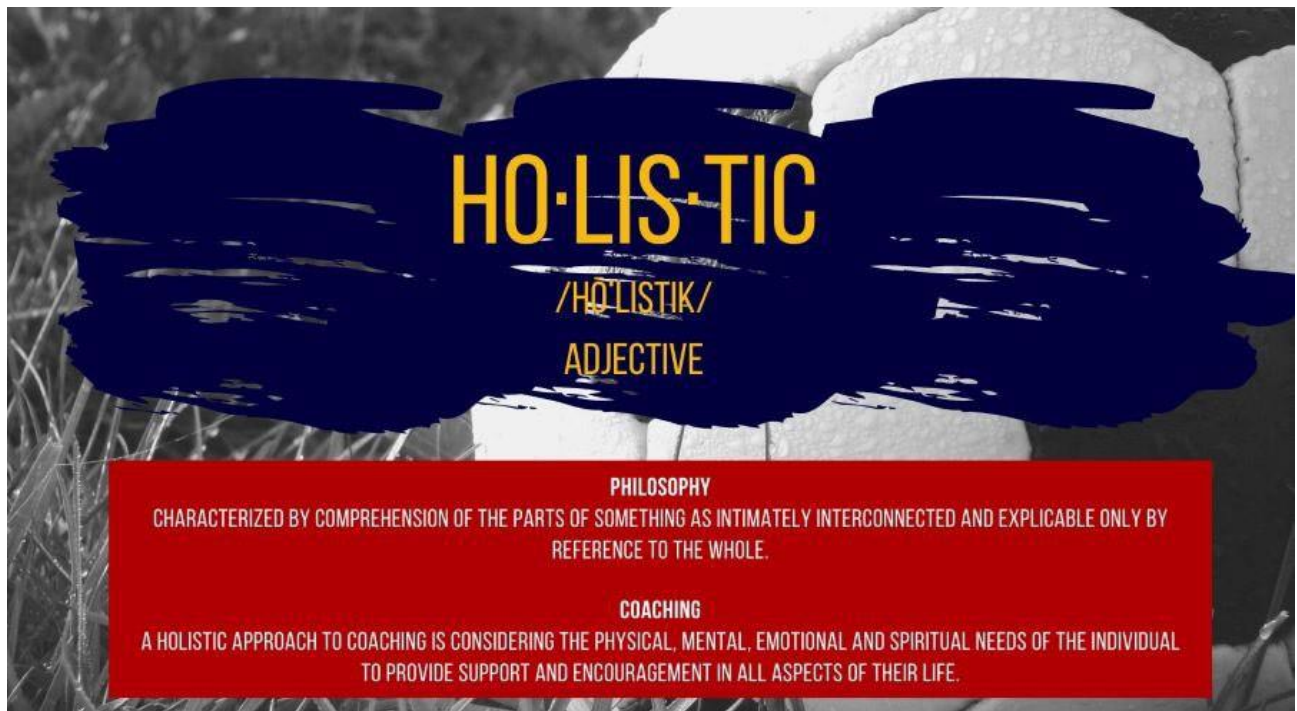
Recreation programs are administered locally by each of our associations who offer Rec level play under the guidance of NCYSA including the Director of Recreation, our Executive Director, the Coaching Education & Player Development Technical Director, the NCYSA Recreation Technical staff, the Recreation Council and the Recreation Committee. We hope that you find the Recreation Playbook helpful in reaching your association's goals for your Recreation program both on and off the field. We have divided this playbook into three parts. Part one will guide you through administrative-specific information, part two will have a more soccer-specific focus and part three will include educational materials.

We look forward to seeing you on the fields and are humbled to be able to serve you!

Rick Pierce
Director of Recreation

NCYSA strives to promote an emphasis on PARTICIPATION, not COMPETITION. We want our members to help truly make soccer the “Game for all kids.”

It is well known that a child’s learning abilities vary with age. Thus, NCYSA focuses on age-appropriate training, an important process in both the development of the player, as well as the team. Furthermore, we place a strong emphasis on using a holistic approach to coaching in an effort to shift the culture of soccer in North Carolina.



NC Youth Soccer’s Mission:

Provide the ideal environment for all youth to grow and excel through soccer.

NC Youth Soccer’s Purpose:

Providing all youth the skills to be successful in life.

NC Youth Soccer’s Values:

Integrity – Safety – Fun – Service – Respect – Commitment

Follow NCYSA on Social Media!



NCYSA Executive Board

Bob Singer, Chair

Demp Bradford, Vice Chair

Sarah Strickland, Secretary

Alberto Cruz, Treasurer

Rick Pierce, Director of Recreation

Larry Taylor, Director- Competitive, D&A

Susanne Conlon, Director Tournaments & Travel

Boxley Llewellyn, Director-At Large

Art Rex, Director Coaching & Player Development

Paul James, State Youth Referee Admin

Stef Hamilton, Director Small Clubs

Mike Martin, Director Medium Clubs

John Dalpe, Director Large Clubs

NCYSA Staff:

[Kathy Robinson](#), Executive Director

[Bill Furjanic](#), Technical Director of Coaching Education & Player Development

[Jamie McLeod](#), Assistant Technical Director (Recreation, Outreach)

[John Trice](#), Associate Technical Director (ODP, Youth Academy)

[Keri Jones](#), Executive Assistant

[Lyn Halstead](#), Assistant Director (Registration)

[Kevin Broadly](#), Assistant Director (Discipline and Appeals)

[Colby Morton](#), Assistant Director (Classic, State Cup)

[Wendy Burns](#), Assistant Director (Risk Management)

[Lisa Nellis](#), Assistant Director (Registration, Interstates- all states except SC)

NCYSA Office Information:

Physical address: 136 Manley Avenue Greensboro, NC 27407

Mailing address: PO Box 18229 Greensboro, NC 27419

Phone: 336-856-7529 / Fax: 336-856-0204

www.ncsoccer.org

2024 – 25 NCYSA Recreation Playbook Table of Contents

Part I: Administration

- Membership – benefits, guidelines
- NCYSA-affiliated Member Association Roles & Responsibilities
- Recreation Oversight – Council, Committee, Liaisons, Key terms
- NCYSA Recreation related fees – coaches and players
- Risk Management
- Registration
- Insurance Notification to Travel
- Discipline & Appeals
- Medical, Player, and Travel Safety
- NCYSA Administrative Resources
- NCYSA Annual Awards

Part II: Soccer

- Recreation Programming
- Recreation Program Components
- TOPSoccer
- Inter-club play / NCYSA member associations for Recreation
- Referees – assignors and fees
- Coaching Education

Part III: Educational Materials

- US Soccer PDI's – including field dimensions, ball sizes, etc.
- Referees – laws of the game
- Small-sided games
- So, Now You're a Volunteer Coach
- Best Practices of a Coach
- Volunteer Coach Resources
- Activities/Curriculum – NCYSA/MOJO

- “From the Desk of” Newsletter
- Holistic Athlete Webinar Series
- Parent Resources

PART I: ADMINISTRATION

A FEW BENEFITS OF NCYSA MEMBERSHIP

1. A centralized communication center to handle information concerning all affiliated leagues, soccer happenings across the US and world soccer events – the NCYSA State Office, with a staff that is more than willing to help our membership in all ways needed.
2. Membership gives players the opportunity to play at all levels. Associations may become members when the following is met:
 - A Qualifying Entity shall be admitted as a Voting Member or shall be deemed in Good Standing, as applicable, only when it meets all of the following relevant criteria:
 - Upon admission as a Voting Member, it will offer one or both of the levels of play described in Article VIII, Section 1(a) and (b), of these Bylaws and will have at least 75 Registered Youth Players;
 - It has sufficient playing fields regularly available to it to conduct matches for its Youth participants who are or, upon its admission as a Voting Member, will be Registered;
 - It has access to a sufficient number of match officials to conduct matches for its Youth participants who are or, upon its admission as a Voting Member, will be Registered;
 - (iv) It has sufficient financial resources to operate its programs offered or to be offered as a Voting Member;
 - It provides or, upon admission as a Voting Member will provide, financial transparency and accountability to the parents or guardians, as applicable, of its Youth participants who are Registered; and
 - It is, or upon admission as a Voting Member will be, in substantial compliance with the USSF Rules, the USYS Rules, these Bylaws, the Policies and the Rules and Regulations of the Corporation.
3. Risk Management protects youth players by allowing them to participate in youth soccer in a safe environment. This includes but is not limited to background checks, sexual abuse training through SafeSport, bullying and various other player safety policies and recommendations including free concussion education training for coaches through SportGait.
4. Insurance
 - Certificates of Liability Insurance for fields/facilities used for sanctioned play.
 - General Liability Insurance
 - Secondary Medical Insurance for registered players and coaches (can include referees)

5. Support setting up educational clinics – courses – certifications for:
 - Player Development
 - Coaching Development and Certification
 - Topic Specific and Age Specific Courses
 - Referee Certification and Training
6. Administrative Support
 - League Development
 - Rules – Field Sizes – Age Divisions – Registration
7. Discipline and Appeals process that helps to enforce the rules the membership has established and gives all members due process.
8. Free Registrar Certification Training Workshops
9. Annual NC Soccer Symposium which allows your association to network with other associations, vendors, and attend topic specific workshops.
10. Having a consistency in the playing rules in league play as well as in tournament play throughout the US.
11. Educational Materials are available for educating an association's parents, players, coaches, and team officials.
12. TOPSoccer- a community-based training and team placement program for young athletes with disabilities organized by youth soccer association volunteers.
13. Being a member of an organization of over 3,000,000 youth players in the USA.

NCYSA is truly a service organization with a desire to help you reach your goals.

We look forward to proving this to you!

NCYSA-affiliated Member Association Roles & Responsibilities

President

- The President must provide NCYSA with an email address
- Preside at all meetings of the association/club's Board of Directors.
- Oversee all activities of the association/club.
- Be the representative of the association/club at the NCYSA Board of Directors Annual and Mid- Year meetings.
- Be a representative of the association/club in all matters.
- Appoint, subject to the approval of the association/club's Board of Directors, all standing, special, or select committees and chairs thereof, as the needs of association/club may indicate.
- Sign checks and authorize payments (share responsibility with Treasurer)
- Any other duties within the association/club's Bylaws.

Vice President

- The Vice President shall assist the President in all business of the association/club, become the acting President in the absence of the President and succeed to the Presidency if that office becomes vacant at any point in the term and for any reason.
- Any other duties within the association/club's Bylaws.

Secretary

- Attend all meetings of the association/club's Board of Directors.
- Maintain a roll of all individuals at the meetings.
- Record, publish and keep all minutes of meetings as set forth in the association/club's Bylaws.
- Ensure proper notice of all association/club Board of Director and NCYSA Executive Board of Directors meetings are provided to all members as set forth in the association/club's Bylaws.
- Provide an agenda to all members for all meetings of the association/club's Board of Directors.
- Compile and publish the annual report to be delivered to all the members of the association/club.
- Any other duties within the association/club's Bylaws.

Treasurer

- Manage the keeping of full and accurate accounts of receipts and disbursements of the association/club's funds.
- Manage the disbursements for items that are contained in the association/club's budget.
- Deposit all monies of the association/club in a chartered bank in the name of the association/club.
- Work with the association/club's Executive Board to produce a fiscally responsible protocol for income and disbursement of funds.
- Provide properly authorized disbursements of association/club's budgeted funds. Sign checks and authorize payments (shared responsibility with President)
- Provide a complete and detailed written report showing all the association/club's financial activities on a regular basis.
- Preparation, with the assistance of the Executive Board of the association/club, the proposed budget for the next fiscal year to present to the general membership.
- Manage the coordination of the preparation of information needed by the certified public accountant in preparing the audited annual financial statement.

Certified Head Registrar

- A Certified Head Registrar is an agent of NCYSA and each member association is required to have one. This individual is trained and certified to execute registration, validate USYS passes and process player and team official movement for NCYSA teams.
- The Certified Head Registrar is responsible for delegating and assigning responsibilities to Certified Assistant Registrars within the member association.

Certified Assistant Registrar

- A Certified Assistant Registrar is an agent of NCYSA who is trained and certified to assist the Certified Head Registrar in his or her role to execute registration, validate USYS passes and process player and team official movement for NCYSA teams.

Risk Management Coordinator

- The Risk Management Coordinator is the direct contact with the NCYSA Risk Management Administrators. Each Risk Management Coordinator is issued an ID and password to access the risk management database. Association presidents are also issued an ID and password to the database and can assume the same responsibilities as the Risk Management Coordinator if need be. Only the Risk Management Coordinator and President have access to their own member association's database.
- The Risk Management Coordinator contacts one of the NCYSA Risk Management Administrators anytime he or she has a question or needs assistance with the online program.
- Specific training is required for this position. Once a year NCYSA conducts a Risk Management Workshop. This is usually held in January or February and attendance is required.

RM Abuse Prevention Coordinator

- The RM Abuse Prevention Coordinator oversees making sure all coaches, staff, volunteers and adult players have completed SafeSport training and have uploaded a valid SafeSport certificate to their risk management application.
- This individual communicates with the NCYSA Risk Management Administrators on any suspected SafeSport violators or offenders. They maintain a list of all disqualified, probational and/or restricted risk management applicants.
- Specific training is required for this position. Once a year NCYSA conducts a RM Abuse Prevention Workshop. This is usually held in January or February and attendance is required.

Discipline & Appeals Coordinator

- The D&A Coordinator is designated to handle discipline and appeals issues. They are expected to help educate the member association on the NCYSA Code of Conduct, Rules of Play, D&A Handbook, and expectations within that member association and NCYSA.
- The D&A Coordinator is also required to attend at least one D&A training program offered by NCYSA throughout the year.
- Each D&A Coordinator must familiarize themselves with their member association's Bylaws/Policies and Procedures. They will develop a procedure for conducting a hearing within their member association with an appropriate timeline (due process for members).

Recreation Director

- The Recreation Director is responsible for planning, overseeing, and directing the operations, services, staff, and activities of a member association's recreation program.

- This individual acts as a liaison between their member association and NCYSA as well as a liaison between their program's participants (coaches, parents, and players) and their association's executive leadership which may include the association's Director of Coaching, Executive Director, President, or other Executive Board Members.
- They will work with their association's Head Registrar and Risk Management Coordinator to ensure all recreation players and coaches are properly registered with NCYSA and have completed the appropriate requirements.

Coaching Liaison – Challenge, Classic, Director of Coaching

- The Coaching Liaison is responsible for planning, overseeing, and directing the education of the member association's coaching staff.
- This individual is responsible for planning, overseeing, and directing the operations, services, staff, and activities of the member association's coaching staff.

Field Coordinator

- The Field Coordinator is responsible for securing fields/facilities and making sure that all in use fields/facilities are insured (Certificate of Liability Insurance) through NCYSA.
- This individual will coordinate the scheduling/rescheduling of games during the seasonal year for all levels of play.

Certified Referee Assignor

- The Certified Referee Assignor is responsible for working with the NCSRA organization and assigning referees for games as well as coordinating referee education and retention.

TOPSoccer Administrator

- The TOPSoccer Administrator is responsible for planning, overseeing, and directing the operations, services, staff, and activities of a member association's TOPSoccer program.
- This individual acts as a liaison between their member association and NCYSA as well as a liaison between their program's participants (coaches, parents, buddies, and players) and their community as well as their association's executive leadership which may include the association's Director of Coaching, Executive Director, President, or other Executive Board Members.

Director of Coaching – Academy

- The Youth Academy Director of Coaching is responsible for overseeing a member association's Youth Academy program and responsible for the following:
 - Completing the Intent to Play Form each season confirming Youth Academy Programming participation
 - Ensuring adherence to the NC Youth Soccer Youth Academy Program Rules
 - Establishing a yearly development Curriculum for their Youth Academy Program
 - Administering a Youth Academy Parent Education program for their association
 - Attending regular NCYSA Youth Academy Director Meetings

NCYSA Recreation Oversight

I. Key Terms

- **Recreation:** a level of play within NC Youth Soccer which focuses on development and enjoyment of the game for all ages. Try-outs are NOT utilized at this level.
- **Recreation Association:** An organization affiliated with NC Youth Soccer and authorized to register recreation players and coaches.
- **The NCYSA Board of Directors is made up of representatives of each member association. Board meetings are held twice yearly: The Annual General Meeting (AGM) held in the winter (January/February) and the Mid-Year Meeting held in June.**
- **Executive Board:** Elected by Board of Directors to administer and operate all matters of NCYSA between NCYSA Board of Directors meetings.
- **League:** A structured group of 4 or more teams joined for providing play under a common set of administrative and competition rules.
- **Tournament:** A series of games between NCYSA member associations who compete for an overall prize.
- **Festival:** A series of games between NCYSA member associations without an overall winner being determined. A Round-Robin style game format.

II. Recreation Director

- responsible for planning, overseeing, and directing the operations, services, staff, and activities of a local association's recreation program
- acts as a liaison between their local association and NCYSA as well as a liaison between their program's participants (coaches, parents, and players) and their association's executive leadership which may include the association's Director of Coaching, Executive Director, President, or other Board Members
- it is imperative that North Carolina Youth Soccer Association have a Recreation Director contact for each association. This person is required to be listed yearly on the Association Renewal form completed by the Association President
- an association's Recreation Director must be identified with an address, a phone number and an accurate email address. Should contact information change for an association's Recreation Director or should a Recreation Director be replaced, NCYSA should be immediately notified and supplied with new contact information

The Recreation Director is the bridge between NCYSA and YOUR coaches and players. Our ability to communicate regularly with the Recreation Director is directly related to how well we can fulfill our mission of bringing the message and the opportunity of recreation soccer to every child in the state. There is information that comes from NCYSA that may need to be viewed by coaches, players, families within your association. It is North Carolina Youth Soccer's responsibility to get this information to your association, and your association's responsibility

to get it to your members. Communication from NCYSA can be disseminated via mass email campaigns, directly from NCYSA staff members and through social media.

III. Recreation Council

The Recreation Council is the governing body for the NC Youth Soccer Recreation level of play. It is made up of representatives from member associations with registered recreation players. The Council will set policies that YOU will play by. Therefore, it is extremely important that you express your opinions on information/proposals sent out to your President and Recreation Director, so they may vote their members' wishes at the Council Meeting. Council meets twice a year (at the Annual General Meeting, AGM, in January and the mid-year meeting in June).

The NCYSA Vice President of Recreation, with the following guidelines, conducts Recreation Council Meetings:

- ▶ Develop an agenda of topics to be addressed that is sent out to the Presidents and Directors prior to the meeting.
- ▶ Establishment of a quorum – attendance must be 10% of the total number of currently registered North Carolina Youth Soccer Association Recreation Associations.
- ▶ Voting will be based on the number of registered Recreation Players from each association (see chart below):

Number of Players	Number of Votes
1 - 2,000	1
2,001 – 4,000	2
4,001 – 6,000	3
6,001 – 8,000	4
8,001 – 10,000	5
10,001 – 12,000	6
12,001 +	7

A Recreation Council Representative may hold a maximum of four proxies from associations not in attendance. (*The four-proxy maximum includes their own association*)

A President or Recreation Director may get a topic on the agenda by submitting a completed Motion Form more than 30 days prior to the Council meeting, located on our website. Items to be voted on will be distributed by email to the President and Recreation Director of each NCYSA association and are required to have a 30-day notice to the membership.

IV. Recreation Committee

Why?

Throughout conversations with a portion of our membership, it is becoming clear that there are growing areas in which we can assist them both on and off the field. This committee will assist in creating and implementing ideas for engagement and growth to share with organizations, associations, clubs, Parks and Rec, YMCA's and YWCA's throughout North Carolina.

Background

We would like to gain insight and feed forward from a small and diverse cohort of directors/coaches representing all organizational sizes and geographical areas of our membership. This would assist our department in providing pertinent information, helpful resources and implementing strategies to help deliver content and programming that our members want/need.

Desired Outcomes

- Small group to collaborate and use as a sounding board to help vet ideas
- Receiving feed forward on our approach to content we offer membership moving forward
- Committee will be charged with assisting in creating and implementing new ideas
- Allow NCYSA to pilot programs with their organizations
- Building transformational relationships with our members
- Increasing membership both at the club and state level

Technical Plan

This committee consists of the following members:

- **NCYSA Executive Board Member** – VP of Recreation
- **NCYSA Staff Members** – Executive Director, Technical Director, Assistant Technical Director
- **NCYSA Member Associations Members** – representatives from large, medium, and small sized clubs holding various positions within their association (ie – Recreation Directors, Presidents/VPs, Coaches, TOPSoccer Administrators, etc.)
- **Member representatives from other organizations within NC (ie: Parks & Rec/YMCAs)**

The committee will meet every two months (earlier if needed) on a day/time that everyone agrees to via Zoom; will also aim to meet in person as a group at least one time annually. All decisions by the committee will need to be decided by unanimous vote and then presented to the NCYSA Executive Board and/or Recreation Council for approval prior to implementation.

NCYSA Recreation Fees

NCYSA Fees for Recreation Coach:

- \$7 *every other* year for a Background Check
- \$5 *every year* for Insurance (once paid will receive coaching pass)
- **Average cost to an association per coach per year = \$8.50**
- This pass allows a coach to take a team to a tournament and provides proof of clearing the Risk Management process and SafeSport.

NCYSA Youth Recreation Player Registration Fee:

- \$10 per player per year

- Please note that all players registered in the Fall, are registered for the entire seasonal year (Fall and Spring) and do not need to be re-registered in the Spring. Only *new* players to an association need to be registered/paid for in the Spring.
- These players are only issued a pass on request by the Association.
- Passes are at NO Cost to the association.
- These players CAN attend a tournament.
- Please note that if you are attending an out-of-state tournament, player passes may be required.

Risk Management

The primary purpose of the Risk Management program is to protect youth players by allowing them to participate in youth soccer in a safe environment.

- Background checks – for all adults that will coach, team managers, volunteer, etc. that are 18 years and older
- Sexual Abuse Prevention training – for all adults that will coach, team managers, volunteer, etc. (18 years & older)
- US Soccer Federation (USSF) Youth Athlete training – abuse prevention training modules used for minor aged volunteers working with younger players and/or the TOPSoccer program
- Names on uniforms – it is recommendation that teams avoid the placing of names on player jerseys for player 17U and below. The ultimate decision is up to each local association however this suggestion is made because while background checks are important, they are only one way to protect youth players from adult predators. Adults who prey on children they do not know may use the child's name to gain the child's trust.

Recreation coaches/volunteers (including TOPSoccer Buddies) and any volunteer over the age of 18 must register with the NCYSA online Risk Management program every year they are participating. **EVERY** individual working with a Recreation team in any capacity is required to have an NCYSA ID card/KidSafe pass. During matches, each person working with the team and on the players' sideline must have their physical or electronic NCYSA ID card/coach's pass.

This will be enforced by the referees at every game and if the association does not use referees, then it is a club official's responsibility (President, Rec Director, DOC, etc.) to confirm/check NCYSA ID card/coach's pass. If any individual does not have a pass, then they will be required to leave the bench area. If the team only has one team official and that individual does not have their pass with them, then they need to be replaced with an adult who has gone through NCYSA Risk Management and has their card on them. For more information, please visit the NCYSA website under Risk Management [here](#).

Sexual Abuse Training is now **REQUIRED** by federal law to participate and receive your US Youth Soccer (USYS) Membership Card/Credential for the Fall and/or Spring season. NCYSA uses the

training provided by the US Center for Safe Sport (SafeSport) to fulfill this requirement. The link to the SafeSport training and the code to receive this training at no charge is included within your NCYSA Risk Management application. The SafeSport certificate of completion must be uploaded to your NCYSA Risk Management application before your Risk Management application can be reviewed for approval. After the initial training the first year, a recertification course must be completed every seasonal year.

Registration

Below is information for Registration as it may apply to the Recreation level of play. For further details on items listed below and access to all forms, please visit the Registration Overview section of the NCYSA [website here](#).

Registrar: Each association is required to have a certified registrar. A Registrar becomes certified by taking the Registrar's certification class and a class for access to the NCYSA registration database. (*passed by Rec Council 4/1/07*). This registrar is required to be listed on the Association Renewal form and approved by the association President.

****The association registrar will have all current information related to recreation registration. For all registration procedures, please check with the local association's registrar.**

Registration Policies:

1. Registration becomes effective once the player's registration is submitted to NCYSA. The seasonal year is August 1 – July 31 of the following year. Recreation player passes will be provided if requested by the Association.
2. All Recreation coaches and assistant coaches must be registered with their association. All coaches and assistance coaches must complete and be approved through Risk Management and Safe Sport. Coaches' passes are required, are printed by NCYSA, and sent to the association. Coaches must have their coach's pass prior to working with players. A \$5.00 fee is charged for each team official pass.
3. All foreign-born players or foreign-born US citizens must complete an ITC (International Clearance) as required by FIFA. The local registrar can help families complete this process.
4. Players turning 18 or older anytime during the seasonal year (Aug 1-July 31) must complete Risk Management and Safe Sport at their initial registration for the seasonal year. Players are not eligible to participate in practices or matches until the process is completed.
5. Players residing outside NC but intending to play in NC must complete an Interstate Permission Form, except for players residing in SC. (This policy became effective for the 2023-24 seasonal year and is subject to change. Check with association registrar for current policy.)
6. While recreation programs may have combined age groups, e.g., 7U/8U, the player is registered in the true age group. It is recommended that players are not assigned to an age group that is more than 2 years OLDER than their current age, except possibly in the high school ages. This recommendation is encouraged with the best interest of the child in mind. A recreation player may play down one year only, but it must be approved by the association's board of directors and must be in the best interest of the player.
7. A recreation player may play recreation for two associations in the same season (fall or spring), but MAY NOT play in the same age group. Dual roster rules apply.
8. A competitive (Challenge, Classic) player may also play recreation in the same association if the local association allows it. However, if a competitive player plays on a competitive team in one association and recreation in another, NCYSA MUST have written permission from BOTH association presidents. Again, dual roster rules apply.
9. If Associations have a NCYSA Youth Academy Program, a recreation player may not

participate/register in the Academy program, nor can an Academy player be registered/participate in the recreation program. Recreation players may not guest play with the Academy program nor can Academy players guest play with a recreation team.

10. Recruiting: there are no specific rules governing recruiting at the Recreation level, however, we highly encourage all associations to show respect and courtesy for their neighboring associations.

Deliberate falsification of US Youth Soccer (USYS)/NC Youth Soccer (NCYSA) player/coach pass will be grounds for disbarment from future participation and/or membership in NCYSA/USYS. (*per the policy on NCYSA Player Passes passed by the NCYSA Executive Board on April 7, 2009)
Players and coaches registered with their local association receive supplemental insurance coverage, and if needed, electronic claims forms may be accessed on the NCYSA web page.

Note: *Rules/policies are subject to change when new rules/policies are adopted by US Youth Soccer or NC Youth Soccer.
Contact the association registrar for current policies.*

Items required for recreation registration:

1. Birth Certificate – a player’s birth certificate, passport, or other official proof of age must be presented to the local association registrar to verify the player’s age. Returning players in the association do not need to re-submit the birth certificate unless requested by the association.
2. NCYSA Waiver- the local association may require parents to complete an NCYSA Waiver each seasonal year. (Please note that an association may choose to include the information from the NCYSA waiver into their registration form versus collecting a separate form; this is acceptable if the waiver section notates both their association AND NCYSA in it and can be printed if needed).
3. Appropriate fees to local association
4. ITC documents (if applicable) – International clearance forms and supporting documents for players born outside of the 50 US states.
5. Interstate Permission Form – if applicable
6. Players 18 and older – complete Risk Management and Safe Sport

Recreation Team Participating in Tournaments:

Recreation teams attending tournaments must contact their head registrar to obtain player passes and official rosters for the tournament. While an in-house recreation team may include two age groups, the team must apply to the tournament based on the oldest player on the team.
Please note: If an in-state (North Carolina) tournament is sanctioned by NCYSA, that tournament may not require passes and instead ask for an official NCYSA roster which can be obtained from the association registrar.

Notification to Travel (NTT): For those teams attending a tournament sanctioned by an out of state member of USYS (e.g. SC or VA), NTT must be completed through the NCYSA website. IF the recreation team attends a non-USYS sanctioned tournament (sanctioned by US Club, SAY, AYSO, or USSSA), NTT must be completed to receive the Team Information Page to be used in lieu of NCYSA passes and rosters.

Other Information:

The age chart for the current season may be found on the NCYSA website. The chart includes the maximum allowed on a roster, # of players on the field, and ball size.

The fee to register a recreation player is \$10 but is subject to change. This is the fee for the seasonal year, so players registered for the fall season do not need to be registered again in the spring, unless the player moves to a different association.

Age Charts and Age Division Information the most current seasonal year information is available on our [website here](#). Included in the age chart are the roster size limits and recommended ball size for age groups.

North Carolina Youth Soccer Association Recreation Fees:

FALL SEASON	Date
Fee per player	\$10
SPRING SEASON	Date
Fees per player	\$10

****a reminder, non-registered players are not covered by NCYSA's supplemental insurance.*

Insurance (Player/Coach Medical Injuries)

NCYSA registered soccer players and coaches are covered by a statewide insurance policy. This coverage includes supplemental medical for the players and coaches. This policy is only in effect when players and coaches are participating in NCYSA/USYS sanctioned events. It requires members to be in good standing with NCYSA. For more information, visit the insurance section of the NCYSA website [here](#). Claims are required to be filed online.

NOTIFICATION TO TRAVEL (NTT)

Any team wishing to play outside of North Carolina in a USYS sanctioned event must complete a [Notification to Travel](#) with NCYSA. Out of State play shall include tournaments, scrimmages, friendlies, or league play in another state. *Only the North Carolina Youth Soccer Association State Office can approve a Notification to Travel request!*

All notification to travel information can be found under the [Tournaments](#) section of the NCYSA website.

Present your approved Notification to Travel Form at the tournament registration.

Any team wishing to play in a non-USYS sanctioned tournament should submit a travel request for a [non-sanctioned event](#). A Team Information Page will be sent to you electronically. It will provide the player names and birth dates.

Please note: Teams competing with non-affiliated teams and in unsanctioned events are not able to claim USYSA and NCYSA member benefits with respect to such competition. When participating in a non-affiliated/unsanctioned event, Association/Team officials should make parents, players, and facility owners aware of the following:

- NCYSA's Accident Medical Benefits and Liability policies do not cover teams/players/coaches/referees to friendly matches/games/tournaments that are not affiliated with NCYSA and/or USYSA. Claims sent to NCYSA for an injury incurred while playing in a non-affiliated event will be denied.
- NCYSA's risk management reviews and criminal background checks are only performed on NCYSA registered coaches and other NCYSA affiliated "covered persons"
- NCYSA's discipline and appeal process, which is in place to help ensure the

safety of the children, will not be available.

- NCYSA's dispute resolution process will not be available.
- NCYSA's rules regarding financial consequences arising from forfeitures, referees failing to appear, facility rental, etc. will not be available.

INTERNATIONAL TRAVEL

(Playing outside of the 50 United States and the District of Columbia)

Forms are available on the NCYSA website [here](#). Forms should be submitted 90 days before travel to avoid late fees with the United States Soccer Federation (USSF). Please contact with any questions.

Discipline & Appeals (D&A)

For more details on Discipline & Appeals, please review the D&A section of our website [here](#).

Quick access to the full NCYSA D&A Manual can be found [here](#).

North Carolina Youth Soccer Association (NCYSA) encourages all Recreation Directors to be sure you know who your association's D&A liaison is and to be aware of/educated on your association's own D&A policies and procedures are regarding due process, appeals and sanctions.

If your association needs assistance with creating D&A documents including a Code of Conduct, please see the [NCYSA D&A Manual](#) available on our website for examples or contact [Kevin Broadley](#) for assistance.

- Guided by the NCYSA Code of Conduct, Bylaws, Policies and Rules of NCYSA – as well as the policies and rules of US Youth Soccer (USYS), the United States Soccer Federation (USSF), and FIFA (the international governing body of soccer), when applicable.
- The philosophy of NCYSA D&A is to educate its members – local Associations, Officers, Coaches, Parents and Players – in all areas of soccer. It is strongly recommended that the educational materials NCYSA shares with associations be shared with your members.
- For individuals who violate the Code of Conduct, Bylaws, and Rules, sanctions* can be imposed in the form of game sit outs, fines, volunteering at the fields or for events, and/or completing an educational presentation before a group. Egregious violations could result from expulsion from your program.

Please note: if any individual is suspended from activities by your Discipline and Appeals decision and/or NCYSA, that suspension is carried throughout the membership of USYS as well as the affiliates of USSF.

*For D&A purposes, the word "sanctions" found in this handbook is defined as: penalties and/or punishments as a result of misconduct, on or off the field (example: game ejections)

Code of Conduct:

- Each association should have a Code of Conduct that is presented to your membership upon their signing up to play. The Code of Conduct applies to all members – Officers, Administrators, Coaches, Assistant Coaches, Managers, Parents and Players – affiliated with your association. Coaches should review the Code of Conduct with their team parents and players.
- Coaches are responsible for their own conduct, as well as the conduct of their Assistant Coaches, Players, Team Managers, and Spectators.

As a coach, you can be cautioned or sent off for the conduct of your spectators, as well as having the match abandoned and/or terminated.

Parents can receive the same sanctions as a coach or player for inappropriate behavior.

Misconduct within an Association:

- For misconduct within your Association, your D&A Liaison should handle the issues (unless there is a conflict of interest, then either the President or their appointee would handle the issue).
- Remember that everyone charged with misconduct has the right to due process.
- After the decision is rendered and provided to all parties, either party may appeal that decision to NCYSA (which goes to the NCYSA Executive Board).
- You may want to set your own minimum sanctions based on your league/teams/philosophies. A list of NCYSA's suggested minimum sanctions can be found in the full NCYSA D&A Manual if you would like to adopt these or use them as a guide. You should also have a process for ejections for your in-house league play (if you need a sample, please see the NCYSA D&A Manual).

Misconduct involving multiple Associations:

- If you have a dispute with another Association, NCYSA encourages the two Associations to get together and work it out. When that is not an option, then NCYSA will determine if the dispute rises to the level of a Full Hearing. If so, the NCYSA Full Hearing procedures will be followed.

Referee Abuse and Referee Assault:

- When misconduct between an individual (Player, Parent, Coach, etc.) and a Referee occurs and the Referee files a charge of Referee Abuse or Referee Assault, this matter automatically becomes jurisdiction of the State Association (NCYSA) as per Federation Policy 531-9.
- An Association may determine an additional sanction against an individual found guilty of Referee Abuse or Referee Assault – but that sanction shall not supersede the NCYSA decision
- An individual charged in an allegation of Referee Abuse or Assault is suspended until an investigation is complete.
- The minimum sanction for Referee Assault is three-to-six months for assault of an Adult Referee, and three years for assault on a Minor Referee.

Tournaments:

- If your Association hosts a tournament where you request sanctioning from NCYSA, that tournament must have its own D&A procedures. You may use previously established ones from your association or from NCYSA, but issues of misconduct are determined by the Tournament D&A procedures and those procedures should be made available to all participants.

Discrimination Policy:

- The NCYSA Discrimination Policy is defined as anyone who offends the dignity of a person or group of persons through contemptuous, discriminatory, or denigrating words or actions concerning race, color, language, religion, gender, origin, or sexual orientation. When an allegation of Discrimination is received, the Accused is automatically suspended until an investigation is completed. The minimum sanction for Discrimination by a player is five (5) games. The minimum sanction for Discrimination by an adult is ninety-days (90).

Recruitment:

- NCYSA does not recognize recruitment within Recreation. You may want to set up your own policy for your in-house league.

Medical / Player Safety

As a member of US Youth Soccer (USYS) and the US Soccer Federation (USSF), North Carolina Youth Soccer Association (NCYSA) has adopted USSF's comprehensive player health and safety program, Recognize to Recover (R2R), as our medical and player safety guidelines and recommendations.

The Recognize to Recover (R2R) program includes guidelines, recommendations and data based on expert knowledge and scientific evidence on the following topics:

- mental health
- head & brain conditions/concussion awareness
- emergency action plans
- injury prevention
- injury recovery
- cardiac conditions
- respiratory conditions
- environmental conditions
- nutrition & hydration
- medication and anti-doping resources
- soccer for athletes with disabilities

We encourage you to take the time to explore all the valuable resources that USSF's Recognize to Recover has to offer your association and members by clicking on the [link here](#).

General Player Safety Guidelines

These are tips to help coaches promote a positive and safe environment for players and spectators.

- Communicate the laws of the game to all players and parents
- Provide proper supervision at all scheduled activities
- Prohibit behaviors that do not promote a safe and healthy experience
- Make sure shin guards are worn, jewelry removed, and proper shoes are being worn
- Place players of similar age, size, and ability together
- Establish travel transportation policies for practices and games; arrange for supervision of players waiting on rides after practices or games
- Follow proper severe weather guidelines to safely remove participants as soon as possible
- As club officials, communicate your expectations with your coaches and encourage them to communicate their (and the club's) expectations with the team parents
- Someone on site at each facility (if not all coaches) should be trained in basic first aid, hands only CPR and know how to use an AED
- Be sure coaches are educated on emergency action plans for facilities and how to call for help in an emergency; coaches should be aware of special medical conditions for players on their team
- All coaches should have access to a phone, any available AED, a first aid kit, contact information for parents of their players and medical consent forms with emergency contacts for their players

Below are several key medical and player safety topics NCYSA would like to highlight:

- SportGait – a comprehensive concussion education tool (with baseline testing options) available to all NCYSA associations and their members – [click here](#) for more information
- Concussion Policy – NCYSA has adopted the USYS Concussion Procedures and Protocol. Players must receive clearance from a Physician before returning to play. Please read the current USYS Concussion Procedure & Protocol [here](#)
- No Heading Policy – NCYSA's "No Heading Policy" is the same as the policy which USSF has strongly recommended based on the USSF PDIs. It is the same policy that has been adopted by US Youth Soccer as well. The applicable policy is based on the age of the TEAM. The NCYSA No Heading Policy applies to all NCYSA sanctioned events which includes NCYSA sanctioned tournaments and NCYSA league play.
 - **11U and younger: NO HEADING ALLOWED**
 - **12U and 13U: HEADING ALLOWED IN MATCHES** (restricted in training)
- NCYSA Safety & First Aid – free classes offered to our member associations and their staff, coaches & volunteers; this includes AED training and hands-only CPR for coaches and administrators
- Weather Policy – Tornadoes, dangerous lightning, flooding, and other serious conditions are to be treated with great caution and good judgment. The decision to cancel a match lies with the referee and local association.
 - Weather safety guidelines, policies and recommendations on do's and don'ts including but not limited to: Heat & Humidity Guidelines, Cold-weather Guidelines, Sun Safety, Lightning & Severe Weather Guidelines can be found under [R2R Environmental Conditions](#).

- ****Lightning and thunder:** If you see lightning, clear the field. If you hear thunder, clear the field. Play will be halted for a minimum of 30 minutes. If no lightning is spotted during the 30 minutes and/or no thunder is heard during the 30 minutes, play will resume. If lightning is seen and/or thunder is heard during the 30-minute period, the clock starts over. No play will resume until a minimum of 30 minutes passes with no thunder and/or no lightning.
- **Field Safety** – before every training session or game, coaches should do the following:
 - Inspect for foreign objects
 - Check for potholes, hills, ruts
 - Make sure sprinkler heads are seated
 - Notify club officials or field owners of unsafe playing surfaces in writing
 - Do not allow players to play until playing surface is safe
- **Goal Safety** – Coaches should always ensure and enforce goal safety
 - Goals should always be anchored securely while on the field and while being stored off the field
 - Be sure goals are placed on a level playing surface before being anchored
 - NO players should ever move goals
 - Inspect goal posts for sharp edges and general integrity
 - Remove nets when goals are not in use
 - Do not allow anyone to hang from or play on the goalposts at any time
 - Instruct coaches, players, and parents of the potential dangers of portable goals
 - *Goals having a counter-balance mechanism:* NCYSA cautions all member clubs about the use of counter-balanced goals. We have been advised by our insurance carrier of concerns about their use without anchoring by additional means. We have also received reports indicating matters of concern. Please also be aware the referees may not find such goals to satisfy FIFA rules about goal safety.

NCYSA Administrative Resources Library

While we have tried to cover as much as we can within this handbook, all information included has come from another source. For further details or a more in-depth explanation of the information provided in this playbook, please visit the Resources section under the Member Services area of the NCYSA website.

Direct link for the NCYSA Member Services Resource section is [here](#).

Once on this page, on the right side of the screen, you will find direct access including but not limited to what is listed below:

- NCYSA Rules & NCYSA By-laws
- Policies
 - Tryouts/supplemental tryouts
 - removal of spectators
 - heading
 - severe weather
 - safe soccer
 - drones
 - participation policy on membership
- Manuals
 - Registration
 - Tournaments

- Classic
- Risk Management
- Challenge
- Discipline & Appeals
- Recreation
- Player and Team Forms
 - Registration procedures
 - Age charts
 - NCYSA waiver in English & Spanish
 - International Clearance (ITC) request
 - US Soccer Federation (USSF) First Registration
 - US Soccer Federation (USSF) Proof of Entry Prior to 10U
- Insurance Forms
 - Direct link to file a medical claim
 - Liability insurance request
 - Insurance coverage outlines
 - Field usage clarification
 - Certificate of liability request

NCYSA Annual Awards

Every year at the NCYSA Annual General Meeting (AGM), NCYSA honors award winners in various categories from the previous year. Nominations are typically due in November prior to the AGM. Requirements for nominations for each award will be available on our website & sent out to members.

Recreation specific awards include Recreation Association of the Year, Recreation Coach of the Year, TOPSoccer Coach of the Year and TOPSoccer Buddy of the Year.

PART II: SOCCER

NCYSA Recreation Programming

- ❖ Recreation Site Visits – an opportunity for NCYSA’s Technical Staff to visit with you and your association members in an informal setting; site visits give us a chance to observe and interact with your coaches, players and parents in their own environment (preferably during one of your regularly scheduled Recreation practices) so we get to know your association and its culture better; during site visits our technical staff is available and willing to meet with directors, answer questions and offer insight through encouraging self-reflection for all in attendance.
- ❖ Coach for Community– this FREE, interactive workshop is designed to assist coaches in learning how to create a positive, FUN environment for the players, by working with coaches and parents to enhance knowledge of player-focused activities, the importance of small-sided games, and the beauty soccer brings to the children that choose to play. NCYSA will work with you to design a Coach for Community to fit the unique needs of your association. NCYSA is now offering supplemental Coach for Community opportunities with the following focuses: Basic Soccer Skills, Game Day Management and Parent Engagement (Coach to Parent)

- ❖ Recreation Meetings – held either virtually or in-person; the frequency and topics of these informational sessions may vary from season to season or year to year based on need. Date/time/format and agenda will be emailed out to Recreation Directors (and other pertinent roles) with plenty of notice for all Rec meetings.
- ❖ National Youth Soccer Month - September is National Youth Soccer Month and dually supported by both US Youth Soccer (USYS) and NCYSA to celebrate and educate the public of the joys, rewards, and benefits of playing youth soccer. North Carolina Youth Soccer's goal is to celebrate Youth Soccer Month (YSM) by providing opportunities for our member associations to participate in specific YSM events at college games and participate in social media contests. If you are hosting a celebration in September or would be interested in collaborating on one, we would love to participate; please reach out.
- ❖ United Cup - a one-day 4v4 festival style event co-hosted between NCYSA and your association in which we focus on connecting communities through soccer to create a positive environment in which children are free to be creative, build relationships and have fun playing this beautiful game! At NCYSA, we value the integrity, respect, and commitment of every player who steps on the field and your United Cup event will showcase just that with no scores and no crowned champions; just fun, success, and swag for everyone.
- ❖ Recreation Director Mentorship Program- Coming in the Spring of 2025, NCYSA will provide opportunities for Recreation Directors to participate in a one-on-one mentorship program aimed to provide the director will knowledge and resources to lead a successful recreation program. If you are interested in learning more about this program, please reach out to Jamie McLeod (jamie@ncsoccer.org)

Recreation Program Components

North Carolina Youth Soccer Association (NCYSA) values the uniqueness that makes up each of our associations. Each Recreation program has the liberty to set up their Recreation season in a way that best serves their members. Below are several suggested ways for setting up one's Recreation season that could be beneficial to both new and existing programs.

Forming Teams

- Recreation programs are not to hold tryouts of any kind for Recreation players.
- Lottery- Number the players and split them up based on a sequence
- Parent's request a coach
- Coaches meet to split players evenly based on familiarity
- Place all players in an age group in a pool- No teams
- If numbers allow- have boys and girls teams (no co-ed)

Scheduling Games (6-8 games recommended per season)

- Place players in an age group pool and split up teams on the weekend based on attendance- Teams change every weekend
- Have each team in an age group play all other teams in an age group once and then circle back if less teams than games- Round Robin

- Reach out to surrounding clubs to schedule games if in close-proximity & parents agree

Conducting Training

- Pool- Train players in an age group, rotating players between coaches
 - Have a large “pool” of players with smaller “pools” within it.
 - Try to keep pools to 15 players or less
- Allow Coaches and parents to choose what day of the week works best for them and have those players and coaches train on those nights
- Allow parents to choose between a training only option and a training/game option
- Traditional training- Each team trains at a designated time with their designated coach

Inter-Club Play

If your association desires to play recreation teams from other NCYSA member associations, you may contact NCYSA for further assistance in coordinating such events.

For an alphabetical list of NCYSA Recreation Member Associations or to find a list of associations within a certain mile radius from your association, please [click here](#).

TOPSoccer

TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers and certified through US Youth Soccer (USYS). The program is designed to bring the opportunity of learning and playing soccer to any player who has a mental or physical disability. Our goal is to enable the thousands of young athletes with disabilities to become valued and successful members of the NCYSA family.

TOPSoccer is designed to reach and meet the needs of players of any age with physical, mental and/or emotional disabilities. The program caters to player development rather than competition. TOPSoccer takes these children off the sidelines and allows them to participate.

TOPSoccer was formed to perpetuate the US Youth Soccer mission statement which is, in part, “to foster the physical, mental and emotional growth and development of America’s youth through the sport of soccer at levels of age and competition.” There are thousands of children with disabilities who need and can be provided with the opportunity to play soccer through the TOPSoccer program. TOPSoccer athletes will develop a sense of belonging and will learn the value of being part of a team; improve their self-esteem, fitness, and social skills; and most importantly, have FUN!

NCYSA’s Technical Staff is equipped to help our local associations begin and successfully run a USYS-affiliated TOPSoccer program. Our staff can offer support in various forms including a framework for how to get your program started, tips and tricks to keep your program running, certifications for your coaches and buddies as well as player activities and training programs.

If you are interested in starting a TOPSoccer program please fill out the following form: [TOPSoccer Intent to Participate](#)

Additional resources:

[USYS TOPSoccer Website](#)
[USYS TOPSoccer Parent Guide](#)

REFEREES AND REFEREE ASSIGNOR

Associations are obligated to work with their certified assignors to provide their own certified referee pool. It is the responsibility of the association to secure a certified assignor and make sure they are certified yearly. This person must be listed on the Association Renewal form. The North Carolina Soccer Referee Association (NCSRA) offers the assignor course fully online. For more information, please contact NCSRA Administrator Erick Varone at michaelsofficial14@gmail.com.

Temporary emergency assignor certification can be arranged through the State Assignments Coordinator (SAC) as needed by contacting the NCSRA Office. Referee Assignor Certification is good for one year, and needs to be renewed on an annual basis.

If your association has no referee program, then you are required to find a Certified Referee Assignor from another area that will assign your home matches. A list of Certified Referee Assignors by area # can be [found here](#). Please note that one does not have to be a referee to be a Certified Referee Assignor; if there is someone within your association willing to take this role, they can take the Referee Assignor Certification course.

**Direct link to the assignor list

<https://docs.google.com/spreadsheets/d/1JFIk6bWo8W0aG7X7mSmu9523tJDUyLAd/edit?usp=sharing&oid=108904937659263727882&rtpof=true&sd=true>

Referee Fees

No league or playing association may pay referee fees higher than the rates established by the North Carolina Youth Soccer Board of Directors. Associations may set referee fees lower than these fees listed but may not pay more. Referee Fees can be [found here](#).

**Direct Link to the full referee fees

<https://ussfnc.arbitersports.com/Groups/102762/Library/files/2022%20Proposed%20Referee%20Fee%20Increase%20One%20Page%20Summary%203-10-2022.pdf>

It is recommended that each association have a contract with their Certified Referee Assignor that is negotiated by both parties to include (but not limited to) the following:

1. Rate for scheduling games
2. Rate for rescheduling games
3. Deadline to cancel a match without having to still pay the referee fees
4. Mentoring opportunities

2025 NCSRA Outreach Program

This program is part of NCSRA's recruitment effort to create new referees. It has been created to

identify financially challenged individuals, ages 14 and older, who, but for a lack of financial resources, would like to and would be willing to become a soccer referee. We are aiming to combat a statewide shortage of grassroots referees and to continue to facilitate the growth of the Beautiful Game. We ask that you discreetly determine whether any recommended candidate may be financially challenged but otherwise ready to become a referee and for those individuals please use the link provided to make a nomination of those individuals for consideration by the program. If accepted, any nominated candidate's referee registration charge of \$140 will be covered by NCSRA and upon successful completion and certification as a referee they will be provided a free new referee starter kit uniform from NCSRA.

If you have any questions about this program, please contact your Area Referee Administrator or NCSRA Administrator Marianne MacDonald at marianne@ncsoccer.org.

The link below will allow you to submit the information for any candidate to be considered and that application will be transmitted to your Area Referee Administrator for final determination. Successful applicants will receive a direct link from NCSRA to complete the outreach registration process and the required coursework and tests.

[Outreach Program Candidate Recommendation Application](#)

Referee On-Field Training Sessions

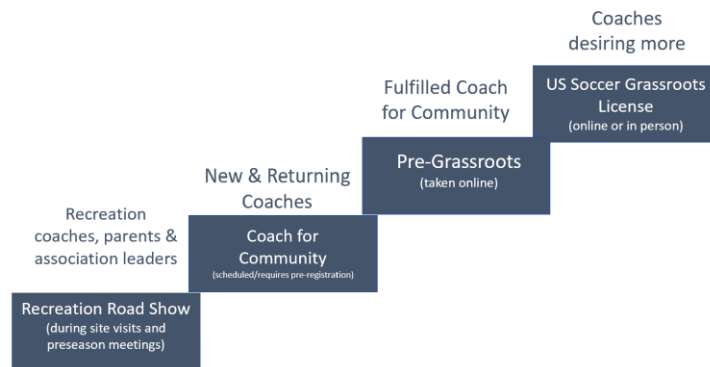
NCSRA offers on-field referee training sessions across the state. This is a great way to get a certified instructor to come out and run a training session with your group of referees. If you would like to schedule a training session for your referees, please contact NCSRA Administrator Erick Varone and provide the name of your local assignor. Erick will work with that assignor to get a session scheduled in your area at no cost to your club, as NCSRA will cover the cost of this session. You will just need to provide the field space for this session, which generally runs for approx 2 hours.

COACHING EDUCATION

NCYSA believes that continuing coaching education is a key component of a successful coach. Keeping current with the best practices in soccer coaching methods is an important element to enhance the players' training and game experiences. North Carolina Youth Soccer Coaching Education Program's responsibility is to deliver the coaching curriculum of US Soccer within NCYSA's framework to anyone wishing to learn more about coaching soccer.

A goal of the North Carolina Youth Soccer Coaching Education Program is to prepare our coaches who wish to pursue advanced national licenses with the knowledge and skills necessary to be successful. Our focus is to ensure that those that wish to move up the coaching education ladder will have the tools to meet that goal. While NCYSA offers USSF Coaching Licenses of various levels (through the USSF C license), the section below specifically focuses on the NCYSA Coaching Education Pathway for the Recreation Coach.

NCYSA Coaching Education Pathway



Recreation Road Show (*two options available; requires pre-registration):

- Player Clinics
 1. NCYSA will come in and work directly with your players (age-group pre-determined)
 2. Will utilize an age & game model-appropriate Play-Practice-Play training session
 3. Coaches are welcome to attend and participate in a gallery style format
 4. NCYSA will discuss with parents how to be a positive member of the team to create the best environment for their child and all team members as well as review with parents what players learned that day and the method used for teaching
- Mini Coaches Clinic (hosted at pre-season meeting or in conjunction with player clinic):
 1. Role of the Coach
 - So now I am a Volunteer Coach
 - Best Practices of a Recreation Coach
 - Different strategies to involve your members within the team
 - How to create connections with all members of your team
 2. Introduction to Play-Practice-Play framework
 - NCYSA will give a brief overview of Play-Practice-Play
 3. A more in-depth look at Play-Practice-Play
 - NCYSA will provide an in-depth look to variations of the 1st Play Phase
 - Will focus on age-appropriate game model
 4. Parent Engagement
 - NCYSA will discuss with coaches (& parents in attendance) how to encourage parents to be a positive member of the team to create the best environment for their child and all team members
- Association Expectations
 - Association communicates the importance of coach's/parent's attendance
 - Players and/or coaches must register through NCYSA
 - Associations provides field, players and classroom as needed

- General Information
 - NCYSA sets up registration
 - Roadshow is 1 hour
 - The option to run two roadshows in a day (if numbers dictate) to provide a positive learning environment for all attending
 - NCYSA teaches Play Practice Play; the recommended teaching methodology for all recreations in North Carolina by NCYSA and USYS
 - NCYSA provides an instructor
 - NCYSA provides soccer balls, cones, pinnies, and mini goals
 - Will provide “swag bag” for all coaches who participate
 - Parents are welcome to attend Roadshow
 - **Free** MOJO subscription
 - Certificate of Completion

Coach for Community (for new & returning coaches/scheduled; requires pre-registration):

The US Soccer Federation has partnered with North Carolina Youth Soccer Association to launch the **FREE** U.S. Soccer Coach for Community. This program is focused on providing coaching education resources with the goal of helping local soccer leaders create better playing environments, increase participation and retain players and coaches.

The Coach for Community event consist of:

- The event is a 1-2 hour field session, which will provide practical application of age-specific activities for coaches. It also covers different ways to manage the environment, positively communicate with children and address any questions or concerns coaches may have.
- NCYSA now offers various topics for the Coach for Community (in addition to the option listed above):
 - **Basic Soccer Skills-** Teach your coaches the basic skills needed so they can pass that information on to the players
 - **Game Day Management-** How to organize Game Day from the pre-game conversation to the post-game wrap-up
 - **Parent Engagement-** Communication between the Coach and Parent is such an important aspect to providing a positive environment for the children. Learn different ways for coaches to communicate with the parents.

We would like to invite all local organization leaders, coaches, teachers, parents, and anyone else that is responsible for creating youth soccer experiences in your area. All participants that attend the session will receive a free online Grassroots Course in the game model of their choosing.

Please email Assistant Technical Director, [Jamie McLeod](#) for more details on Coach for Community.

Pre-Grassroots (for coaches who completed Coach for Community; completed online):

Start your coaching journey with the free Introduction to Grassroots Coaching online course. It is the gateway to the Grassroots Pathway and lays the foundation for your success. Intro in hand, you are then free to choose any of the online game model grassroots courses that meet your needs.

US Soccer Grassroots License (for coaches seeking further education; online or in person):

The Grassroots License courses are the first step in the process of obtaining coaching education. The philosophy of the courses is the player-centered approach of Play-Practice-Play, with the instructors taking the holistic approach of coaching education. The Grassroots Course is offered with two different options:

Option 1 consists of three parts:

- One-hour classroom: content geared towards the coaches participating in the course with the methodology within the course title – meaning 4v4, 7v7, 9v9 or 11v11; an introduction to the Play-Practice- Play model
- Two-hour field session: content geared towards the player-centered Play- Practice-Play model: where you the candidate will work with age-appropriate players and receive feedback/reflection
- One-hour classroom: content geared towards the review/reflection on the field session and overall conclusion of the course

Option 2 consist of two parts:

- Two- hour virtual classroom: content geared towards the coaches participating in the course with the methodology within the course title – meaning 4v4, 7v7, 9v9 or 11v11; an introduction to the Play-Practice- Play model
- Two- hour field session: content geared towards the player-centered Play- Practice-Play model: where you the candidate will work with age-appropriate players and receive feedback/reflection

For more Coaching Education information and how NCYSA can help, please visit the Coaching Education section of our website [here](#) or email NCYSA Technical Director, [Bill Furjanic](#).

PART III: EDUCATIONAL MATERIALS

North Carolina Youth Soccer Association (NCYSA) has compiled educational tools all in one place for Recreation program administrators & coaches to access at their disposal. These educational materials cover the laws, rules, and guidelines of the game of soccer and provide resources to help each association implement and carry out a successful program for its members both on & off the field.

FIFA Laws of the Game: a resource put out by FIFA, the international governing body for soccer, that describes the laws of the game of soccer for all levels (links can be found [here](#)).

US Soccer Federation's Player Development Initiatives (PDIs): a resource for parents, coaches, and referees supporting the growth and improvement of grassroots soccer to improve the soccer landscape for youth players. You can find a copy of USSF's PDIs [here](#).

Small-Sides Games: a major part of US Soccer's PDIs that shifts the emphasis from winning to long-term player development. The priority should be to develop our youth's skills and abilities.

Every effort should be made by associations to adhere to the Small-Sided Guidelines and USSF's PDIs.

For an in-house program (local Rec league), some latitude is acceptable in the number of players on the field due to local registration numbers. If numbers must adjust, NCYSA

suggests scaling down by one number to be most acceptable (example: instead of 7v7, available player pool determines you play 6v6).

It is recommended that all players receive at least 50% playing time in all games.

Small-Sided Games Objectives

- Develop improved skills with the ball to improve confidence and comfort
- Develop intelligence with and without the ball to promote faster decisions and better awareness
- Develop partnerships within the team
- Provide an age-appropriate environment
- Uniformity across North Carolina and NCYSA members
 - Having consistent standards allows NCYSA to provide more meaningful programs and education for parents, players, coaches, and referees
 - Geographic location should not dictate what level of soccer experience a child receives

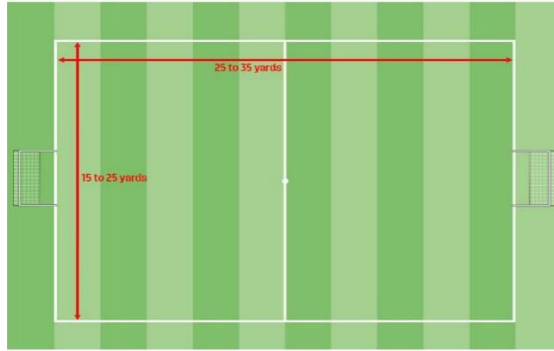
Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

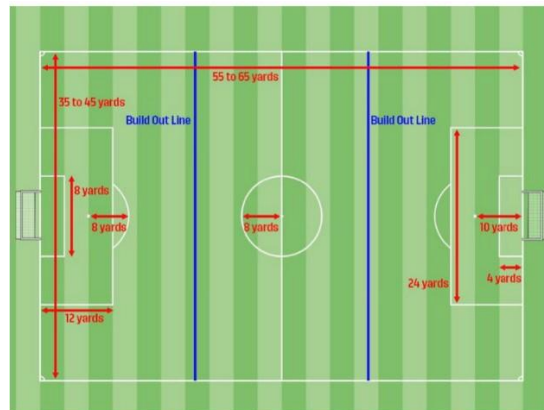
4v4

- U6, U8 age groups
- Formal rosters and teams are not needed so having a flexible and fluid approach to training and playing is recommended- Register players in pools
- With 4 players on the field, having 6 players on each “team” when the “game” is played helps maximize participation and engagement
- Kick-offs, Kick-in/Dribble-in, goal kicks and corner kicks
- No penalty kicks, No offside, No heading
- No Referees- Coaches manage the games
- Coaches and parents are expected to create and promote fun and safe environment for players



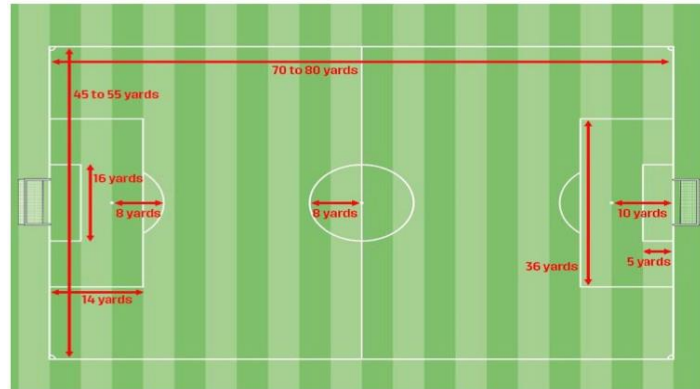
7v7

- U9, U10 age groups
- Rosters of no more than 12 players
- No results or standings
- Events should provide a pre-determined number of games with no advancement, placement games or champions
- Build-out line promotes playing out of the back and introduces offsides
- No Punting or Drop-kicks
- No Heading
- Referee to manage game environment



9v9

- U11, U12+ age groups
- No more than 16 players on a roster
- No results or standings
- Events should provide a pre-determined number of games with no advancement, placement games or champions
- For safety reasons with having mixed age groups at the 9v9 recreation level, NCYSA recommends no Heading, no punting, and no drop kicks



So, Now You're a Volunteer Coach

This is a visual tool created to show new or potentially new volunteer recreation coaches what some of their responsibilities are as a new coach as they prepare to kick off their season, how they can prepare ahead of time and who is available to help them through their season. This can be used as a one- or two-page document. The second page can be customized to each member association's needs.

Best Practices of a Coach

This is a brief breakdown of how to create a fun, positive learning environment with the goal of long-term growth for your players on and off the field. You can access NCYSA's Best Practices of a Recreation Coach in its entirety [here](#).

Volunteer Coaches Resources

Without volunteers, our associations would not function, and our children would not be able to enjoy the beautiful game of soccer. NCYSA's Recreation Technical staff has developed a page dedicated to [Volunteer Coaches](#) filled with resources we hope will assist the leadership of our member associations, and volunteer coaches themselves, learn and develop while making the coaching experience more fun and less stressful for all.

Activites/Curriculum

NCYSA has partnered with MOJO! MOJO is a fantastic tool designed to help recreational soccer programs and their coaches. The MOJO mobile app sets coaches up for success by providing hundreds of activities designed by top youth soccer coaches and child development experts, with videos produced by Emmy Award-winning teams, all for FREE! The MOJO app automatically builds each team's practice at the tap of a screen – customized to age, skill level and more. For more information or to download the MOJO app, please click [here](#).

"From the Desk of" (FTD) Newsletter

This is the monthly newsletter from the NCYSA Coaching Education & Player Development Department highlighting happenings and event around NCYSA programs, amongst NCYSA member associations, throughout North Carolina and beyond.

Parent Resources

NCYSA offers fun, safe, and healthy opportunities for all children; we have created a dedicated page that will help associations deliver tools, resources, tips, and advice to the parents of their players to help foster the best experience for each child that youth soccer has to offer. Please visit our [Recreation Parent Resources](#) page and feel free to share what you find with the parents of your Recreation players.