



Yarmouth-Dennis Soccer Club, Inc.

Recreational Soccer Handbook

For Coaches, Families, Volunteers and Players

Spring 2023 Season

This handbook is for players, families, volunteers, and coaches in the Yarmouth-Dennis Soccer Club's Recreational Soccer Program. We believe it is very important for each participant to be fully informed about our club's policies, procedures, and goals. Each player, family, volunteer and coach has a role in making this program a success. Please email our Recreation Director at rec.director@ydsoccer.org if you have further questions about the program.

Any issue beyond the scope of the this handbook will be resolved by and at the discretion of the YDSC Board of Directors in accordance with the YDSC Constitution and By-Laws. YDSC reserves the right to amend the contents of this handbook at any time.

NOTE: Due to COVID-19, changes may be required during the soccer season to comply with local, State and Federal guidance and regulations. This includes, but is not limited to the number of practices and games a team will have. YDSC is committed to creating a safe environment for everyone involved. As always, you can find YDSC's COVID-19 Information on our website (www.ydsoccer.org).

Failure to adhere to our COVID policies and rules after a single warning will result in the immediate removal of the spectator/parent with their player.

Please help us by following all of our COVID policies so we can focus on providing the best soccer experience for your player.

DISCLAIMER: Participants, parents, family and spectators taking part in soccer and soccer-related activities do so with the full knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

Table of Contents

Overview of the Club.....	Page 5
Purpose	
2022-2023 Contacts	
Overview of the Recreational Soccer Program.....	Page 5
Eligibility	
Registration	
Financial Aid	
Coaches and Teams	
Practice Schedules	
Game Day Information	
Inclement Weather	
Rules of Play.....	Page 9
Law 1: The Field of Play	
Law 2: The Ball	
Law 3: The Players	
Law 4: The Player's Equipment	
Law 5: The Referee	
Law 6: The Other Match Officials	
Law 7: Duration of the Game	
Law 8: Start and Restart of Play	
Law 9: Ball In and Out of Play	
Law 10: Determining the Outcome of a Game	
Law 11: Offsides	

Table of Contents (Continued)

Law 12: Fouls and Misconduct

Law 13: Free Kicks

Law 14: Penalty Kick

Law 15: The Throw-In

Law 16: The Goal-Kick

Law 17: The Corner Kick

Policies..... Page 16

Code of Conduct

Zero Tolerance Policy

24-Hour Rule

Disciplinary Actions

Animals/Pets

Smoking/Vaping

Rec Refund Policy

Appendix A: Rec Soccer Quick Reference Guide

Appendix B: Emergency Action Plan

Overview of the Club

Yarmouth-Dennis Soccer Club, Inc. is a non-profit, US Soccer-sanctioned, youth soccer organization based in the Towns of Dennis and Yarmouth. Each year, we provide over 700 students per year between the ages of 3 ½ - 18 a safe place to be physically active, make connections with their peers and develop personally to reach their fullest athletic potential. We encourage team-building while simultaneously fostering individual growth and improvement.

Purpose

The purpose of YDSC is to teach the ideals of good sportsmanship, honesty, loyalty and teamwork through programs of organized, competitive soccer play and programs designed to educate and develop players, coaches and referees.

2022-2023 Contacts:

Position	Contact	Email
President	Peter Kudarauskas	president@ydsoccer.org
Recreation Director	Allyson Blinn-Conti	rec.director@ydsoccer.org
Assistant Recreation Director	Karen Chimwaza	asst.rec.director@ydsoccer.org
Registrar	Deanna Desroches	registrar@ydsoccer.org
Treasurer	Gabe Belino	treasurer@ydsoccer.org

Overview of the Recreational Soccer Program

Currently, YDSC offers recreational soccer programs for players who are 3-½ through Grade 5.

YDSC offers competitive travel soccer for players from Grade 4 through High School. Our travel program provides the opportunity for players to play at a competitive level against teams from other towns within the South Coast Soccer League (Southeast MA, Cape Cod and the Islands).

Age Groupings

All recreational soccer teams are co-ed.

- Pee-Wee : Age 3 ½ & Pre-K
Fall: 3 ½ minimum age as of September 1st
Spring: 3 ½ minimum age as of April 1st
- Kindergarten
- Grade 1/2
- Grade 3/4/5

Eligibility

In order for a player to be eligible to participate in YDSC, that person must be a resident of the Towns of Yarmouth or Dennis, either as a full-time or part-time resident. Any request for a waiver of this rule must be made in writing and approved by the YDSC Board of Directors.

Registration

To join YDSC, you must register online through our website (www.ydsoccer.org). Complete information about registration, costs, schedules, etc., is available on the website. Registration begins in August/September for the Fall Season and March/April for Spring Season. While every effort is made to place players on teams, players who register after the posted deadline may be placed on a waiting list until space becomes available.

Because we are a 100% volunteer organization, the number of available coaches and teams can vary from season to season. There is no guarantee that a player will be placed on a team even if they were registered on-time.

It is the responsibility of the parent/guardian to fill out their player registration form completely and correctly, including age and grade. ***YDSC is not responsible for incorrect player registration information.***

Once the recreational soccer team assignment email has been sent, it is the responsibility of the parent/guardian to ensure that their player's grade/team assignment is correct. If the grade/team assignment is incorrect, the parent/guardian has seventy-two (72) hours to contact the Registrar via email (registrar@ydsoccer.org) about the grade error. If the Registrar is not contacted within this period, there is no guarantee that the player can be switched to a different age group. It is also subject to the Recreational Soccer Refund Policy.

Please email registrar@ydsoccer.org if you have further questions about the registration process.

Financial Aid

Financial aid is available from YDSC. To be eligible for financial assistance, parents/guardians must submit an online application. Please email treasurer@ydsoccer.org if you need additional information about our financial aid program.

Coaches and Teams

YDSC does not form recreational soccer teams based on player ranking or requests. This means that you cannot pick your coach, players or team to be on. It also applies to coaches requesting players. Siblings will be the ONLY exception (if in the same playing age group).

The Registrar and Rec Director form all recreational soccer teams. Team placements will be finalized and released approximately 1 week before the start of the season. If you have not heard received your team assignment 1 week prior to the start of the season, please feel free to contact the Recreation Director at rec.director@ydsoccer.org for more information.

All coaches and volunteers (ages 18+) must complete the Massachusetts Youth Soccer Association's Adult Credential Program prior to engaging in any YDSC soccer activity. Credentials must be worn and visible during all recreational soccer events. Please email registrar@ydsoccer.org for more information about the adult credentialing process.

YDSC is 100% volunteer-coached. We strongly encourage parents to consider volunteering to coach. We realize that coaching can seem like an overwhelming task, especially if you've never done it before. The club will provide you with training and cover all licensing costs. We want you to succeed as a coach and are here to help you through the process. If you cannot coach, please consider becoming a parent volunteer to help out on game days. Please contact the Recreation Director at rec.director@ydsoccer.org for more information on coaching and volunteering.

Practice Schedules

Pee-Wee (3½ & Pre-K) and Kindergarten teams will have 30 minutes of practice/skills development prior to their 30 minute game.

Each team (Grades 1 through 5) practices 1-2 times per a week at a local field in Dennis or Yarmouth. Teams will be assigned a practice slot by the Recreation Director based upon your coach's practice request and field availability.

It is the responsibility of the coach to make sure all families are aware of practice days, times and locations. All practices must be pre-scheduled and approved by the Recreation Director. No pick-up type play is allowed.

Game Day Information

All games are played on Saturdays. Game start times will vary each season based upon the number and age group of players signed up.

The fall recreational season is 8 weeks long and starts in early September and ends mid-November. There are no games on Columbus Day weekend.

The spring season is 8 weeks long and begins in early April and ends in early June. There are no games Memorial Day weekend. However, there are games scheduled for both weekends of April Vacation.

Recreational game schedules are typically posted on our website 1 to 2 weeks prior to the start of the season.

Inclement Weather

In case of inclement weather, practices and games may be canceled, rescheduled or delayed. We recommend that families check the status of their game prior to heading out to the fields. Field status can be found on the YDSC website in the field status section.

Coaches will notify their teams in case practice is cancelled.

An email notification will be sent of any large field closures or game cancellations due to weather. Please make sure you keep your cell phone and email address current in your YDSC online profile.

Recreational Soccer Rules of Play

This document is intended only to be a brief summary. For the complete rules of the game, please visit:

www.usyouthsoccer.org/referees/rules-of-the-game/

Law 1 : The Field of Play

Field of Play is the surface where the soccer game is played. The field must be rectangular and have clearly marked boundary lines. As the player gets older, the field of play gets larger. A field map can be found on our website.

	Pee-Wee	Kindergarten	Grade 1/2	Grade 3/4/5
Length x Width	90' x 40' (Yellow Markers)	Max Size: 135' x 76.5' (Half of 7v7 Field)	Max Size: 153' x 135' (7v7 Field)	Max Size: 153' x 135' (7v7 Field)
Goal Size	6 Foot Pugg	4 x 8'	6.5 x 12'	6.5 x 12'

Goals

All goals must be firmly secured to the ground for all practices and games. NO EXCEPTIONS.

Pugg nets must be secured using the attached three pegs (one at each corner and one in the back).

All other goal frames must be firmly secured to the ground using AT LEAST two green sandbags. When placing the sandbags, remember additional weight is better than not enough. Sandbags should be placed evenly across the goal ground bar of the goal. When not in use, all sandbags must be taken off the field and placed in the storage trailer. They should not be left on the field. There is a field cart in the trailer to assist with moving the sandbags.

Do not allow anyone to climb or hang on the goals or nets.

Law 2 : The Ball

This law is pretty easy. The ball must be spherical. The ball size gets larger as the player gets older.

	Pee-Wee	Kindergarten	Grade 1/2	Grade 3/4/5
Ball Size	3	3	3	4

Law 3 : The Players

The maximum number of players on the field varies with the player's age. A game may not start or continue if either team has fewer than the minimum number of players.

	Pee-Wee	Kindergarten	Grade 1/2	Grade 3/4/5
Max on Field	5	5	7	7
Min to Play	4	4	5	5
Playing Time	Expected that all players have equal playing time			

Substitutions

- A substitution can only be made during a stoppage in play and the referee will wave on substitutions. All substitutions are made at midfield.
- There are unlimited substitutions at all grade levels. **It is expected that all players have equal playing time.**
- When can you make a substitution? In Pre-K and Kindergarten, you can substitute anytime. However for other age groups you can only substitute:
 - Both teams prior to a throw-in if the offense substitutes
 - After any goal
 - Prior to a goal kick by either team
 - At halftime
 - Because of injury
- Substitution is not allowed on free kicks or corner kicks.
- There are no time outs.

Law 4 : The Player's Equipment

- **The player's equipment rules apply to both practices and games. If it is not allowed during games, it is not allowed at practices.**
- The required equipment for every player is a jersey, shorts, socks, shinguards and footwear.
 - Pee-Wee players will be issued a jersey, socks and a soccer ball.
 - Players in Kindergarten - Grade 5 will be issued a jersey and socks.
 - **All players must purchase their own shin guards, shorts, and appropriate footwear.**
- A player's sock must cover the entire shinguard at all times
- Soccer cleats are recommended. However, players can wear sneakers. Baseball, football and metal cleats are not allowed.
- If a player chooses to wear a face mask, only masks with loops over the ears are allowed.
- Players must bring water to each practice and game.
- Each goalkeeper must wear colors that are distinguishable from the other players.

- All items of jewelry (earrings, necklaces, wristbands, watches, etc.) are forbidden and must be removed. They cannot be covered up with tape or bandages.
- “Medical Alert” jewelry is allowed provided it is properly taped down and does not pose any danger to the wearer or other players.
- Players cannot participate in practice or games while wearing a cast or splint.
- A player must not use equipment or wear anything that is dangerous.
- **The referee makes the final determination of what player equipment is safe or unsafe.**

Law 5 : The Referee

- Each game is controlled by a referee who has full authority to enforce the Laws of the Game.
- **The decisions of the referee are final and must be respected.**
- **At no time should a coach, player or family member question or argue with the referee.**

Law 6 : The Other Match Officials

Sorry we don't have video replay! So please respect the decisions of the referee.

Law 7 : Duration of the Game

The length of the soccer game will vary depending on the age of the player. As the player gets older, games get longer.

	Pee-Wee	Kindergarten	Grade 1/2	Grade 3/4/5
Half Duration	No Halves 30 min total	10 min	25 min	30 min
Half Time	None	5 min	5 min	5 min

Law 8 : Start and Restart of Play

- A coin toss before the game determines which team will take the kick-off at the beginning of the game.
- A kick-off from the center of the soccer field starts both halves of a game and restarts play after a goal is scored.
- For the second half, the teams change sides and attack the opposite goals.
- At kick-off all players, except the player taking the kick-off, must be in their own half off the field of play.

Law 9 : Ball In and Out of Play

The ball is out of play when the entire ball crosses either the goal line or the touch line. It is also out of play if the referee stops play for any reason. If, for any reason, the ball

hits the frame of the goal or a corner flag and remains within the goal and touch lines, it is still in play.

Unsure if the ball is in or out? Just keep playing until you hear the whistle!

Law 10 : Determining the Outcome of a Game

A goal is scored when the entire ball has crossed the goal line within the frame of the goal.

Law 11 : Offsides

- There is no offsides in Pee-Wee and Kindergarten.
- A player is in an offside position if:
 - any part of the hand, body or feet is in the opponent's half (excluding the halfway line).
 - and any part of the head, body or feet is nearer to the opponent's goal line than both the ball and the second to last opponent.
- A player is penalized for being offside when, and if, they become actively involved in the play.
- A player cannot be penalized for being offside if they received the ball directly from a throw-in, corner kick or goal kick.

What the heck does this all mean? This rule can be confusing! A picture can be worth a thousand words, so check out this quick video on YouTube: www.tinyurl.com/2rpwckyy



Law 12 : Fouls and Misconduct

- A foul is any action that is considered to gain an unfair advantage. This includes the use of hands or any action considered dangerous play.
- These fouls are penalized by the referee by awarding a free-kick to the team on the receiving end of the foul.
- If the foul is serious enough, the player can be shown a yellow card, indicating they have been cautioned. If a player is shown a 2nd yellow card, they will be shown a red card.
- Being shown a red card means the player must leave the field of play immediately and can no longer play in the game. In Recreational Soccer, a red-carded player can remain in the team area. The removed player can be substituted for at the next normal substitution opportunity.
- **Heading the ball is not permissible in any practice or game in any age group. If a player deliberately heads or attempts to head the ball during a game, an indirect free kick is awarded to the opposing team.**
- Slide tackling is prohibited. If a player slide tackles, a direct free kick is awarded to the opposing team.

Law 13 : Free Kicks

There are two types of free kicks in soccer:

- A **direct kick** can be shot directly into the opponent's goal without touching another player. Usually results from a contact foul or a handball.
- An **indirect kick** is a free-kick where the player taking the kick cannot score directly from the kick. The ball must touch another player before a goal can be scored. Usually results from non contact fouls such as offsides or dangerous play.
- How can you tell the difference? Easy! Just watch the hand signal from the referee:



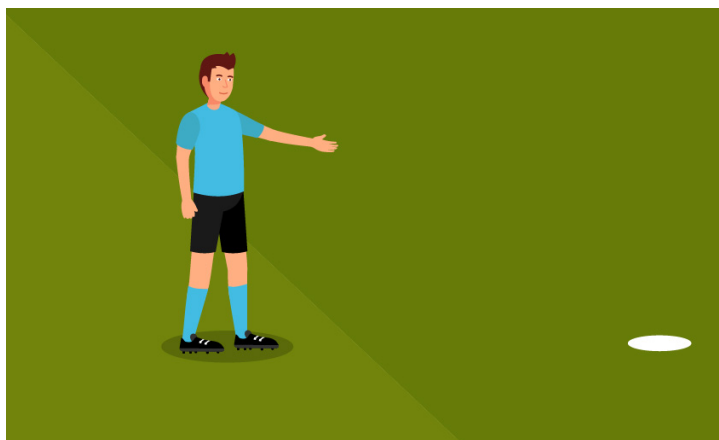
Direct Free-Kick



Indirect Free-Kick

Law 14 : Penalty Kick

- A penalty kick is awarded if a player commits a direct free kick offense inside their penalty area.
- A goal may be scored directly from a penalty kick.
- The defending goalie must remain on the goal line until the ball has been kicked.
- Players other than the goalie and the kicker must stay outside of the penalty area. They may enter the box immediately after the shot is taken.

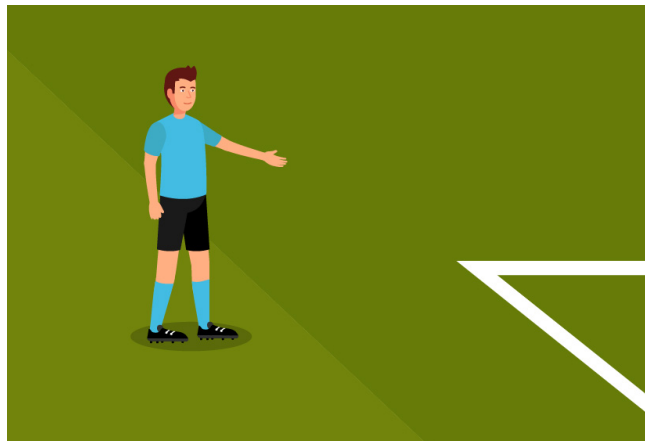


Law 15 : The Throw-In

- When the ball leaves the field from the touch line, it is a throw-in. The referee signals who's throw-in it is by pointing their arm to the direction that team is attacking.
- There are no offsides on throw-ins, and you can't score directly from a throw in.
- For proper throw-ins:
 1. Use Two Hands
 2. The ball must go behind your head (no side throws)
 3. Both feet must remain on the ground, and on or behind the touchline

Law 16: The Goal-Kick

- A goal-kick is awarded when the attacking team plays the ball out of bounds over the defensive team's goal line.
- After the ball is out of play, a defender or goalkeeper may place the ball anywhere within goalie box and kick the ball back into play.
- The kicker cannot touch the ball again before it has touched another player.
- A goal-kick is not required to leave the penalty area before a teammate touches the ball, meaning once the player touches the ball for the kick, it is immediately considered in play.
- Opponents must remain outside the penalty area when a goal-kick takes place. The player does not have to wait for opponents to leave the penalty area before playing the ball.



YDSC Rule - Breakout Line: Kindergarten, Grades 1/2 and Grades 3/4/5

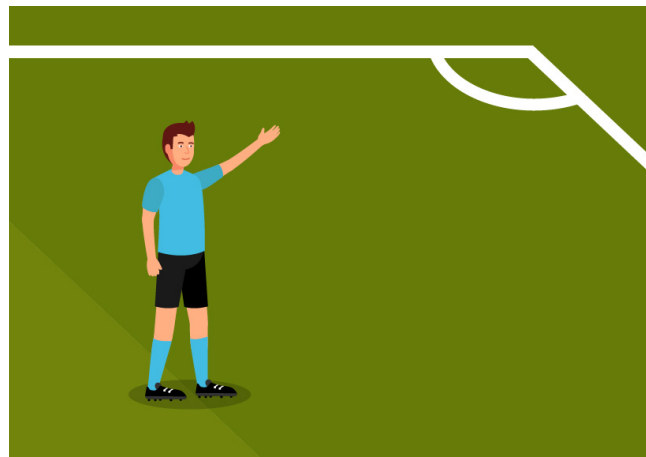
When taking a goal kick, the defending team must be behind the breakout line as follows:

1. Midfield is the breakout line - regardless of field size.
2. Once ball is played, opposing players can attack.
3. This rule only applies to goal kicks (not punts, throws or play out by the keeper).

4. Team possessing the ball (attempting goal kick) DOES NOT have to wait for the defending team to retreat to midfield or for the referee's whistle to play the ball.

Law 17 : Corner Kick

- A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over their goal line.
- The ball is placed within the corner area arc and is kicked back into play by the offensive team.
- Players can score directly off a corner kick.
- There is no offside in a corner kick.



Policies

Code of Conduct

All players; coaches; parents/guardians/spectators; volunteers; and, soccer officials must follow the Massachusetts Youth Soccer Codes of Conduct at all times. Violations of the Codes of Conduct will be subject to disciplinary action.

Zero Tolerance Policy

The decisions of the referee are final and must be respected. At no time should a coach, player or parent/guardian/spectator question or argue with a soccer official.

In an effort to decrease the abuse of Soccer Officials (i.e., Referee, Assistant Referee, etc.), a zero tolerance policy has been adopted. Abusive and obscene language, violent play or conduct, fighting, and other negative or derogatory behavior (such as sarcasm or taunting) directed to or about Officials or otherwise deemed detrimental to the match will not be tolerated. Violations of the Zero Tolerance Policy will be subject to disciplinary action.

The Massachusetts Youth Soccer Codes of Conduct and the Zero Tolerance Policy may be found at:

www.mayouthsoccer.org/codes-of-conduct

or



24-Hour Rule

Parents/guardians/spectators, players and coaches are encouraged to wait twenty-four (24) hours after a game or practice to address a concern or a decision. This will allow for cooler heads to prevail and promotes a more productive dialog.

Disciplinary Actions

Any player, coach, referee, board member or spectator can be disciplined for unbecoming behavior or otherwise acting in a manner detrimental to the interests of YDSC. This includes, but not limited to: fighting, intimidation, bullying, disrespecting authority, and use of foul language.

Upon receipt of a written complaint, a hearing will be scheduled involving the complaining party and the person(s) involved in the unbecoming behavior. The YDSC Board of Directors shall determine the disciplinary action to be taken.

The disciplinary action that can be taken include but are not limited to:

- Written warning
- One week suspension from games or practice
- Multiple week suspension from games or practice
- Removal from team for balance of season
- Permanent removal from the club

In the case of suspension or removal, the individual will not be refunded any incurred registration or uniform costs. Please refer to YDSC's By-Laws for more information.

Animals/Pets

Pets are not allowed on the fields at any time. Service animals are welcome.

Smoking/Vaping

Smoking and vaping is not allowed on the fields or parking lots at any time.

Recreational Soccer Refund Policy

All requests for refunds must be made *in writing* by the parent/guardian and sent to our Registrar by email (registrar@ydsoccer.org). Notifying a coach that your child will not be playing that season does not constitute a request for a refund.

In the event of incorrect player registration information and a roster slot is not available, the refund amount will be based upon the chart below.

Refunds will be processed once the season has started via original form of payment.

Refund Amount

Prior to Registration Closing:	100% (excludes uniform)
Late Registration Wait List, No Roster Slot Available	Fee Refund Minus \$5
After Meet the Coach Night, but Before Opening Day:	Fee Refund Minus \$25
After Opening Day:	No Refund

Appendix A

Rec Soccer Quick Reference Guide

Rec Soccer Quick Reference Guide Spring 2023

	Pee-Wee	Kindergarten	Grade1/2	Grade 3/4/5
Players				
Max on Field	5	5	7	7
Min to Play	4	4	5	5
Playing Time	Expected that all players have equal playing time			
MMS Playing Fields				
Length x Width	90 x 40 feet (Yellow Markers)	Max Size: 135' x 76.5' (Half of 7v7 Field)	Max Size: 153' x 135' (7v7 Field)	
Goal Size	6 Foot Pugg	4 x 8'	6.5 x 12'	
Games				
Ball Size	3	3	3	4
Half Duration	No Halves 30 min Total	10 min	25 min	30 min
Half Time	None	5 min	5 min	5 min
Goal Keepers?	No	No	Yes	Yes
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited
When?	Anytime	Anytime	<ul style="list-style-type: none"> • Both teams prior to a throw-in IF the offense substitutes • After any goal • Prior to a goal kick by either team • At halftime • Because of injury <p>Substitution is not allowed on free kicks or corner kicks. All substitutions are taken at midfield. Referee will call subs onto the field. No time outs.</p>	
Offsides?	No	No	<p>Yes</p> <ul style="list-style-type: none"> • Offside occurs when an attacking player goes past the second to last defender before the ball has been kicked to them. • A player cannot be offside on their half of the field. • A player can't be offside from a goal kick, throw-in, or corner kick. 	



Appendix B

Emergency Action Plan

Yarmouth-Dennis Soccer Club

Emergency Action Plan

Because sport injuries can happen anytime, an Emergency Action Plan (EAP) has been prepared for you follow in order to properly care for our players in case of serious injury. The EAP will allow teams to quickly respond to emergency situations in a responsible manner.

Emergency Medical Services Phone Number: 911

In Massachusetts, if you dial 911 from a cellphone, the call first goes to one of three Massachusetts State Police Public Safety Answering Point (PSAP). The State Police call-taker will ask you for information such as your location, the nature of the emergency, and callback information. The call will then be transferred to the necessary local PSAP (i.e. Yarmouth or Dennis). This means you will most likely be asked the same information twice.

EMS Contact Protocol

Any call for emergency assistance should begin with your location. “ **I am at (address) and need EMS for**” You will provide immediately after identifying the location and need for EMS the number of individuals injured, nature of injuries, condition of injured, first aid treatment, your name, title, telephone number and other information as requested.

YDSC Field Addresses	
Johnny Kelley Soccer Field	Bob Crowell Road, South Dennis
Mattacheese School Soccer Field	400 Higgins Crowell Road, West Yarmouth
Sandy Pond Soccer Field	482 Buck Island Rd, West Yarmouth
Wixon School Soccer Field	901 Route 134, South Dennis

Send the assistant coach or another adult to flag down EMS and direct to them to scene.

Scene Control: Limit scene to first aid providers, move bystanders away from the area, and maintain clear egress for entrance and exit of EMS vehicles, personnel, and apparatus. The parking area and entrance to the field must remain clear of vehicular and personnel obstruction.

Reporting: In the event of a serious injury to a player, the head coach or assistant should immediately contact the Recreation Director and to advise them of the situation. The Player Injury Report Form will also need to be submitted to the Recreation Director within twenty-four (24) hours.

Area of Safe Refuge:

Parents must plan in advance based upon the weather forecast to remain at the fields in case of lightning, thunder, or inclement conditions. The sighting of lightning or sound of thunder will be cause for immediate evacuation from the fields and into the area of safe refuge identified as parent vehicles. A minimum wait time of thirty (30) minutes must pass prior to return to the fields after each sound of thunder or appearance of lightning. All coaches, players and spectators will leave the field and enter their personal vehicles without delay.

Fields are not equipped with a lightning detection system. Therefore, we must use common sense, weather forecasts, perception, and awareness of the sight of lightning or the sound of thunder.

PLAYER INJURY REPORT FORM

Date of Injury:		Time of Injury:	
Player's Full Name:			
Location of Accident (Field Name & Town)			
List Injuries:			
Describe Incident:			
Emergency Medical Services Called?	YES	NO	
Hospital / Clinic (where player being transported):			
Mode of Transportation to Hospital / Clinic (Ambulance, Personal Vehicle, etc.):			
Name of Parents / Guardians of Player:			
Parents / Guardians Advised?	YES	NO	
Team Name			
Name of Team Official Completing Form:			Today's Date:
Team Official Position:			