

SEATTLE YOUTH SOCCER ASSOCIATION



U11-U19 Coaches Handbook



Welcome to SYSA City League

Welcome to the SYSA Citywide League! This handbook explains many important items about playing in SYSA's U11 & Older Citywide League. Please be sure to read it carefully now and save it so that you can refer to it easily over the course of the season ahead.

Important Items to Note:

[Game Schedules](#)

All season game schedules are published on the SYSA Website at <https://www.sysa.org/sysa-rec-league-fall>.

Bookmark this page, as you will look there frequently.

[Match Day Rosters and Game Sheets](#)

You need to submit a set of game sheets to the referee at the beginning of each regular season match. Instructions for printing game day rosters are available in the next section in this document, Game Day Roster Printing.

[You must have printed rosters to hand to the referee before each match.](#)

[Contacting Your Opponent](#)

The SYSA Rules of Competition (4.8.3) state and we strongly recommend that you contact your opponent before the upcoming weekly match to verify time, location, and jersey colors to avoid conflicts and confusion. You can find your opposing team's coach contact information linked to their team information in the game schedules. Click the team name and the contact information will be displayed.

[Re-scheduled Games](#)

Games are rarely rescheduled. If a game must be rescheduled, Jessica Beckton, the SYSA Scheduler, will contact the teams affected and post the new information on the SYSA web site. (Jessica can be reached at jessica.beckton@sysa.org). Make it a habit to check the Schedules page every Friday. **Note that school events are not a sanctioned reason to change SYSA matches.**

SYSA City Tournament Info

The SYSA City Tournament is open to all teams U11-U19 playing in a recreational SYSA league during the current season. Age brackets will run from U11-U19 as long as there are at least three teams entering for an age bracket. This is a *modified* double elimination tournament. Every team plays at least two games.

[Divisions Based on Fall League Standings](#)

To encourage more teams to sign up for the tournament, and to “level the playing field” more, SYSA is planning for the City Tournament to have two divisions at the U11 through U13 age groups. Division 1 will be for more competitive teams (Gold division and top half of Silver), and Division 2 for less competitive (bottom half of Silver and Bronze). More information about these changes will be available later in the fall. We think this will add an element of challenge and excitement and fun that might have been missing in previous years at these age groups.

When: Tournament games will begin the week after Thanksgiving. (First games are Monday, November 29, 2021.) Final games are on Saturday, December 18, 2021.

Where: Tournament games are on fields all around the city, wherever there are lighted fields available. Expect to play any night and as often as every other night, as well as on weekends.

Cost: check city tournament page on our website.

Registration: Will be online at www.sysa.org and will open by October 1. October 31 is the deadline to apply online. Check the SYSA home page after October 1st for more details and registration instructions.

Rosters: **You cannot add or transfer players to your recreational team after October 15,** and that applies to this tournament as well! A roster, generated shortly after October 15, will be your City Tournament acceptance notice. You will add jersey numbers to the roster and return it to SYSA. You will also receive a card for each registered player and information sheets on the tournament. Only those players properly registered through your club can play in the tournament. If you are unsure who is on your roster, contact your club registrar before October 15.

Schedules: Tournament schedules will be published online at www.sysa.org sometime after the middle of November.

Player cards are mandatory for all players, coaches, assistant coaches and managers in the SYSA City Tournament.

Player card assembly instructions will be included when your card packet is mailed after completing registration for the tournament. Any updates to the requirements for player cards will be included in the confirmation e-mail that is sent at the time of registration.

Enjoy the Season and good luck on the pitch!

The SYSA Staff and Board of Commissioners



"The World's Sport for Seattle's Kids"

SYSA Citywide League Rules & Adapted FIFA Rules

These format standards apply to all teams and games in SYSA's Citywide recreational leagues. Teams in regional select and RCL premier leagues should check with their league managers.

This chart incorporates changes to U12 play that began in fall, 2017, as recommended in the newest US Soccer Standards Chart, and voted on by the SYSA Board of Commissioners.

	U10	U11	U12	U13-U19	Notes
# of Players on Field	7	9	9	11	Includes goalkeeper
Max # Players on Roster	12	14	14	18	At U16 and older, up to 22; only 18 on game day roster
Min # Players for a Game	5	6	6	7	
Ball Size	#4	#4	#4	#5	
Build Out Line (a)	Yes	Yes	No	No	BOL rules at U10 and U11
Goalkeeper Punts & Dropkicks	No	No	Yes	Yes	BOL rules at U10 and U11
Goal Size (feet) - (b)	6x12 to 6.5x18.5	6.5x18 to 7x21	6.5x18 to 7x21	8x24	
Field Dimensions (Min-Max, Length-Width in Yds)	55-65 by 35-45	70-80 by 45-55	70-80 by 45-55	Full Size	100-120 by 50-80 yds. SYSA will adjust based on individual fields.
Slide Tackling	No	Yes	Yes	Yes	
Heading in practice - (c)	No	Limited	Yes	Yes	Limited heading in practice at U11
Heading in games	No	No	Yes	Yes	
Offside Rule	Yes	Yes	Yes	Yes	
Direct Free Kicks	Yes	Yes	Yes	Yes	
Free Kick Defender Distance (yds)	5	7	7	10	
Retake on Throw-In or Kick-Off	No	No	No	No	

Printing Game Day Rosters

For the Fall soccer season, SYSA coaches are required to submit an official, Affinity-generated game sheet for each match. Each week, you should print THREE copies of the Game Day Roster and bring them to the game: one for the referees, one for your opponent, and keep one for yourself. Use the following instructions at the end of this section.

Roster Printing Using Affinity

Game rosters can be printed by a coach or manager in the 7 days prior to your match. Before this 7 day period, it is not possible to print a roster from the Affinity system. Once in the 7 day window, a Print Roster button will become available allowing you to print the game rosters with the steps below.

1. Log in to www.fall2019sysa.sportsaffinity.com with the Affinity username and password associated with a coach or team manager profile.
2. Click on Teams | Tournament and Schedule Apps
3. Click on the Schedules/Game Scoring link for the Fall 2019 league
4. The Print Roster button will be listed for any games occurring within 7 days.

NOTE: If you have a U16 or older team with a roster greater than 18, cross out the names of any players on the roster who won't be participating in the game that day. Be sure to give the correct player cards to the referee as well.

Entering Player Jersey Numbers Using Affinity

1. Log in to your My Account page at <http://www.affinity-sports.com/>
2. On the My Account screen, scroll down to the Teams section. Click the Edit link by the Team entry
3. On the page that is displayed, select the Team Roster tab.
4. Click the Edit Player Team Info button below the list of players.
5. Enter the jersey numbers in the Home Jersey column. Click the Save Changes button.

Affinity Support

Affinity Sports Software support is available to provide help on any issues related to using their Affinity software. If you need any assistance call Affinity support toll free at 800 808-7195. Support business hours are from 7am to 7pm, Monday through Friday and 7am – 3:30 pm Saturday and Sunday.

SYSA Citywide League Standings & Game Scores

SYSA keeps standings each season for all teams U11 & Older. The SYSA Registrars and Scheduler will use these standings to balance competition next season and may use the current year standings to balance divisional City Tournament brackets (at U11 & U12 only).

It's important that a coach or manager from each team enters the score using the instructions below within 24 hours of the completion of the game.

To enter the game score in Affinity:

- Log in to <https://fall2021sysa.sportsaffinity.com/> with the Affinity username and password associated with the coach or team manager profile.
- Click on Teams | Tournament and Schedule Apps
- Click on the Schedules/Game Scoring link for the Fall 2021
- Next to each unscored game you will see an empty score box under the word "Score":

The system will display a popup window for the game stat entry.

Input the score for each team in the Score box and click "Save Stats & Comment" button



SYSA and WYS Rules and Regulations

The SYSA regulations restricting players to playing on only one team during a season were amended by the SYSA Board of Commissioners in July of this year & are copied below. All the SYSA Administration Regulations as well as the Rules of Competition can be found on the SYSA website as well, under the Resources tab.

Rules of Competition

3.3 Except as specifically allowed under the SYSA Administrative Regulation Dual Rostering Rule, No player shall be allowed to register or participate simultaneously on more than one WSYSA registered team during the same season. This includes the situation where a player is registered to and plays for a recreational team under SYSA, and simultaneously for a team within another club or association that is also part of WSYSA.

Change to Administrative Regulations

3.4.8 No player may be registered on more than one team at any given time within SYSA or WYS jurisdictions, except as provided under the Dual-Rostering Rule.

3.4.9 Dual Rostering Rule - a U9 or younger player who participates in a junior academy program of the SYSA select and premier club may be dual-registered and rostered to a recreational team and club, and participate in an in-house league or in association league play. A player registered and rostered to an SYSA select team at U10 and above may, at the same time, be also registered, rostered and participate with an SYSA recreational team in association league play under the following conditions:

- a) The player participates with one and only one recreational team, in addition to the select team.
- b) For purposes of this rule, a select player is defined as a player on a team participating in the lower tier of select soccer, specifically, teams that participate in the Washington Youth Soccer North Puget Sound League. SYSA select/premier players participating in other leagues are not eligible for dual rostering.
- c) All dual rostering must be approved by both the recreational club registrar and the SYSA registrar. The SYSA registrar will consult with the SYSA select club to verify the player's participation is appropriate for recreational play.
- d) A recreational team may have no more than three SYSA select players.
- e) This rule applies only to select players registered with SYSA; players who are registered and rostered in other WYS associations may not be rostered on SYSA recreational teams.
- f) The select player must be rostered to the recreational team by September 30 of the current seasonal year and will be eligible to participate in both league play and the City Tournament. No select players may be added to a recreational team after this date.
- g) The SYSA registrar will maintain a list of SYSA select players participating under the Dual-Rostering Rule including the rostered teams. A player's continued appropriateness for dual rostering is subject to review in each seasonal year as the player develops.

SYSA Guidelines for Parking & Field Use

Parking

Please be considerate when parking at fields. Don't block driveways or park illegally. Respect the neighborhood. Parking in the school lots and not on the streets is one way to be considerate of the neighborhood. Here are some specific field parking suggestions.

Nathan Hale and Jane Addams (Summit) – Use the parking lots around the high school and to the west and north of the Jane Addams school. Stay off 110th and nearby streets.

Miller – Please do not leave valuables in your car at this field! There are numerous car break ins each season. There is parking to the west of the field in the upper lot and also to the north of the community center. Again, stay off the streets if possible.

Genesee – Park in the lot or across the street, NOT on the street south of the upper field.

Judkins – Please do not park in front of driveways, and do use the big Washington Middle School lot to the north.

Shorecrest High School – You must park only in the north parking lot. Do not park among the portable buildings.

Washington Park – This parking lot sees ongoing car break ins throughout the year. Leave your valuables at home or take them with you to the field!

Trash and Recycling

SYSA needs the neighbors who live near the fields we use to appreciate our efforts so that they will in turn support our field development. Clean up any trash near or on fields, even if it isn't yours! Make one person responsible for keeping your sideline clean after each game. Rotate the chore and make everyone aware. Pick up disposable water bottles and recycle them. Keep sunflower seeds, candy and gum off all surfaces, particularly artificial surface fields.

Dogs and Fields

Dogs are not allowed on ANY athletic playing field, per the City of Seattle and Shoreline municipal codes. Please leave your dogs at home and away from our soccer fields. Thank you.

Protect Yourself from Car Break-ins

Please take care not to leave valuable items in your car during games or practices. Unfortunately, car break-ins occur regularly, particularly at Washington Park and Miller Playfields in Seattle. Protect any valuable items by locking them in the trunk, or taking them with you onto the field.

Working with the Referees on Game Day

Game-day Tips for Coaches when Interacting with Match Officials

- Match officials are there to ensure a safe and fair game
Their proximity to play and positioning allows them to see many things others cannot.
- Pre-game: have roster, cards (only during City Tournament) and balls ready; no player jewelry
Arrive early, be polite, have your roster prepared, match any player cards to the roster sequence, have game balls ready (many older teams place one behind each goal to avoid delays). Make sure players are wearing absolutely NO jewelry! This includes studs in newly pierced ears.
- Game “temperature” varies: as will referee decisions.
The referee continually uses many inputs to gauge the ‘temperature’ of the game and will make decisions to keep the game safe and fair. Calls may vary with how “hot” the game is at any given time.
- Soccer is fast-moving and referees may make mistakes
Soccer is played very fast and the referee must make many split-second decisions to keep the game safe. Accept that over the course of a season mistakes will even out.
- Know the Laws of the Game (including Mod variations)
In Mod and Recreational soccer the Laws of the Game are modified and frequently change as you move up to the next age-group.
- Referee’s decisions are final
Decisions are based on the referee crew’s application of the Laws of the Game to what they see on the field. A referee can modify a decision before the next start of play or the termination of the match.
- Help make the substitution process run smoothly
Let the center Referee or the Assistant Referee know you want to sub after, which they will signal the Referee. They may deny your request until a subsequent stoppage in play in order not to disadvantage the opponent.
- Know that referees must balance when to call an injury stoppage
Judging the severity of injuries to players is a specific part of the referee’s responsibilities. However, if a player is seriously hurt and the referee seems to have not noticed you may want to get the referee’s attention.

- Thank referees and complete on-line evaluations

We have a hard time recruiting new referees and keeping the ones we have. At the end of the game, regardless of the outcome, please thank the match officials and have your players do the same. We encourage you to provide feedback by clicking on the 'Evaluations' link at www.seattlerefs.org and filling out the form.

Need help, got questions?

Contact Larry Metz, SYSA Liaison to Seattle Soccer Referees Association

Email: snokingref@gmail.com