

District II Coaches Meeting

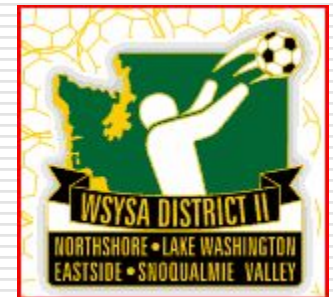
July 12/21, 2016

Bob Driscoll

VP of Competition

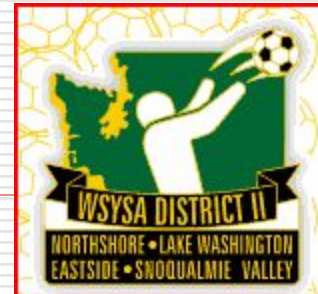
Matt Crinklaw

D2 Alt Commissioner



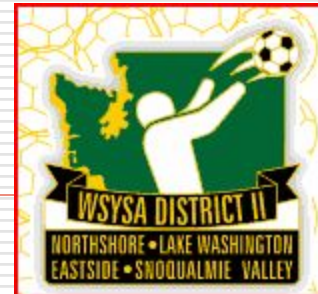
Welcome

- ~245 teams
- U13-U19.



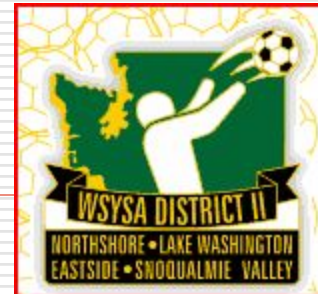
Agenda

- How District 2 Works
- D2 Site Usage
- Scheduling/Score Reporting
 - Changes for 2016
 - Operating Procedures
 - Best Practices/Game Day
 - Disciplinary
 - Recreational Cup
 - Team Placement



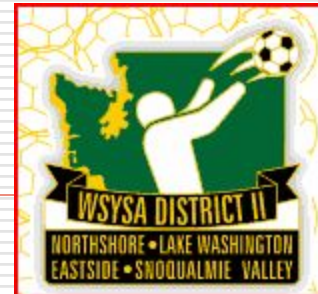
How District 2 Works

- National-Region-State-District-Association-Club
- District Responsibilities
 - Forming Leagues
 - Scheduling opponents and date
 - Rules of Competition
 - Disciplinary
 - Executing District Recreational Cup



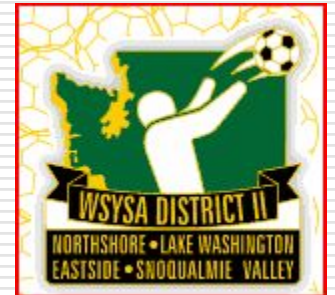
How District 2 Works (cont)

- Association/Club Responsibilities
 - Maintain Rosters
 - Scheduling Location and Time
 - Provide Referees
 - Collect Fees
 - Practice Fields



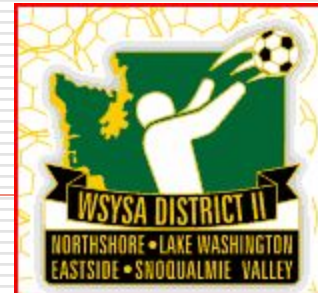
DII Site Usage Demo

(refer to the D2 Quick Reference)



Difference U12 vs U13

	U13	U12
Ball	Size 5	Size 4
Field	65x110	60x100
Half	35 Minutes	30 Minutes



District II Coaches Meeting

2nd half

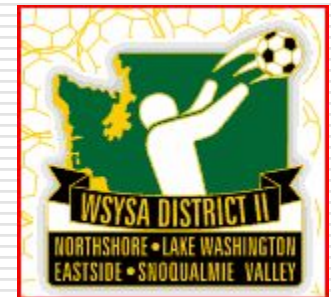
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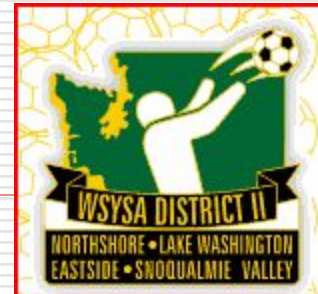
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D2 Alt Commissioner



Agenda

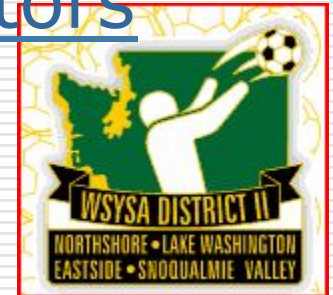
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District II Coaches Meeting 2nd half

District II Board Introductions.

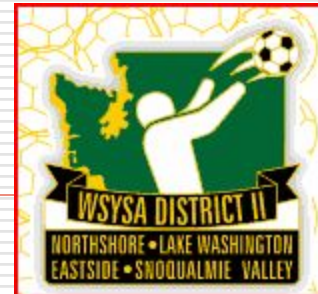
<http://www.wsysad2.org/directors>



Changes for 2016

□ Age Groups

- Mandated change by USSF
- Adopted by WSYSA for 2016/2017 season
- Implemented at Association Level
- Quick note: Age Groups in D2 stayed consistent.



Changes for 2016

Sudden Cardiac Arrest

- WA State Senate Bill 5083, effective July 24th 2015. [Link to WA state site](#)

- All Parents/Players:

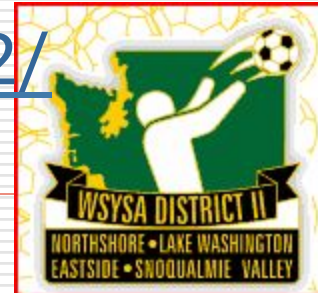
- Sign a yearly statement of compliance.

- Coach & Assistant Coach:

- Training certification (every 3 years).

- Training available at:

- <https://nfhslearn.com/courses/61032/sudden-cardiac-arrest>



Changes for 2016

What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

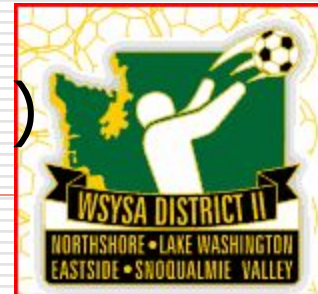
- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives

Operating Procedures

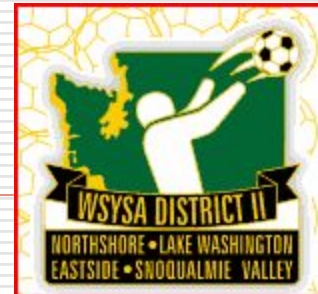
- ❑ Saturday GU13-GU15, BU13
- ❑ Sunday GU16-GU19, BU14-BU19
- ❑ Start Saturday 9/10 Sunday 9/11
- ❑ 10 games through 11/19-11/20
- ❑ May be midweek games, bye weeks
- ❑ Reschedules
 - Coaching 2 teams on the same day
 - Unique event (no lights, swine flu,..)



Best Practices - Game Day

- Contact the other coach before the game.
 - Confirm game time and place
 - Jersey colors – Home Team Changes
- Bring completed roster sheet.
- Home team provides a game ball.
- No Player cards for the Fall League Season

- Check your schedule frequently!**

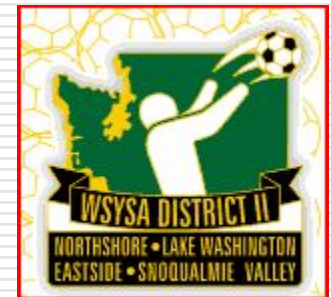


DII Disciplinary

Alan Johnson

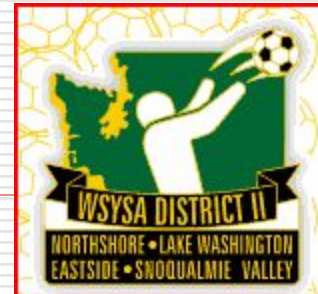
District 2 Disciplinary Chair

discipchair@wsysad2.org



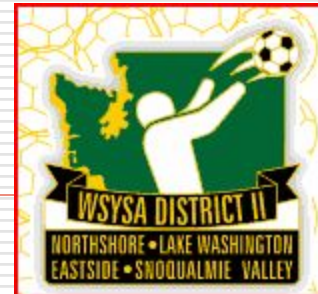
Disciplinary Committee - Duties

- ❑ Each week all misconduct reports for players and coaches are evaluated
- ❑ Determine sanctions for misconduct by
Players: Send Offs & Caution accumulation
- ❑ Determine sanctions for misconduct by
Coaches: Warnings and Expulsions
- ❑ Determine outcome of abandoned matches
- ❑ Evaluate and rule on ineligible player issues
- ❑ Evaluate and rule on match protests



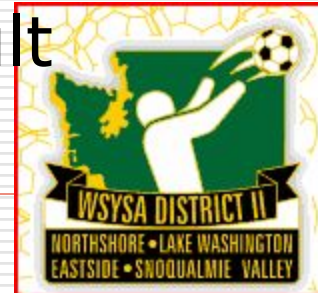
Disciplinary Meetings/Hearings

- ❑ There are no standing weekly “soccer court” meetings. All appearances before the Committee must be scheduled.
- ❑ Disciplinary meetings and hearings are held when required for Cautions/Send Offs (Players) & Warnings/Expulsions (Coaches)
- ❑ Disciplinary meetings and hearings may also be held to evaluate match protests, ineligible player issues, abandoned matches and other issues.



Disciplinary - General

- ❑ Prepare a Roster for Each Match
 - Include first and last names on rosters
 - Cross off/don't include players not at the match
- ❑ Do not use ineligible players
- ❑ Review the Summary of Disciplinary Procedures document on the District II website for additional information
- ❑ The Coach is responsible for team record keeping of Player & Coach misconduct points. Points accumulations can result in sanctions and/or suspensions.

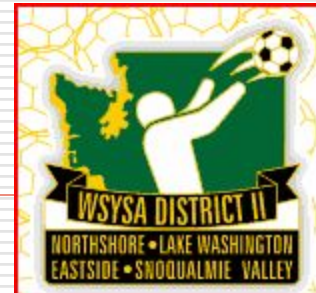


Disciplinary - General

- ❑ 2016/2017 FIFA LOTG Revisions
 - Expect a learning curve for application of the current revisions to the LOTG

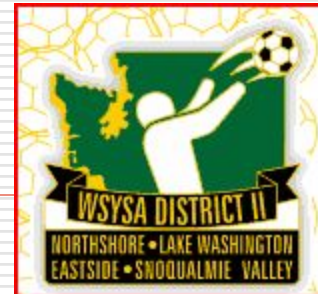
Law 12 – Fouls and Misconduct

- Foul with contact is a direct FK
- Advantage for a RC – indirect FK if offender then gets involved in play
- Change of wording for handball so that not every handball is a YC
- Some DOGSO offences in the penalty area are punished with a YC
- Attempted violent conduct is a RC, even if no contact
- Striking on head/face when not challenging an opponent is a RC (unless negligible)
- Offence against substitutes, team officials, match officials etc. is now a direct FK
- Foul off the field penalised with a direct FK on boundary line (penalty in own penalty area)



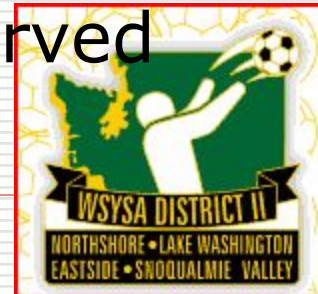
Disciplinary – Coaches

- ❑ Be a Positive Role Model at your matches
- ❑ Misconduct by Coaches
 - All misconduct by Coaches is closely reviewed by the Disciplinary Committee and the District II Board of Directors
 - A Warning is equivalent to a Caution
 - An Expulsion is equivalent to a Send Off, minimum suspension is one match. The Coach must appear before the Disciplinary Committee. Proof that the suspension has been served is required before resuming coaching.
 - Misconduct by Coaches directed at youth referees will result in severe sanctions



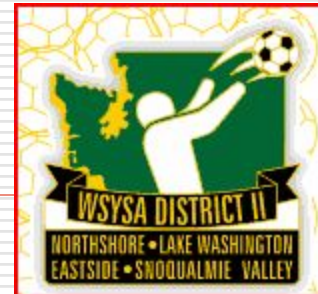
Disciplinary - Players

- ❑ Players Sent Off are automatically suspended for the next match unless they are advised in writing that a longer suspension applies or it has been cancelled
- ❑ Players that have been Sent Off are not required to appear for a hearing unless they wish to contest their suspension
- ❑ Player misconduct points accumulation can result in sanctions and/or suspensions
- ❑ Proof that the suspension has been served is required before resuming play



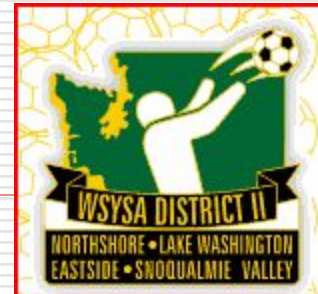
Recreational Cup

- ❑ State Recreational Tournament
- ❑ Registration Open ~ 9/1, Closes ~ 10/1
- ❑ Coaches meeting first week of October
- ❑ District Play begins 10/16, 10/17
- ❑ Play concurrent with league
- ❑ District Finals 11/21,11/22,11/23 (U11)
- ❑ No games over Thanksgiving (11/26)
- ❑ State Qtr Finals 12/5, 12/6
- ❑ State Finals 12/12-12/13 @ Starfire



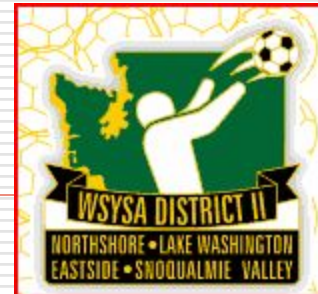
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- ❑ District Play begins 10/15, 10/16
- ❑ Play concurrent with league
- ❑ District Finals 11/19,11/20,11/21(U11/U12)
- ❑ No games over Thanksgiving (11/24)
- ❑ State Qtr Finals 12/3, 12/4
- ❑ State Finals 12/10-12/11 @ Starfire



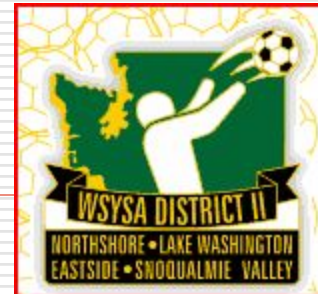
Other Stuff

- Add Manager or Asst. Coach
- Change Team Name



Team Placement

- ❑ Maximize even # of teams/division
- ❑ 6 Team divisions when possible
- ❑ Primarily based on last years results
- ❑ Super challenging this year
- ❑ Recreational Cup results
- ❑ LWYSA YET (U13/U14)
- ❑ Very little roster info applied



Questions?

Again thank you for coaching!

