

# **Lindbergh Community Ed & Rec**

**Outdoor Soccer League  
Grades K-8**



**COACHING MANUAL  
& OFFICIAL RULES**

# **Lindbergh Community Ed & Rec Soccer Coaching Manual Contents**

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## **PHILOSOPHY OF PROGRAM**

Lindbergh Community Ed & Rec strives to develop, organize and facilitate programs that emphasize: learning the fundamentals, developing teamwork, teaching good sportsmanship, creating wholesome family recreation, and having FUN while participating! We strive to have all those participating (players, coaches, managers, parents, fans, officials, etc.) uphold the Lindbergh School Districts Values and Ethics when involved with our programs.

## **PURPOSE OF PROGRAM**

To provide a program for children which:

- a. Teaches the FUNdamentals of the game.
- b. Develops attitudes of teamwork and good sportsmanship.
- c. Provides wholesome family and friendship oriented recreation.
- d. Emphasizes FUN.

## **SPORTSMANSHIP**

Lindbergh Community Ed & Rec takes great pride in the way its parents and students handle themselves at all activities. For any athletic event or activity to occur, officials, coaches, players, and spectators must interact. This interaction is the key to much of the experience players receive from these activities. We expect all of our participants to demonstrate courtesy and good sportsmanship. Degrading the other team by booing, cursing, or any other form of inappropriate behavior is unacceptable. Participants will accept the officials' ruling without argument. Any violation of the above will result in a tactful ejection from not only the present game but, at a minimum, will not be allowed to manage/coach/watch (for spectators) in the next two scheduled games. Depending on the violation, the penalty can be up to/and including suspension from any Community Ed activity going forward.

## **FACILITY CODE OF CONDUCT**

Lindbergh Community Ed & Rec is fortunate each year to be allowed to use the facilities at all schools in the district for the purpose of running effective programs for our student-athletes. It is our job to continue to show common courtesy when granted access to these schools/facilities. We ask that all coaches, players, parents, spectators, and siblings respect Lindbergh facilities at all times when participating in practices and games. **Any horseplay and other unacceptable behavior around the fields or in/around the schools/facilities will not be tolerated. Team misconduct reported to our office from schools could result in temporary to permanent suspension from future use of that school and temporary or permanent suspension from the program.**

## **CODE OF CONDUCT COACHES, SPONSORS, CHAPERONES**

Participation in school and district activities and athletic events are an important part of our students' education and development. With your employment as a coach or sponsor comes a great responsibility to protect the well-being of each of our students. It is your job to ensure that each student is treated with respect and accorded the opportunity to develop what he or she needs and deserves.

This Code of Conduct has been written for all personnel who will be working with our students in activities. All coaches and sponsors should take time to review this document thoroughly and reflect on its implications for their particular role. Veteran coaches and sponsors should annually review the district's expectations.

Coaches and sponsors must adhere to the following standards of conduct. It is important for all coaches and sponsors to understand that this list is not exhaustive. It is intended to provide specific, but not exclusive, examples of the standards of conduct that are appropriate for persons who coach and sponsor student activities.

1. It is your responsibility to speak and act respectfully to all students, staff, parents and members of the public.
2. Possession of or use of alcohol, drugs and/or tobacco **or** being under the influence of drugs and/or alcohol is not permitted while in the company of students whether on or off district property. Adults are not to consume alcoholic beverages when supervising students on out of town or overnight field trips so as not to risk having impaired judgment should they need to make a decision on a student's behalf. For purposes of this Regulation, adults are considered to be supervising students at all times during out of town or overnight field trips.
3. Remarks that refer to an individual's race, sex, religion, national origin or mental or physical disability are not permitted.
4. Language or jokes that may be offensive to others are not permitted.
5. Clear notice must be given when entering locker rooms or other private areas occupied by members of the opposite gender.
6. Coaches and sponsors must not have physical contact with students that are likely to cause the student to be uncomfortable.
7. Fraternization between coaches and students is strictly prohibited. This includes close personal or special relationships, dating and/or sexual contact.
8. Sexual harassment of any person is expressly prohibited. Coaches and sponsors must refrain from all gestures, comments or physical contact that a reasonable person may judge as unwelcome.
9. Threatening comments or profane language damaging to students' self-esteem are not permitted.
10. Extreme care should be used to monitor the physical condition of students. This is particularly important in extremely cold or hot weather.
11. Coaches and sponsors are encouraged to pay attention to and develop all students to his/her individual potential.
12. When traveling with students, coaches and sponsors are prohibited from visiting the accommodations of individual students one-on-one.
13. Except in an emergency that threatens the life or immediate safety of a student or other person, coaches and sponsors may not drive students home (or to any other location) from practice or events, if by doing so, the coach or sponsor will, at any time during the drive, be alone with one student.
14. Private tutoring for compensation must not occur with students that you coach, teach or sponsor during the school year if said tutoring is in conflict with district policy.
15. The sale of personal objects or general merchandise not endorsed by the district is not permitted.

# INCLEMENT WEATHER PROCEDURE FOR PRACTICES AND GAMES

- **For Practices:** If there's no school due to inclement weather, there will not be practices or games that evening.
- **For Games:** Decisions regarding game cancellations will be made prior to the game with as much advanced notice as possible. Community Ed & Rec will schedule make-up games, teams will no longer be required to schedule their own make-up games.
- **For up-to-date field status, please call the Rainout Line at (314) 730-1133, or click [here](#) for the link.**

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## Required Coaching Clinic Coaching to make a positive difference! By Coaching Coaches, LLC

All head coaches are now required to watch, complete, and pass the following coaching clinic – “Coaching to Make a Positive Difference” from Coaching Coaches’ Bill Bommarito. If you have already completed this course because you coach with CYC, you will need to provide a copy of your certificate of completion to our office or call us with the certification ID number so we can verify with the CYC office. If you don’t have either of these and you have completed this course, you will be responsible for contacting the CYC office and getting that information from them and then providing that to our office.

All of this MUST be done before your first contest/game! The course is two hours long, but can be taken in ten minute increments. We would prefer that you get this done before your first practice, but it’s required before your first match.

Here is the link - [Coaching to Make a Positive Difference](#)

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## Recommended Heads Up to Youth Sports

“To help ensure the health and safety of young athletes, CDC developed the HEADS UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS UP initiative provides important information on preventing, recognizing, and responding to a concussion.” Here is the link – [Heads Up to Youth Sports](#)

## **MSHSAA INFECTIOUS DISEASE POLICY**

If an athlete sustains a minor bleeding problem during the course of the game, please remind the officials that they should address the situation per Missouri State High School Activities Association rules. Attached is the copy of the policy for your information.

Also, please make arrangements with the custodian on site for a cleanup and proper supplies.

### **BLOOD-BORNE INFECTIOUS DISEASES**

The MSHSAA Board of Directors has adopted the following policy in an effort to minimize the possibility of any transmission of HIV and the resulting Acquired Immune Deficiency Syndrome (AIDS). Although the policy was originally written with the sport of wrestling in mind, it is applicable for all sports. The MSHSAA Board of Directors also strongly recommends that each school adopt a similar policy to apply to any situation in which an injury might occur which results in bleeding. Such injuries are most likely to occur in physical education classes, athletic practice sessions, and contests. Therefore, it is extremely important that teachers, coaches, and referees follow the procedures outlined in the policy and be cognizant that any time there is blood present that it be treated with respect regarding its ability to transmit infectious diseases.

Health-care workers, including doctors and athletics trainers, who care for student-athletes should employ the universal precautions currently recommended by Centers for Disease Control in the care of all athletes, since medical history and examination cannot reliably identify patients infected with HIV:

#### **The universal precautions when BLEEDING occurs include:**

1. Routine use of barrier precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated. Gloves should be worn for touching blood, bloody fluids, mucous membranes or nonintact skin (e.g., abrasions, dermatitis) of all athletes for handling items or surfaces soiled with blood or body fluids, and for performing venipuncture. Gloves should be changed after contact with each student-athlete. Masks and protective eye wear or face shields should be worn during procedures that are likely to generate droplets of blood or other body fluids to prevent exposure of mucous membranes of the mouth, nose, and eyes.
2. Hands and other skin surfaces should be washed immediately and thoroughly if contaminated with blood and other body fluids. Hands should be washed immediately after gloves are removed.
3. Surfaces contaminated with blood should be cleaned with a solution made from a one-to-hundred (1:100) dilution of household bleach.
4. Precautions should be taken to prevent injuries caused by needles, scalpels and other sharp instruments or devices. To prevent needle stick injuries, needles should not be recapped, purposely bent or broken by hand, removed from disposable syringes, or otherwise manipulated by hand.
5. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags or other ventilation devices should be available for use.
6. Health-care workers who have exudative lesions or weeping dermatitis should refrain from all direct patient care until the condition resolves.
7. Soiled linen should be bagged and washed in hot water with detergent.
8. In the athletics environment, universal guidelines should be considered in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing bodily fluids.

Member institutions should ensure that policies exist for the orientation and education of all health-care workers on the prevention of transmission of HIV and the need for routine use of the above universal precautions. Additionally, provision of equipment and supplies necessary to minimize the risk of infection, as well as the monitoring of adherence to recommended protective measures, need to be guaranteed. In the area of interscholastic activities, some alarm has been expressed regarding the presence of HIV in sweat, saliva and bleeding from minor injuries. Some important things to remember are:

1. At this time, it is uncertain that the AIDS virus is transmitted by either saliva or sweat. Therefore, efforts need to be concentrated in the area of the minor injuries that result in bleeding.
2. Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete who is bleeding is infected by the disease.
3. The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood-borne viral infections such as Hepatitis B.
4. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions should be taken to ensure that no transmission can occur.
5. If an athlete sustains a minor bleeding problem -- and most bleeding problems in sports result from minor injuries in the nose area -- the contest should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using a disinfectant such as Clorox, in a 100 to 1 solution (100 parts water and one-part disinfectant). This same solution should be used to wipe any blood off the opponent's skin. However, the area should then be rinsed with water to avoid either participant getting the disinfectant in his eyes. It should be noted that there are also many other disinfectants that are very successful in combating HIV such as isopropyl alcohol.

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or unskinned area on his body, it is not necessary to clean the uniform at this point. If there is an open cut or unskinned area, then the uniform should be wiped with the disinfectant solution and then thoroughly rinsed with water to avoid either participant getting the disinfectant in his eyes.

If an official should get blood on himself, he should do the same as the competitors -- use the disinfectant solution to wipe the area of the blood.

**NOTE:** Disposable towels should be used in all clean up and then placed in a sealed container near the mat. Also, extreme care should be used in disposing of cotton used to stem bleeding.

### **COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

**Note:** Infectious skin diseases include those caused by *Staphylococcus aureus* (Staph infections) and by methicillin-resistant *Staphylococcus aureus* (MRSA), which are more difficult to treat.

#### **The universal hygiene protocol for all sports:**

1. Shower immediately after all competition and practice.
2. Wash all workout clothing after practice.
3. Wash personal gear, such as knee pads, periodically.
4. Don't share towels or personal hygiene products with others.
5. Refrain from cosmetic shaving.

**Infectious Skin Diseases:**

Means of reducing the potential exposure to these agents include:

1. Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athletes must have a health-care provider evaluate lesion before returning to competition.
2. If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
3. Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by a health-care provider and in accordance with NFHS, state or local guidelines.

**Blood-Borne Infectious Diseases:**

Means of reducing the potential exposure to these agents include:

1. Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
2. Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
3. Immediately wash contaminated skin or mucous membranes with soap and water.
4. Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
5. Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.



## First Team Meeting (with parents)

- 1) As soon as you obtain your roster and practice schedule from the league, call or email your parents and introduce yourself.
- 2) Set up your first team meeting to be held at your first available practice time and make sure to ask all parents to attend this meeting.
- 3) Prepare a written introduction of yourself and include in your notes; expected practice schedule, equipment information (such as size of ball, type of ball, etc.), uniform expectations, your manner of player discipline, and what you expect from your parents.
  - a) A short introduction including your coaching philosophy will help the parents become more comfortable with you and your coaching efforts.
  - b) A review of the league rules and guidelines with parents will clear up a lot of confusion when it comes to playing regulations.
  - c) Let the parents know you appreciate their help and support, but also tell them not to interfere with your coaching directions to the players during practice or at a game.
- 4) During your first team meeting, ask for assistant coaches from the parent pool but don't forget about your player's older siblings. Some of your best coaches and role models can be older siblings who know the game.
- 5) Accept anyone who volunteers. Let the coaches know that you will expect them to be at every practice and game (if they can), and assign each coach a specific duty, any coach who participates directly with the players is required to complete all the coaching documentation.
- 6) Assign parents to a call chain. Each parent will be assigned a parent to call if there is a late cancellation of practice so you aren't stuck making all of the phone calls. Emails should be used if it is a planned cancellation. In the case that practice is canceled at the last minute, phone calls are the appropriate form of communication.
- 7) Introduce each coach to the players.
- 8) Share the Code of Conducts for parents/spectators and players.

## **CODE OF CONDUCT - PARENTS, GUARDIANS, SPECTATORS**

Lindbergh Community Ed & Rec works to provide a valuable experience for all patrons through various athletic programs. Part of the experience includes ensuring a safe and enjoyable environment for participants, spectators, and staff of programs. As a result, the following code of conduct has been created for all Community Ed & Rec sports activities.

**As a parent/guardian of a player or a spectator of the game, I will abide by the following guidelines:**

- Remain in the spectator areas during all games and keep other members of my family/friends in the assigned spectator area.
- Learn the rules of the game so I can better understand what is happening.
  - Model sportsmanship for my child by treating all coaches, officials, supervisors, players and spectators of either team with courtesy and respect.
- Applaud good and fair play during games.
  - Understand that physical or verbal intimidation, abusive language or inappropriate gestures are unacceptable behavior.
  - Respect the integrity of the officials/game committee/site supervisor and not advise them how to call the game.
  - Not advise the coach on how to coach, who to put in or who to take out of the game and not coach my child during the game.
  - Address questions regarding team activities to the coach. If questions or concerns still have not been addressed satisfactorily, then address with the Community Ed & Rec Sports Supervisor, but not with others.
  - Protect the ability to continue using the facility by following all the rules of the facility: such as no alcohol/drugs/tobacco possession or use, throwing all trash in an appropriate receptacle, controlling additional attendees (such as siblings, etc.)

**I understand that it is a privilege and not a right to attend games/practices. If I violate this Code of Conduct, I understand that:**

- I may be required to leave the facility.
- My child's team may be penalized for my behavior.
- I may not be permitted to attend future Community Ed & Rec sponsored activities and events.

## **CODE OF CONDUCT - PLAYERS**

Lindbergh Community Ed & Rec works to provide a valuable experience for all patrons through various athletic programs. Part of the experience includes ensuring a safe and enjoyable environment for participants, spectators, and staff of programs. As a result, the following code of conduct has been created for all Community Ed sports activities.

### **As a player of the game, I will abide by the following guidelines:**

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches. Example – assisting another player up after they have fallen down.
- I will show respect to all game officials, coaches, players, and parents..
- I will not use drugs, tobacco or alcohol at any practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.

### **I understand that if I violate this Code of Conduct that:**

- I may have to leave the facility.
- My team may be penalized for my behavior.
- I may not be permitted to participate in future Community Ed & Rec sponsored events.

## **LEAGUE RULES**

- Each player plays a minimum of 10 minutes per half.
- Coaches are allowed one 60-second timeout per half.
- Referee(s) will be provided to all grade levels.
- Mercy Rule: grades 1 – 8: If one team has a lead of 5 goals or more, the opposing team may add an additional player (at the discretion of the opposing coach).
  - The team with the 5-goal lead, can only have half of their field players cross the midfield line.
  - The mercy rule only remains in effect until both teams obtain equal score. When both teams obtain equal score, the gameplay will revert to the original starting rules.
- Substitution is allowed during dead balls only and must be made at the center line.
  - Players must wait for the referee to grant permission before they enter the field.
- One coach from each team is allowed on the field during Kindergarten games only.
  - All other grade level coaches are to remain within 15 feet of the mid field line on their team's sideline.
- All players must wear the following:
  - Team shirt/jersey provided by Lindbergh Community Ed & Rec.
  - Players must provide and wear their own shorts, shin guards, and socks to cover the shin guards.
  - Soccer cleats are recommended but must be rubber or plastic tipped (no metal).
    - Tennis shoes are also permitted.
    - NO JEWELRY (for your safety)
- The goalie will wear a shirt or penny of a contrasting color from both teams.
  - Referees need to be notified of goalie changes
- A defensive wall must be 10 yards away from the ball.
- Halftime will be 5 minutes in length.
  - After halftime teams switch directions.
- SLIDE TACKLES ARE ILLEGAL for grades K-4 and will be treated as a direct free kick. Slide tackles are allowed for grades 5-8.
- A two-minute penalty (or disqualification) may be assessed for a flagrant or repeated foul.
  - This will be at the discretion of the referee.
- Abusive or profane language will not be tolerated before, during, or after a game.
  - This can be penalized.
- Coaches are responsible for the behavior of their respective team members, including parents or spectators.
- Coaches are responsible for making sure their bench area is clean after each game.
  - Please pickup water bottles, etc. and all other trash.
- All other rules are based on FIFA rules (with modifications) and can be found at <https://downloads.theifab.com/downloads/laws-of-the-game-2023-24?l=en>

### **Grade K**

- 5 v 5 (5 players in the field, no goalie);
- Two (2), 20-minute halves, running clock kept by the referee.
- Size 3 ball
- No offside rule!

### **Grades 1-2**

- 7 v 7 (6 players in the field, 1 goalie);
- Two (2), 25-minute halves, running clock kept by the referee.
- Size 4 ball
- No offside rule!

### **Grades 3-4 Boys, Grade 3 Girls**

- 7 v 7 (1 goalie, 6 field players)
- Two (2), 25-minute halves, running clock kept by the referee.
- Size 4 ball
- Offside rule will be called, with the exception of Week 1. During Week 1 the Officials will work with the player & coach to help educate.

### **Grades 4-5 Girls, Grades 5-6 Boys**

- \*7 v 7 (1 goalie, 6 field players)
- Two (2), 25-minute halves, running clock kept by the referee.
- Size 5 ball
- Offside rule will be called, if it directly impacts a play.

### **Grades 7-8**

- \*7 v 7 (1 goalie, 6 field players)
- Two (2), 25-minute halves, running clock kept by the referee.
- Size 5 ball
- Grades 7-8: offside rule will be called, if it directly impacts a play.

\*Coaches may amend the number of players on the field based on number of players in attendance and/or if mutually agreed upon by both coaches and game officials.

Please note, penalties for heading will not be called for grade 5-8 games but will be called for grade K-4 games. Heading is still discouraged and coaches should reference US Soccer guidelines and recommendations for heading during practices.

Please have your team stand on the side of the field that is opposite of parents/spectators. It's easier for you and easier for the refs to see when players are subbing in. If the fields are in two different areas parents need to be on one side and coaches/teams on the other.

To keep games on time please return to the field at the ref's first whistle.

**HAVE FUN AND ENJOY THE PROGRAM!**