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PARENT/PLAYER HANDBOOK

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WHITTIER AREA
COMMUNITY CHURCH
YOUTH KICKS

www.wacc.net/youthkicks

Welcome to WACC Youth Kicks

INFORMATION FOR PARENTS AND PLAYERS

WACC Youth Kicks VISION

Our vision is to bring the local community into a relationship with God, to guide them into the community of WACC, and to foster the growth of that community through sports and recreation.

THE WAY HE WANTS YOU TO LIVE

And now, friends, we ask you to honor those leaders who work so hard over you, who have been given the responsibility of urging and guiding you along in your obedience. Overwhelm them with appreciation and love!

Get along, among yourselves, each of you doing your part. Be patient with each person, attentive to individual needs. And be careful that when you get on each other's nerves you don't snap at each other. Look for the best in each other, and always do your best to bring it out.

The Message

1 Thessalonians 5:12-18

Child Protection

WACC is committed to providing a "child safe" program, where children can develop in a safe, fair, and fun environment. All coaches are required to have a background check.

ELIGIBILITY

All boys and girls, with birthdates between the ages of 11.20.2006 to 12.1.1995, shall be eligible to register for the program.

REGISTRATION

All players must register online, and pay the Registration Fee. Registration information is available on the www.wacc.net website.

Payment arrangements or Scholarships are available if needed.

TEAM ASSIGNMENTS

Team assignments shall be made by the Sports and Recreation Department. Players are contacted by their coach in to advise them of practice location and time.

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EQUIPMENT

UNIFORMS: A uniform consisting of shirt, shorts and socks, provided by WACC. Players may not wear rings, watches, chains, necklaces, earrings, hard pony tail holders, or barrettes as these items may cause injury during play.

SHOES: Regular tennis shoes. No cleats for indoor soccer.

SHIN GUARDS: Shin guards *mandatory*. They may be purchased from the local sporting goods stores, and stores such as Wal-Mart, K-Mart and Target. **A PLAYER MUST WEAR SHIN GUARDS AT ALL PRACTICES AND GAMES.**

BALL: A player needs to practice with a ball to develop skill and coordination. Any time spent with the ball makes for a better player and active parent participation is greatly encouraged. Please put the player's name on the ball for identification. Balls are not required. WACC has extra to practice with during team practices if you do not have one or forget yours.

PRACTICE

Practices consist of weekly one hour practices in the Sports Center. It is the responsibility of the parents/guardian to make sure that their child attends practice. If a player is going to miss practice the coach or the team parent should be notified as soon as possible. If a player misses a practice, it is at the discretion of the coach to cut play time at the following game.

GAME SCHEDULE

Games are to be played according to the schedule. All games are scheduled on Friday evenings and Saturdays in the Sports Center or outside on the grass (if needed). Game schedules are posted inside the Sports Center and are updated when needed. Game schedules are also posted on our www.wacc.net website.

PARENT PARTICIPATION

THE REGION AND PLAYERS NEED YOUR PARTICIPATION. Attend practices and games. PARENTAL SUPPORT IS CRUCIAL. Learn about the rules of the game by reading "The Rules of Soccer: Simplified" included in this Handbook. Above all, show tolerance of the players' mistakes and weaknesses. When attending games, cheer for all players on both teams as well as your own child. Every parent is requested to volunteer in some area of the program and there are various jobs available. Before your team's meeting, read the section on Volunteering in this handbook and offer to help. Pray for your child, team, coaches, referees, scorekeepers and volunteers.

Volunteer/Committee Positions

- Scorekeepers
- Referees
- Coaches
- Snack Shack Workers
- Team Managers
- Contact Chereen 945.4500 x176
- chereen@wacc.net

WACC YOUTH KICKS PHILOSOPHY

The goal of the WACC Youth Kicks is to encourage the growth of soccer and promote positive child development. Although everyone engaged in sporting competition should have a desire to win, this desire should not be pursued to the exclusion of good sportsmanship, fair play and participation. Youth Kicks is a parent based volunteer Christian organization providing a soccer program for all children regardless of experience or skill level. Registration of your child in our program implies responsibility to the team and adherence to the Six principles of Youth Kicks: **Everyone Plays, Balanced Teams, Positive Coaching, Open Registration, Good Sportsmanship, Relationship with God.**

EVERYONE PLAYS

Everyone plays. Each player must play at least half of each game. Each player may play more than half depending on the number of players on each team for that game. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time.

* A player who fails to call for practice cancellation; game cancellation or is routinely late needs only to be played 1/4 of the game.

PRAYER TIME

Each game there is an opening and closing prayer given by one of the players. Home team opens and visiting team closes. Please respect this time as "quiet" time. No talking, movement and dribbling. Thank you.

COACHES

As a parent, you can help your child's coach by introducing yourself and thanking them for their interest in coaching a team. Support the coach's request that your child be on time for practices and games. If you do not stay for the entire practice session, pick up your child promptly at the end of practice. Be positive with your comments and remember that a coach has a reason for his selection of player positions. Don't criticize the coach because you think your child should play a different position. Offer help at practices. Remember that coaches volunteer their time and energy to instruct and help your child, and they need your cooperation and support.

REFEREES

WACC Referees are entitled to the highest respect from coaches, players and spectators. A referee's call (and there will be calls) shall be accepted without complaint. Some of the referees do not have children playing in our Region and all of them gladly give their time to help us. Please *show them the respect they deserve* - they are volunteers, and express your appreciation for their commitment to our soccer program. Youth Kicks is always in need of referees. If you are interested, contact Kelly Warner or Chereen Florea.

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SAFETY

Safety of all the Youth Kicks program participants is always a primary objective. Soccer is a physical sport and minor injuries may result. Normal first aid practices (ice, bandages, etc.) should be utilized. Proper soccer techniques (kicking, goalkeeping, heading, etc.) will be taught by your team's coaches.

Player's should eat far enough ahead of soccer practices and matches so that food doesn't upset their stomach. Eat a healthy meal about 3 or 4 hours before your practice or match. If you must snack, eat only a small quantity of complex carbohydrates—foods such as cereal, English muffins, pasta or a piece of toast. **Just make sure you don't eat less than an hour before the game!** Thirty minutes after any competition, eat a meal high in complex carbohydrates to help restore your body's blood sugar (glycogen levels).

Three hours before any sport activity, drink a couple of glasses of water (12 oz. sized glass). Don't gulp! Sip the water slowly. One hour before game time, drink a little more water. During the match, drink a little water every 15 minutes or so. **Drinking fluids is important!** After the game, drink more water.

SIDELINE ETIQUETTE

Youth Kicks soccer encourages positive self-esteem, discipline, personal responsibility, teamwork, acceptance of and learning from disappointment and success, as well as perseverance. It is also an enjoyable game to watch as well as play. We believe that quality soccer can and should be developed, and that it can and should be fun. Therefore, the emphasis of our program is not on who wins but how the players and teams develop, and most importantly, did they have fun in doing so? We want all participants to reach their full, *age-appropriate* potential and to enjoy themselves in the process.

As spectators, we must realize that the players are trying their very best and deserve *our very best* in the way of support and encouragement. Negative comments have no place on the field or sidelines. We need to recognize that the effort of each player is 100% well intended and encourage each player to maintain that effort. It is also important to recognize all good play being demonstrated, *regardless of which team the player is on.*

Allow the coach to be the sole source of coaching during the match, communicating tactical or technical adjustments to the players. As a coach, be sure that your coaching during the match is limited to positive, instructional or encouraging comments. Giving play-by-play instructions to all players thwarts their ability to put into effect the lessons you have stressed in practices and disallows them the opportunity to think on their feet.

Sportsmanship is a key component of the Youth Kicks program. Our children need to experience:

1. The fun of hard fought by fair competition
2. Winning graciously
3. Losing graciously
4. Improving one's abilities through practice
5. Learning the social skills involved in being a member of a team, and
6. Acknowledging good play by teammates as well as opponents.

One of the ways in which our children can learn and continue to have these experiences is by our demonstration of good sideline behavior and imitating our conduct. Keep a positive outlook and demonstrate it by supporting the coaches, players and referees, in spite of any mistakes they may make during the course of a match. Please pick up after yourselves as spectators and players.

PARENTS' PLEDGE

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In Youth Kicks, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

SUPPORT YOUR CHILD: Support your child by giving encouragement and showing interest in their team.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

ALWAYS BE POSITIVE: Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

REMEMBER—YOUR CHILD WANTS TO HAVE FUN: Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

VOLUNTEERING

Youth Kicks is a non-profit organization to teach the game of soccer and develop positive character traits in children through their participation in a quality sports program. Our Youth Kicks program strictly through the efforts of volunteers. In order to provide the quality program our kids deserve, we need YOU! Following is a list of opportunities for you to consider. All volunteers will receive instructions for selected jobs. Remember: **No Previous Experience Necessary!**

COACH: Must have a personal relationship with Christ. One of the most rewarding opportunities. ALL Youth Kicks coaches are strongly encouraged to attend the coach clinic.

ASSISTANT COACH: Assists the team coach during practices. You will learn a lot about soccer and coaching, and enjoy working with the players.

REFEREE: Must attend Referee Training Class. Uniform provided by Youth Kicks. Contact the Kelly or Chereen if you're interested. You will learn the rules of soccer and how to conduct the game, and enjoy participating in the game with the players. Referees are critical to providing 'fair play' games for our children.

TEAM MANAGER: Administrative assistant to the coach. The Team Manger is the primary communicator between the coach and the parents. Oversees and coordinates other parents in several areas: game schedules, refreshments, parties, telephoning information and anything else that pertains to the specific team. A Team Manger's Meeting provides pertinent information necessary to perform duties. Coaches greatly appreciate a committed volunteer to fill this position.

GAME DAY REFRESHMENTS: Generally, each family is assigned a specific game to bring refreshments. Also, coaches, referees and siblings appreciate being offered refreshments, so please bring a little extra.

Whittier Area Community Church

YOUTH KICKS



INDOOR/FUSTSAL SOCCER LEAGUE 2011

GAME RULES

1. PRAYER:

Each game is opened and closed with prayer. The home team (listed first in the schedule) is responsible for opening in prayer and the visiting team (listed second in the schedule) is responsible for closing in prayer.

2. PLAYING TIME:

Each player must play at least half of each game. A player may play more than half of a game depending on the number of players on his/her team for that game. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time.

*A player needs to play only 1/4 of a game if: a) s/he failed to notify the coach ahead of time when missing practice; b) s/he failed to notify the coach ahead of time when missing the previous game; or c) s/he is routinely late.

3. GAME LENGTH:

Clinic "K" Division

A game is 24 minutes in length. The game is divided into 6 periods of 4 minutes each. These periods are for substitutions only.

Peewee and Minors Divisions

A game is 32 minutes in length. There are two 16-minute halves. Each half is divided into four periods of four minutes in length. These periods are for substitutions only.

Major Division & Up

A game is 40 minutes in length. There are two 20-minute halves. Each half is divided into four periods of five minutes in length. These periods are for substitutions only.

4. CLOCK:

The clock runs continuously during the game. The clock is stopped a) at the end of each period for substitutions and half time, b) for injuries (at the discretion of the referee), and c) for time-outs.

5. TIME-OUTS:

Each team has one time-out **per half**. A team may call a time-out only when the ball is out of play or their goalkeeper has control of the ball. A time out lasts 1 minute.

6. START OF PLAY:

A kick off occurs at the start of each half and after a goal is scored. The ball is placed at the center mark. Both teams are in their own half of the field, and players of the opposing team must be 10 feet from the ball. The ball is in play when it is kicked and moves forward. The player kicking the ball may not touch the ball a second time until another player touches the ball. Doing so results in an indirect kick for the other team from the spot where it was touched the second time "A goal may not be scored from a kick off. A kick off is indirect."



The visiting team begins the game with a kick-off. The home team begins the second half with a kick-off.

The visiting team starts the 3rd, 6th, and 8th periods with a goalkeeper throw. The home team starts the 2nd, 4th, and 7th periods with a goalkeeper throw. Both teams are in their own half of the field, and players of the opposing team may not cross 1/2 court until the goalie has released the ball.

7. SCORING METHOD

A goal is scored when the entire ball crosses the entire goal line, between the goal posts and beneath the cross bar.

Scoring for ALL DIVISIONS is capped at a 7 goal difference (i.e. 6-13 is allowed BUT 6-14 is not allowed). If a team with a lead of 7 goals scores, that goal does not count, and the other team restarts the ball with a kick-off. Should the trailing team score, making the difference fewer than 7 goals, then subsequent goals scored by the team in the lead are again counted (until and unless the difference becomes greater than 7 goals once more).

8. THE BALL IN & OUT OF PLAY:

The ball is "out of play" ("out of bounds") when the entire ball crosses either the goal line or the touch line (the entire ball must cross the entire line), or when the referee stops the play for any reason. The ball is also out of play if it hits the ceiling or a basketball hoop/backboard at any time.

9. GOALKEEPER THROWS:

- When the goalkeeper establishes possession of the ball with his/her hands s/he must return the ball back into play by throwing it, not kicking it.
 - If the goalkeeper kicks the ball from inside of the penalty area after having established possession with his/her hands, an indirect kick is awarded to the opposing team at the penalty mark. (Free throw line).
 - The goalkeeper throw must touch either the floor or another player before crossing the center line. If the ball first touches the floor or a player across the center line, an indirect free kick is awarded to the other team at the center line where the ball crossed it.
- Goalkeeper throws are indirect. A goal cannot be scored directly from a goalkeeper throw.

10. GOAL CLEARANCE

When the ball crosses the goal line (without scoring a goal), last touched by a player not defending that goal, a goal clearance is used to restart play (this is instead of a goal kick)

- The ball is put into play by a Goalkeeper Throw from the penalty area
- The ball is not in play until it goes beyond the penalty area
- For a goal clearance, the Goalkeeper may not touch the ball a second time until another player has touched it. Violation of this results in an indirect kick for the opposing team

The goal clearance is repeated if a player from either team touches the ball before it leaves the penalty area

11. CORNER KICK

When the ball crosses the goal line (without scoring a goal), last touched by a player defending that goal, a corner kick is used to restart play

- The ball is placed on the corner to the side of the goal where the ball went out of play (the play is redone if the ball is set in the wrong place)
- A corner kick must be done within 5 seconds. If the kick is not completed within 5 seconds, the opposing team is awarded an indirect free kick from the same corner mark
- The kicker cannot touch the ball a second time until another player touches the ball. Violation of this regulation results in the opposing team being awarded an indirect free kick from the point of second contact
- Opposing team players must be at least 10 feet from the ball when the kick is taken

It is possible to score directly from a corner kick

12. KICK-IN

The ball is restarted with a kick-in when it goes out of play across the touch line, or over the boards. (A kick in is done instead of a "throw in")

- The ball is placed on the touch line where it went out of play (At the Granada site, the ball is placed one foot inside the touch line)
- The kick-in is taken by the team that did not touch the ball last before it went out of play
- The kick in must be done within 5 seconds (A kick in is given to the opposing team if the first team fails to put the ball in play within 5 seconds).
- The kicker may not touch the ball a second time until another player touches the ball. Violation of this regulation gives the opposing team an indirect free kick from the spot where the kicker touched it a second time.
- The opposing team players must keep at least a 10' distance from where the kick in is taken a goal may not be scored directly from a kick in (it is "indirect")

13. FREE KICKS:

When a team commits a foul or a violation, the opposing team is awarded a free kick. There are two different types of free kicks:

Direct Kick (Penal Foul): The ball may be kicked directly into the goal without touching another player first.

Indirect Kick (Non Penal Foul): The ball must touch another player before entering the goal. (The goal posts do not count)

For both kinds of free kicks, players of the opposing team must be a minimum of 10 feet from the ball (or standing on the goal line if the ball is nearer than 10 feet to the goal line).

14. FOULS AND VIOLATIONS:

Penal Fouls include:

- Tripping a player
- Kicking or attempting to kick a player
- Kicking above the waist when another player is near ("high kicking")
- Shoving, elbowing, pulling, holding, undercutting or shoulder charging
- Colliding with or contacting the goalkeeper after the goalkeeper has established control of the ball or after the goalkeeper has established position above the ball on the ground within the penalty area in any way
- Slide tackling (except for the goalkeeper who is allowed to slide at the ball within his/her own penalty area)

Handling the ball intentionally, except the goalkeeper within the penalty area

Penal Fouls result in a direct kick.

Non Penal Fouls include:

- Dangerous play (e.g. trying to kick the ball which the goalkeeper is holding, kicking at the ball while sitting on the ground when other players are near, etc.)
- Handling of the ball by the goalkeeper when a teammate has intentionally kicked it to him/her, whether from the field or from a kick-in ("pass back")
- Failure of the goalkeeper to release the ball into play within 5 seconds of gaining control of it interfering with the goalkeeper so as to prevent him/her from putting the ball into play

Non-Penal Fouls result in an indirect kick.

15. PENALTY KICK (PK):

If a penal foul is committed by a player within his/her own penalty area, resulting in the awarding of a direct kick, a penalty kick occurs as a special type of direct kick.

The ball is placed on the penalty mark (free throw line)

- Any player on the field at the time of the foul may take the penalty kick
- All players but the defending goalkeeper and the kicker must stay outside of the penalty area and further from the goal line than the ball, until the ball is kicked
- The goalkeeper must stand on the goal line until the ball is kicked, but may move laterally along the goal line

The kicker may not touch the ball a second time after the shot until another player touches the ball. Doing so results in an indirect free kick for the opposing team.

16. YELLOW AND RED CARDS:

A player or coach is shown a yellow or red card for any of the following infractions:

- unsportsmanlike behavior,
- excessive arguing with the referee or scorekeeper,
- fighting,
- trash-talking,
- obscene language,
- fouling with excessive force,
- persistent foul play

(for coaches) assigning a player the task of doing something illegal to the detriment of the game

First infraction: Yellow Card

Players: Two-minute penalty out of the game. This results in a "five-on-four", or "power play" situation. If the time remaining in a period is less than two minutes, the player serves the remainder of the two minutes during his/her next scheduled period.

Coaches: A coach being shown a yellow card results in a penalty kick for the opposing team.

Second infraction: Red Card

Players: Ejection from the game. The remainder of the game is in "power play" mode.

Coaches: Ejection from the game and the opposing team is awarded a penalty kick.

The coach must leave the gym for the remainder of the game. The coach will also receive a one-game suspension.

Automatic meeting with coaches review board. (Please see code of conduct).

17. DROPPED BALL:

For all situations not otherwise covered, play is restarted with a dropped ball. (This includes the case in which the referee cannot reasonably determine who last touched the ball before it went out of play, as well as when the referee stops play to protect an injured player.) The referee drops the ball between two opposing players so that both have an equal chance at gaining control of the ball. The ball must hit the ground before being played by either player.

18. SPECTATORS:

The referee may require parents or other spectators to leave the gym if they curse, publicly degrade anyone involved with the league (players, coaches, officials, scorekeepers, etc.); fight; or promote actions by a player which are illegal or lead to the detriment of the game.

For the safety of the players, no one may have their legs hanging over the edge of the stage during play. At the Granada site, spectators are asked not to sit in the bottom row of bleachers until and unless all the higher rows are filled.