

# Sunnyvale Alliance Soccer Club Recreational Parent's Handbook

(More information at: [www.sunnyvalesoccer.org](http://www.sunnyvalesoccer.org))



## Purpose of the Club

The purpose of the Sunnyvale Alliance Soccer Club (SASC) is to develop, promote and administer the game of soccer for youth players from Under 6 (6U) to Under 19 (19U) years of age in both recreational and competitive settings.

## Recreational Program Philosophy

The purpose of the recreational program in SASC is the development of the soccer playing ability of the child. Safety, fun, excitement, and player skill development are the primary focus of the program. Regardless of the ability of a child, everyone deserves an equal chance to play and learn in a positive, supportive, environment.

## Club Principles

- The club exists solely for the benefit of the players
- While the club strives for a combination of the highest level of team and player development and performance, it will not compromise on standards of excellence in behavior, attitude and good sportsmanship from its players, coaches, managers and parents.
- The club expects the managers, coaches, trainers, players and parents to consistently and actively support the club, its vision, and expectations.
- Club decisions will be made on the basis of what is best for the club and its players as a whole rather than in preference to any single individual or team.
- The club relies on volunteers to carry out its activities.

## Code of Behavior

- **Demonstrate good sportsmanship at all times**  
Set a good example for behavior. Limit comments to enthusiastic cheers and positive comments for both teams. We actively encourage the ideals promoted by the Positive Coaching Alliance: [www.positivecoach.org](http://www.positivecoach.org).
- **Never abuse the referee or other club officials**  
Please respect the decisions of the referees regardless of whether you agree with their judgment. The club has many youth referees who are learning, just like the players. Beginning referees are typically in control of games at the youngest age groups and progress to older age groups with experience. Referees and club board members have the power to ask any person demonstrating bad sportsmanship to leave the field and the club retains the right to remove adults/children from the club should this occur.
- **Stay on the sideline**  
No adult is permitted on the field of play without the permission of the referee.  
No spectator or coach is permitted behind the end-line or near the goals.

## Parents

- **Support the club**  
SASC is a volunteer organization. Your child's fees only cover expenses directly related to the games they play. Opportunities exist for parents to donate their time for the betterment of the program.
- **Support the coach(es)**  
Arrive at practices and games at the specified time. Coaching your child from the sideline distracts from the coach's instructions. Limit your comments to cheering for the team. If you wish to coach, please contact the club. There are always plenty of coaching opportunities available.

- **Support the children**

Let your child know that they should behave in a courteous way, that they should give their coach their attention and follow directions, and that sportsmanlike conduct is required at all times. Keep your comments before, during, and after the game positive, for both teams. Nurture your child's love of the sport, self-respect and desire to do their best.

- **Support player safety**

SASC is committed to providing a safe environment for all of our players. If you observe any suspicious behavior, please contact a club official or the police.

## **Players**

- **Respect the game**

Respect the rules, officials, opponents, your team, and yourself at all times. Listen to instructions, play to the best of your abilities, and encourage your teammates.

## **Coach**

- **Inspire and motivate**

Emphasize fair play, sportsmanship, and personal and team integrity above all else.

- **Learn**

Attend club- and league-sponsored coaching classes and clinics.

- **Challenge**

Prepare practice sessions to develop individual and team skills. Enforce rules of behavior.

- **Positive and professional**

Insist on good sportsmanship from yourself, your players, and your assistants. Lead by example: coach positively and praise when deserved.

- **Communicate with players and parents**

Communicate directly and honestly with players, privately if needed. Discuss issues with the player's parents.

*Failure to abide by these behavior standards may result in expulsion from the club.*

## **Practice Days and Season Games**

- Practice day(s), time, and place are determined by the team coach.
- Game schedules are posted on the club website: [www.sunnyvalesoccer.org](http://www.sunnyvalesoccer.org)

## **Rainy Days and Game Cancellations**

SASC has a "rain or shine" game policy. However, SASC contracts with the city of Sunnyvale for the use of its fields for practice and games. The city of Sunnyvale may close the fields if they feel that the conditions are not suitable for use. If fields are closed we must honor the decision, or risk losing our access to and use of the fields.

Checking Field Status:

- Club website: [www.sunnyvalesoccer.org](http://www.sunnyvalesoccer.org)
- Twitter: Follow SASCfields to get field messages sent to your phone.
- Hotlines: (408) 733-KICK, (club) or (408) 730-7585 (city). (If your field is not listed as closed, go to your game at the scheduled time.)

Due to the difficulties of rescheduling games and in conformance with our policy of not guaranteeing a set number of games, the Club will not schedule makeup games due to cancellations of any nature. We do encourage coaches to make arrangements with their opponents to play during the week in lieu of one of their scheduled practices.

### **Child's Equipment Rules:**

- Must wear shin guards, covered by socks, at practice and games
- Must NOT wear any kind of jewelry items, this includes newly pierced ears
- Soccer shoes not required but STRONGLY recommended (Baseball shoes are permitted if the front toe cleat is removed and the area left smooth)
- Bring a water bottle and ball to every practice and water bottle to every game.

### **Field Equipment**

- Ensure goal posts have minimum 2 stakes on the ground bar on each side.
- Please make sure all the equipment is locked away at the end of the game.
- Ensure porta-potties are locked at the end of the day.
- Equipment that is lost or abused is replaced at a cost to your child's fees.

### **Coach & Player Training**

SASC is committed to the training of their coaches, referees, and players. In addition to Cal-North and NSCAA sponsored courses, SASC hires professional trainers that provide coach and specialized, age appropriate clinics to players throughout the season. These are listed on your game schedule.

### **Awards & Pictures**

All players receive participation awards at the end of the season.

### **Rules of Fair Play and Sportsmanship**

In addition to the small-sided modifications, SASC has the following requirements on recreational games:

1. Every player **must** play at least half of each game he/she attends.
2. Coaches should make each child a "starter" for at least 50% of the season's games.
3. The Coach should strive to put each player in a position to score (i.e., forward or attacking mid-fielder) at least 50% of the time over the length of the season. Players should NOT be limited to specific positions, even though they themselves may have their initial preferences. Players should be challenged to experience the "total" game of soccer, and play ALL positions.
4. Every player who wants to must have the opportunity to play as goal keeper at least ½ a game during the season.

Coaches are **expected to make adjustments** when team is leading by 2 goals. Parents should be aware that coaches will issue challenges to their own team when leading by two goals. Thus, coaching from the sideline to encourage a dominant team to score may contradict challenges issued by a coach.

**Under no circumstances should the goal differential be more than 5 goals.**

Questions / Comments?

Contact the Recreational Director: [recreation@sunnyvalesoccer.org](mailto:recreation@sunnyvalesoccer.org)

## Games

SASC has made modifications to the rules of the games to make them age appropriate and in accordance with national recommendations.

Age Group	Format / Ball Size / Goal Size / Field Size / Duration	Goal Keeper?	Restarts	Free Kicks	Offside Called?
Parent Referees					
6U	3 v 3 size #3 Pugg Goals 30 x 20y 4 x 10 mins	No	Kick-ins (no throw-ins)**	Indirect free kicks only Must be 5-yds back.	No
7U	4 v 4 size #3 4' x 9' 40 x 30y 2 x 20 mins		Kick-ins (no throw-ins) Goal-kicks and corner-kicks	Indirect free kicks only Must be 6-yds back.	No
Club Referees					
8U	5 v 5 size #3 6'6" x 12' 50 x 35y 2 x 20 mins	Yes	FIFA One retry on throw-ins. Goal-kicks are taken at the top of the penalty area.	Indirect free kicks only Must be 7-yds back. Backpass to GK is OK	No *
10U	6 v 6 size #4 6'6" x 18' 60 x 40y 2 x 25 mins		FIFA One retry on throw-ins.	Indirect free kicks only Must be 9-yds back. 1 warning for backpass to GK	Called if obvious
12U	8 v 8 size #4 7' x 21' 80x 50y 2 x 30 mins		FIFA	FIFA (Direct, Indirect and PKs)	FIFA
14U+	11 v 11 size #5 8' x 24' 110-120 x 70-75y 2 x 35 mins		FIFA	FIFA (Direct, Indirect and PKs)	FIFA

*(Note: modified laws subject to seasonal change.)*