

Sonoma County Coed Soccer Teams and Managers

2004 Spring Season

Tips for new managers

Welcome to our league!! As veterans we have developed this list of helpful hints to make the job easier and less confusing. It really is a lot of fun once you get the system figured out.

Hint Number One: the whole purpose of the league is to HAVE FUN! So don't stress out.

Hint Number Two: if you have coached kids before, you will find that adults are MUCH MORE DIFFICULT. No matter how many times you tell them something, someone always forgets.

Rules Synopsis: (Please refer to league handouts for complete rules)

The most important thing to remember is that SCACSL is a *recreational league*. We are out here to have fun, in that vein, there are a few rules that are especially important:

- NO SLIDE TACKLES
- Players only get five touches before they have to pass.
- You must have at least 7 players to start a game. No fewer than three (3) women may be on the field. The goalie is gender neutral. **No more than 5 men may be on the field at any time.**
- Players must be wearing matching uniforms (shirts, shorts, and socks).
- Players must wear shin guards and regulation soccer cleats.
- Players must have a valid player card.
- A girl goal is worth 2 points

Starting a Team:

League fees

The cost per team is \$450, including a refundable deposit of \$100 from which the league can assess fines (explained later).

Players

You may register up to 22 players. Women must be at least 18. All men must be 21 or older. You may have 1 man 21-25 and 2 men 25-29. The remainder of men must be over 30. Players must be of age on Game Day, not calendar year.

Player Cards

Every player must have a game card on game day. No exceptions (even if you gave the registrar the information, but have failed to get the players card). To register each player you must provide:

- an application form filled out completely (make sure it is signed)
- a small 1x1" photograph of themselves to be used on the player card.
- (No polaroids, they melt in the laminator).
- a photocopy of their drivers license.

Assemble these items carefully and fully to save yourself multiple trips to the registrars home. If you need to register players after the league has started, information must be to the registrar before Tuesday, for play on Saturday.

Uniforms

Every player must be in matching uniforms to play. The shirts must have numbers! Determine what color your uniforms will be and check with the registrar to make sure that the color has not already been picked. It is a good idea to have pennies, just in case there are color conflicts. It is the home teams responsibility for changing colors if there is a conflict. (See manager lists for other teams colors).

Fields

Please try to find a home field, we are always in need of a place to play. It is up to you to find a field to practice on. If you have a home field please contact our field manager. Remember, we need to provide a certificate of insurance in order to play games on the fields (see insurance manager).

Equipment

Each team must provide their own net. The home team must provide the game ball. It is a good idea to have pennies to wear over your uniform if there is a color conflict.

We hope that this little bit of information will help your team get started. We welcome you to our league and hope that you all have a great time playing our favorite sport!!

If at any time you have questions or you need clarification on a rule, please call one of your elected Board Members.