

Key Differences Between U8 and U10 Soccer

	Under 8	Under 10
Team Size	5 on the field; 10 on the roster	8 on the field; 12 on the roster
Ball Size	Size 3	Size 4
Game Length	40 minute game/two 20 minute halves	50 minute game/two 25 minute halves
Field Size	50-60-yds long, 30-40 yds wide	60-80 yds long, 40-50 yds wide
Goal Size	5 feet high, 15 feet wide	7 feet high, 21 feet wide
Flights and Classes of Play	Class 4 only, recreational	Class 1 or Class 3 competitive * teams are formed prior to the start of the season. Class 4 teams are flighted – Gold, Silver, Bronze, Blue, Red, Etc.-prior to the start of the season. Adjustments are made after the first 3 games. Teams may be reflighted to a higher or lower flight if scores are unbalanced.
Slide Tackles	Not Allowed	Allowed **(see footnote)
Offside	No offside rule applied	Offside rule applies
Substitutions	On the Fly	Only at allowed stoppages of play
Referees	Parent “Game Monitors”	CYSA Licensed referees for all games
Opponents	Teams play within ASC	Teams play other teams within JLYSL, mostly teams outside their own club.
Game Cards	Not Required	Provided in the coach's package, stamped and brought to games by the HOME coach.
Coaches Training	Not required, but recommended CYSA “Pre-F”	CYSA “F” license REQUIRED before or during the FIRST year coaching U10 or above.
Practices	One practice per week	Up to TWO practices per week
JLYSL End of Season Tournament (Jamboree for U10)	Not Applicable	To play in the tournament your team must have: 1) met its referee requirement (that is, have at least one person on your team be a licensed referee who has officiated at least 5 games during the season) and 2) met the Club’s PCA participation requirement.

* The Under-10, Under-12, Under-14 and Under-16 age groups are divided into two divisions, Class 3 and Class 4 (or “recreational”). Jack London has a club – Bay Oaks – dedicated exclusively to Class 1 teams. Both Class 1 & 3 teams consist of players selected during formal tryouts. Class 3 teams play similar teams from other clubs during the season. Class 1 teams travel a great deal, playing teams from other leagues and competing in tournaments.

** Coaches are urged to be extremely cautious about slide tackling. Tackling from behind is **never** allowed at any age. Here’s feedback about this from a local referee: “Slide tackles from behind are reckless play and will normally be ‘rewarded’ with a yellow card if the player is lucky, and a red card on any other perception.” *Coaches should be cautious in instructing their players to slide tackle; it is something many at this age are unprepared physically and too immature emotionally to accomplish safely for themselves and others in the game.*

Frequently Asked Questions from U10 Coaches

1. As a U10 coach where should I get information?

One of the best places to get information is the Jack London Youth Soccer League website at www.jlysl.org. Check the Calendar for upcoming coaching classes and PCA workshops; look for rain out announcements on the Home page on stormy mornings; get game schedules info once the season has started.

Check the Alameda Soccer Club (ASC) website at www.alamedasoccer.org for announcements specific to the Club like our annual coaches meetings and monthly board meetings. Note the LEFT side of the Home Page. You can navigate to various areas of the website. The Directory has contact info for Club volunteers. If you are a new coach in our Club, take time to explore **BOTH** websites thoroughly.

The California Youth Soccer Association website is located at: <http://www.cysanorth.org/>

2. When and how will I get my practice field assignment?

Prior to the start of the season, COACHES need to go to the [Practice Field Request Form](#) on the left side of the ASC home page. The Field Coordinator (fields@alamedasoccer.org) will then gather information about practice time & day preferences. Practice time & field assignments are typically made from two to four weeks before the season starts. Coaches can begin practicing when field permits become available. Remember, fields are extremely difficult to procure and use of the fields is a privilege. Be sure to clean up all trash from fields when leaving and observe all posted rules on the field. **Absolutely no dogs are allowed on fields for games or practices.** Coaches are responsible for enforcing this rule with the families on their teams.

3. When and how will I get equipment and uniforms for my team?

For the fall season, in early to mid August there will be a Coaches Meeting. Equipment is handed out at that time. Coaches should attend the meeting and pick up equipment themselves, there will be a lot of information given out and questions answered at this meeting. Uniforms are provided by the players, and available at the Soccer Post at South Shore Shopping Center.

In the spring, coaches who need equipment need to contact the equipment coordinator (equipment@alamedasoccer.org) to arrange a meeting time/place.

4. When and how will I get my team's schedule and directions to fields?

The League Match Secretaries create the game schedules. Coaches are notified about schedules as soon as they are available. The initial schedules are usually for the first 3 games only. After the first 3 games are played, teams are re-flighted. A second game schedule for the remaining games is distributed 3 weeks into the season. Game schedules are available on line at MySoccerLeague.com. You will receive an email from the Match Secretary with login and password information. Directions to fields may be found on the JLYSL website at "Fields" and at the ASC website at "Directions to Fields".

5. What are flights and how will I know what flight my team will be?

Coaches are asked to designate a flighting for their team in U10 based upon age and experience and skill of their players. Typically coaches request a High, Medium or Low flight. Flights (from highest to lowest) in U10s are: Gold, Silver, Bronze, Red, White, Blue, Green, etc. After the first 3 games are played, teams may be re-flighted by the Match Secretaries based upon game results. Coaches are also allowed to provide feedback via email to the Age Coordinators and/or Match Coordinators if their games become consistently one-sided.

6. How do I know my team is in the right flight?

The purpose of flighting teams is to make sure that teams are appropriately matched during games. If your team lost all of its first 3 matches, your team may be moved to a lower flight. If your team won all of its first 3 matches, you may be moved to a higher flight. The goal is make sure that teams are challenged *and* having a good competitive experience. We all love to win, but a team that outmatches the majority of its opponents, or conversely is outmatched in the majority of matches, is not appropriately flighted. In general, teams are considered appropriately flighted if they win half their games in the season.

7. What do the Age Coordinators do?

Each age division and gender (example: Under 10 girls) has an age coordinator(s). In early summer, the Age Coordinators are responsible for forming up the teams based upon information submitted by parents during registration and based on the ASC Class IV Team Formation Policy located at the ASC website. The Age

Coordinators then submit the draft rosters to the Registrar. The Age Coordinators spend many, many hours putting together teams. In U10s, there are typically more than 10 teams per gender. Coaches should do all they can to optimize the Age Division Coordinator's time. **If you are submitting a question or request for an Age Division Coordinator, provide ample background and be clear and explicit about what you are requesting.**

During the season the coaches may submit information about unusual game events (example: a blow out game score or poor sportsmanship) to the Age Coordinators and the Match Secretaries. In game instances in which the teams were unevenly matched, the coach should report this to the Age Coordinator and appropriate Match Secretaries. The Match Secretaries use this information for reflighting. The Age Coordinator uses this information in assigning players in the future. In instances of game incidents involving poor sportsmanship or an event requiring consideration for disciplinary action, the Age Group Coordinators may send the information along to the appropriate Match Secretaries, and may also notify the Club Coaching Coordinator, Club Referee Coordinators, and League Referee Coordinators. Coaches should also report such incidents through www.jlysl.org (on the website see menu item "Report Problem").

8. How are teams formed?

Every age division is managed by an Age Coordinator, and each age division is typically divided by gender (U10 Boys, U10 Girls, U12 Boys, etc.). The Age Coordinators form up teams using the ASC Class IV Team Formation Policy which is located at <http://www.alamedasoccer.org/Reference/teamformation.asp>.

This policy reflects the Club's desire to form teams in a fashion that respects the children's best interest and complies with CYSA and JLYSL policies. The AGC is the final authority in the matter of making team assignments. If the AGC and the coach or player cannot find an acceptable solution, the AGC should consult with the Registrar for advice and make a decision that respects the player's best interest.

1. Priority order for placing players with coaches:
 1. Player's preference for a coach. If too many players sign up for a coach, returning players for the coach from within the most recent 2 seasons will be given priority. If there are still more players than can be accommodated because of the maximum roster size, the AGC will work with the coach to find a solution.
 2. Player's preference for friends.
 3. Player's preference for level of play (flight of team for U10 and above.)
 4. Neighborhood school.
 5. Player's previous coach.
2. Coaches may not pick players.
3. Coaches may not refuse to take a player. However, if a coach believes it is not in the best interest of the player to be playing in his team, the coach may petition to the AGC that the player be removed from his team. The coach may not contact the player or his parents directly. The AGC has the final say on the matter.
4. A player may specifically ask not to be placed with a particular coach.

9. How can a player play up an Age Division on my team?

Players may play up only with consent of the coach. The player must identify in her registration the coach who is willing to take her as an underage player. Players playing up go through same team placement procedure as all other players in that age group.

10. We played a game this weekend, and there were some sportsmanship problems in the match. What should I do?

Coaches can report such incidents through www.jlysl.org (on the website see menu item "Report Problem"). Coaches may also submit information about game incidents to the Age Coordinators and/or the Match Secretaries. In instances of game incidents involving poor sportsmanship or an event requiring consideration for disciplinary action, the Club Age Coordinators send the information along to the appropriate age division Match Secretaries, and notify the Club Coaching Coordinator, Club Referee Coordinators, and League Referee Coordinators.

11. We played a game this weekend, and we were totally outmatched. What should I do?

In game instances in which the teams were unevenly matched, the coach should report this to Age Coordinator and appropriate Match Secretary. The Match Secretaries use this information for reflighting. The Age Coordinator uses this information in placing players in the future.

12. What certifications do I need to coach an U10 team?

Coaches for age groups U10 and above must have (or must obtain during their first coaching season) an "F" license from the California Youth Soccer Association (CYSA). Coaches are encouraged to pursue more advanced license levels as they move up the player age group levels adding tactics and advanced strategies to the skills they teach soccer players. Look on the Jack London Youth Soccer League site for a list of "F" clinics (www.jlysl.org), or you can go directly to the CYSA site to look for upcoming clinics:<http://www.cysanorth.org/Coaching/courses.htm>.

All Class IV teams (with the exception of the Under 6 and Under 8 coaches) need a coach with at least an F license).

Coaches may be asked by the referee to present a CYSA coach pass, which looks like a player pass and includes a picture of the coach. This coach pass is included in the team package containing the roster and player passes at the annual coaches meeting.

Separate and independent from the CYSA licensing, all new coaches (regardless of age division) are required to attend a Positive Coaching Alliance workshop sometime during the season. These PCA workshops are sponsored by the League and the member Clubs (ASC, OSC, MSC, PSC, GVSC, RSC, BOS). Look for upcoming workshops in the PCA section at www.jlysl.org.

13. I'm a coach. I participated in a PCA workshop in the past and really enjoyed the session I attended. Do I need to attend a PCA workshop again?

No. Once you've already attended a PCA workshop, you've satisfied the PCA participation requirement. Returning coaches are invited to attend a second, advanced PCA workshop: "Coaching the Mental Game". This workshop is ideal for coaches who attended a PCA workshop last year and want to learn about powerful motivation tools to use with youth athletes. See the PCA section at www.jlysl.org for more info.

14. I am a returning coach and I did not attend a PCA (Positive Coaching Alliance) workshop last year. Do I need to attend a PCA workshop this year?

All returning coaches who have not yet attended a PCA workshop are expected to attend. All coaches are expected to attend a PCA workshop before or during their first season. Coaches must apply Positive Coaching techniques to all their interactions with players, parents and referees to make the player's experience the best it can be. In order to participate in the end of season JLYSL tournament or receive League sponsorship for other tournaments, **the HEAD COACH from each team must have attended a PCA workshop**. See the PCA section at www.jlysl.org for more info.

15. I've heard about an end of season tournament/jamboree for U10 and above teams. When is it and how do we enter the tournament?

Each year Jack London organizes an end-of-season tournament (jamboree for U10) in November for U10, U12 and U14 teams in Class IV. It's fun and the majority of teams participate. To play in the tournament your team must have: 1) met its referee requirement (that is, have at least one person on your team be a licensed referee who has officiated at least 5 games during the season) and 2) met the Club's PCA participation requirement.

Coaches typically receive an email from the Tournament Coordinator during the season about the tournament, along with information on how to register for the tournament via Sportability. Because considerable work goes into scheduling referees and fields for the tournament, teams intending to play in the tournament must register in advance with the Tournament Coordinator. The Tournament Coordinator for the League has traditionally been the League Vice President; see the Directory at www.jlysl.org for contact info.

The Jack London end-of-season tournament typically involves 3 games (2 on Saturday, 1 on Sunday) on the weekend before Thanksgiving. Players typically receive a medal for participating. Teams that win their flight are typically awarded trophies.

16. What is the referee requirement?

All U10+ teams must provide one fully licensed referee, or more, and referee at least half as many games as the team plays. **This means that teams must have someone from their team who is a licensed referee who officiates at least 5 games a season.** Teams must also be able to provide assistant referees (linespersons) familiar with the Laws of the Game at the games.

Grade 9 classes are typically scheduled prior to the beginning of the Fall season, and usually involve one morning in the classroom and an afternoon in the field.

To earn a United States Youth Soccer League "Grade 8" license, referees must successfully complete a course and examination including 18 class hours, usually spread over six evenings.

17. When is Photo Day?

Check the ASC website (Picture Day Info) for announcements on Picture Day. It's usually a few weeks into the start of the season on a Sunday. The Photo Day Coordinator assigns the picture times.

18. How should I (the coach) deal with a referee, who from my point of view, isn't calling things correctly during a game?

You may contact the Match Secretary *after* the game. You may not, however, correct the referee during or immediately after the game. The League maintains a zero tolerance policy towards dissent with the game officials.

Coaches may submit incident reports through www.jlysl.org (on the website see menu item "Report Problem"). Coaches may also submit information about game incidents to the Age Coordinators and the Match Secretaries. If appropriate, the Age Coordinators may notify the Club Coaching Coordinator, Club Referee Coordinators, and League Referee Coordinators.

19. Do I need Player Pass cards? What do I do with them?

For both spring and fall season, each player must have a player pass, which is a photo ID, in order to play in a game. The Club Registrar will distribute player passes and other team documents at the coaches meeting in advance of the season. Coaches need to have the player passes signed by the players and then laminated. It's a good idea to punch the player pass cards and put them all together on a key ring so that none get lost during a season.

Coaches must submit the player passes and coach pass for the team to the referee prior to the start of the game. **No pass, no play.** All players should be checked in before the game starts. If the team does not present the player passes to the referee by game end, then the team will be subject to forfeiture of the game. In addition to the player passes, coaches are required to have a medical release form signed by the player's parent at each game in order for the player to participate in the match. The medical release form is the 1601 form.

The player pass rules are designed to make sure that players do not play for more than one team and to ensure that players have a medical release signed in the event they need emergency medical care and their parents are not present. After the first three games, player pass cards are required for all players.

In the spring, things are less formal. However, coaches are required to have medical release forms in hand for every player for all games, both spring and fall.

20. What are Medical Release Forms and why are they needed?

All teams must have fully executed (properly signed) CYSA 1601 Medical Release Forms at all games and practices. Any player that does not have a fully executed 1601 will not be eligible to play.

We use sPortability for registration. In some instances parents indicated medical information (for example, if their child has asthma) on line through sPortability, but did not indicate this on the Medical Release Form. All coaches should verify with parents that they have complete medical information on the Medical Release Form for each player.

21. Where can I find out more information on the Rules of Play for games?

We play under the Rules of Play for the Jack London Youth Soccer League and the Laws of the Game of FIFA. All coaches are expected to be familiar with these rules and the laws of the game. The Rules are available at www.jlysl.org.

22. When does the season start and end? How many games do we play?

Each Fall we typically have a ten-week schedule, followed by a League tournament (or jamboree) for the U10, U12, and U14 age divisions the weekend before Thanksgiving. (See previous section for the referee and PCA requirement for the League tournament.) The younger age groups (U10, U12, U14) have a 3-week seeding schedule followed and then a seven-week regular season. League rain-outs are not typically rescheduled. However, if two teams agree to reschedule, that game will count in standings. Such games require a signed game card to be submitted.

In the Spring, we typically use an eight-week schedule beginning in early April, and ending in early June. There are no end of season tournaments or jamborees in the spring.

23. What if we need to reschedule a game?

Under certain circumstances a team will be allowed to reschedule a game. A coach must inform the opposing coach at least one week before the scheduled game date of the need to reschedule. It is also the responsibility of

the team requesting a reschedule to inform referee coordinators of the game cancellation. Games need not be rescheduled because one team does not have enough players that week, although coaches may agree to reschedule. If a team must reschedule a game, it is the responsibility of the team requesting a reschedule to accommodate the other team's schedule, find an available field and find referees.

24. What if our game doesn't start on time?

All games may not start on time, but they should end on time. We do this so the schedule can get back on track. If there is a game in progress at the starting time of the next game, the coaches of the match in progress should end the game so that the next game can start on time. Once the schedule starts to get pushed back, it's up to the teams in the next match to start on time to get the schedule back on track. Otherwise, the last game of the day may get pushed into evening darkness.

If a game is running into to start of the next game, the referee should notify the referee of the game in progress about the next game time. If the referee of the game in progress does not heed this signal, do not interfere with the game in progress but inform the Match Secretary of the situation. The teams should have one minute to leave the playing field. Any team not prepared to play within 5 minutes of the stated starting time may be subject to forfeiture of the game. Coaches should be prepared to check teams in with the referee on the sideline prior to game time so the game can start on time.

25. At games how do we tell if we are the Home or Visiting team? Who provides the game ball? What side should be taken by the Home versus Visiting team? In case uniform colors are the same or similar, who changes – the Home or Visiting team?

Home team is listed first (regardless of field) and provides the game ball and changes uniforms in case of color conflict. Note: Montclair and Alameda have red uniforms. Home is NOT RED in matches between these two Clubs. Visitor wears red in matches between these two Clubs (or as per the coaches' agreement.)

26. What if the referee doesn't show up at a game?

All games should be played even if a referee is not available. It is the responsibility of the coaches to provide a referee if no scheduled referee is available.

27. What is the 4 Goal Rule?

Good sportsmanship should be exhibited in all games. Any team leading by FOUR or more goals should take a player out for each goal over a THREE-goal lead. The referee should discretely remind the winning coach to so adjust. The winning team should also make any other adjustment to limit the mismatch. Although the rule calls for coaches to remove a player once his/her team is ahead by 4 goals, the objective is for the coach to take steps to even up the match. Removing one of the least skilled players would satisfy the rule nominally, but certainly would not be considered good sportsmanship. Good sportsmanship would involve taking steps to even up the match and try to make the game challenging to both teams.

Any coach not adjusting should receive a yellow card from the referee and a report should be submitted by the referee to the Match Secretary. Any team with a full complement of players will not be required to play short against a team that does not have a full complement. Especially for U10 play, good sportsmanship requires a team to adjust before the four-goal rule goes into effect. We encourage coaches of opposing teams to partner and work together to even up the match should it become one-sided.

28. Are there sportsmanship rules?

Yes. Good sportsmanship is exhibited by cheering good play by both teams, showing respect for the referee and his/her decisions, and in particular showing respect to our YOUTH REFEREES. The coach is responsible for the people on his/her sideline and is responsible for taking the lead in establishing a positive atmosphere at all games. The League maintains a zero tolerance policy to any harassment or bad behavior at our games. The Match Secretary is authorized to enforce this rule. Such enforcement can include removing games from competition and standings, withholding trophies, canceling games of the offending team and other actions that the Jack London Youth Soccer League feels are appropriate.

29. What side of the field do we take?

Each field is different. There is no "home" or "away" side. In general the first team to arrive at a field sets up on one side, and the opposing team will set up on the other side. On many fields both teams will set up on the same side.

On all occasions **all parents, coaches, spectators, and players on the sideline MUST stand clear (i.e. at least 2 yards) of the sideline. This is the official approved JLYSL field dimension that is given to field coordinators.**

30. What if I have a question or dispute about a game?

Submit your question or email to your Age Coordinator or the League Match Secretary for your age division. All questions and disputes should be sent to the Match Secretary for the age division involved, who will forward them to the Match Secretary or to the League Referee Coordinator.

31. How do I report game scores? What are game cards?

In your coaches package you should receive blank game cards. These game cards should be filled out in advance of the game (some coaches bring pre-printed labels containing their roster lists and team IDs) and presented to the referee at the game.

All Game Cards should be mailed within 48 hours by the winning team, or home team for tie games, to the Match Secretary listed on the team schedule.

To report game scores via the web, go to MySoccerLeague.com and follow the instructions there. Game results **must be reported within one to two days after the game**. Game cards need to be mailed in regardless of whether you report your scores on line

In any game in which red cards are issued to players, or any cards to coaches, the Game Card, Game Report and Player/Coach card of any Player/Coach issued a red card will be mailed within 48 hours by the referee to the Match Secretary. The Referee should also email the League Match Secretary a report of the incident within 24 hours. Any member of the League can and should report any incident including unsafe or unsatisfactory conditions through the League website. All such reports are acted on.

32. What is the difference between a Jamboree and a Tournament?

U12 and above teams play in Tournaments and U10 teams play in Jamborees, where no official standings are kept.