

MTsc United Rules, Policies, Procedures & Programs

***Effective
August 2023***



Metro Tulsa Soccer Clubs United

Main Office: 10715 Riverside Pkwy, Tulsa, OK 74137

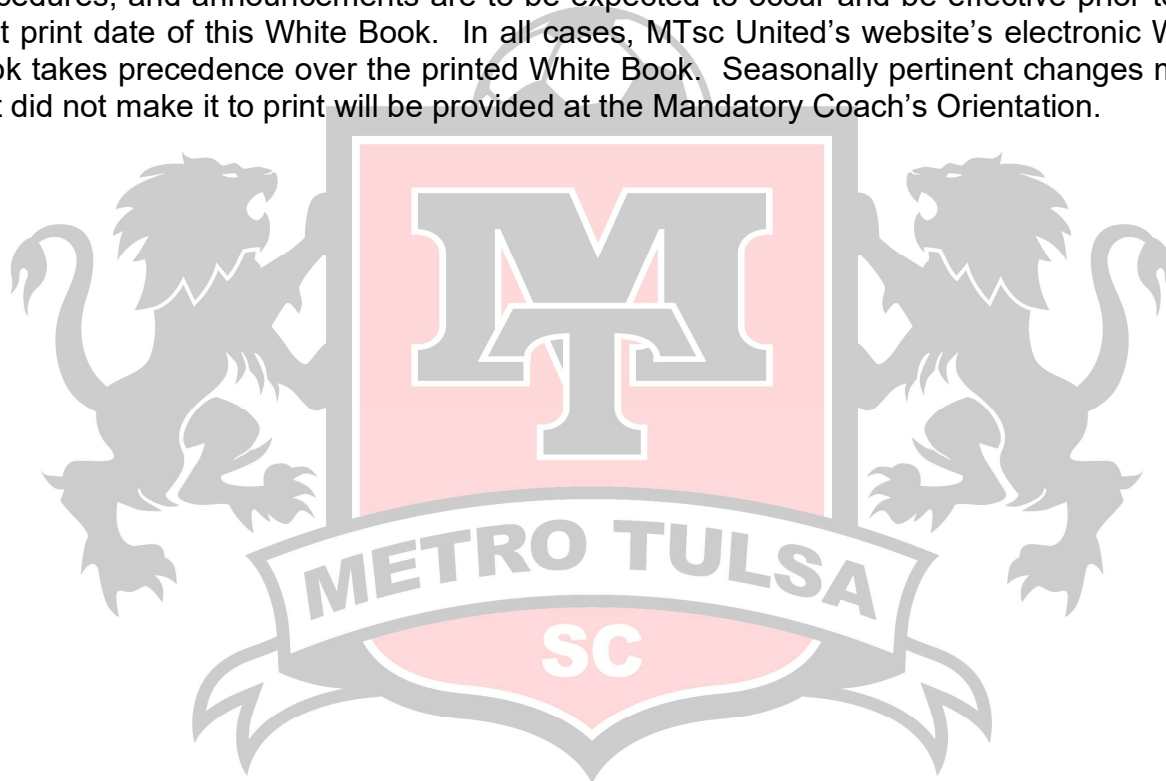
918-298-0190

www.MetroTulsaSoccer.com

Introduction to This White Book

The Metro Tulsa Soccer Clubs' White Book provides information on MTsc United (MTsc U) youth soccer programs, policies, procedures and announcements across the various programs offered by MTsc U including the (a) Recreational/Friendship Outdoor Leagues, (b) Special Needs Leagues (SNL), (c) Player Development Program (PDP) Junior Academy for Skills and league play, (d) Mommy or Daddy & Me (M&M) Soccer, (e) Speed Agility and Conditioning (SAC) (f) summer camps, and (g) the Challenger Series tournaments.

This White Book is updated in print no more than once annually. Due to MTsc United's continuous improvement approach, modifications and updates to the programs, policies, procedures, and announcements are to be expected to occur and be effective prior to the next print date of this White Book. In all cases, MTsc United's website's electronic White Book takes precedence over the printed White Book. Seasonally pertinent changes made that did not make it to print will be provided at the Mandatory Coach's Orientation.



Welcome to Metro Tulsa Soccer Clubs United

“Where Kids Come First!”



Welcome to Metro Tulsa Soccer Clubs United – Where Kids Come First! MTsc U is the Ultimate Soccer Experience and one stop shop for youth soccer. We strive to offer you the best soccer culture and experience for youth athletes in Oklahoma. MTsc U has developed a variety of vertically aligned comprehensive programs. Here is a brief overview of the seven (7) elements of our comprehensive program.

Recreational/Friendship Soccer and Special Needs Leagues

MTsc Recreational/Friendship



League Soccer



MTsc United Recreational Soccer is a series of distinctive programs for U4-U19 youth soccer players, inclusive of Recreational Leagues, Friendship Leagues and Special Needs Leagues open to youth from any school district.

Recreational League soccer is awesome for the youth player (age 3 to 18) who just wants to play soccer and have a blast. Players are either placed on teams randomly or you can form your own “Friendship Team”. Teams practice, play games, learn, and have lots of fun together.

MTsc United Special Needs Leagues (SNL) is a brilliant program developed exclusively for our special needs youth who want to enjoy the thrills of playing soccer. Players get to live the full soccer experience, including skills training practices, games, scoring, referees, uniforms, trophies – everything! Plus, this includes the MTsc United Buddy Program where teens provide support on the field for our special needs youth athletes.

All of the above soccer programs rely on parent/volunteer coaches for training and games and can take advantage of MTsc U's groundbreaking Friendship Teams, allowing friends to play together.

Player Development Program (PDP) Junior Academy



MTsc PDP Skills Development Program
www.MetroTulsaSoccer.com

If your athlete is U6-U8 and wants additional skills development, check out MTsc U's Player Development Junior Academy Program. MTsc U's program is administered by a paid professional coach and is designed to develop your player's skills outside of their regular soccer practices.



Mommy or Daddy & Me (M&M) Soccer

MTsc United provides moms or dads and their preschoolers up to age 4 an opportunity to jointly participate in a seasonally based, professionally administered program where the young athletes and their parent learn the basics of soccer through fun games.



Speed, Agility and Conditioning (SAC)

MTsc United provides camp opportunities for youth ages 5 through 19, to not only stay in shape but to also enhance their athletic ability. MTsc United SAC is a professionally administered program.



Challenger Series Tournaments

3 Tournament Series per Year

The MTsc United Challenger Series are annual tournaments directed at Recreational, Academy/Junior and/or Competitive teams. MTsc United tournaments are open to any group of players (USYS or US Club registered) from in and out-of-state. Our Challenger Series includes for the spring and fall seasons, the pre-season Cross State Classic tournament for recreational players. In the summer there is the MTsc U 3v3 Friendship Tournament for all players.

Other Programs and Services that MTsc United Provides:

- Free professionally instructed player clinics
- Referee development program
- Free U4-U14 age-specific Coach Certification Program with a coaching clinic
- Flexible team formation for all skill levels, athletic abilities, and levels of experience:
 - Friendship Teams so you may form teams of school, church and/or neighborhood friends
 - Random Draw Teams both supported for U4-U19 teams
- Micro League for 3- to 5-year-olds, who are just getting acquainted with soccer
- Professionally instructed Summer Camp Programs
- Convenient online registration system
- Club-wide uniform program that is both convenient and economical
- Superior sports complex located at 107th & Riverside Pkwy.

- Ability to advance at your own pace, with multiple levels of intensity and competitiveness at each age level
- Family Fun events and more

MTsc United is much more than a soccer club – We are an innovator in youth soccer programming, a one stop shop for youth soccer where all our programs share a One Game – One Vision philosophy! We are more than just a club; we are a nation. Welcome to MTsc United, “Where Kids Come First!”

MTsc is a not for profit 501(c)(3), volunteer-based organization. MTsc is also the creator and home of the Friendship Team program.

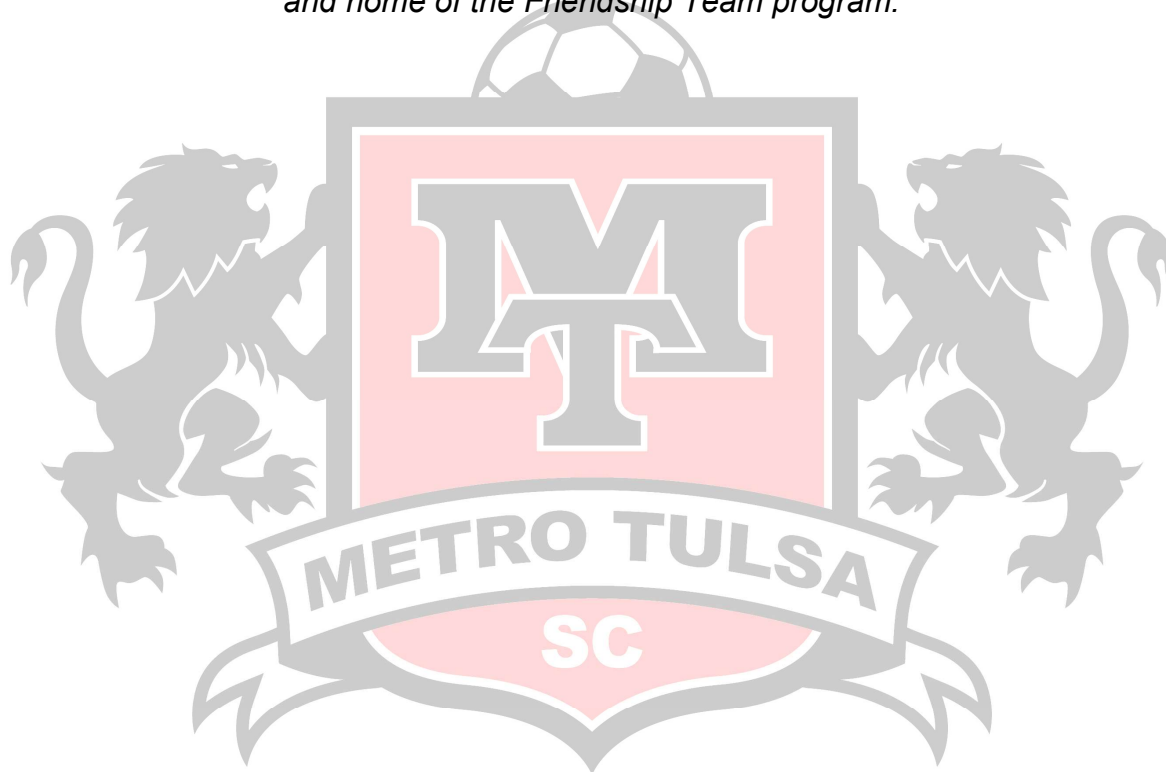
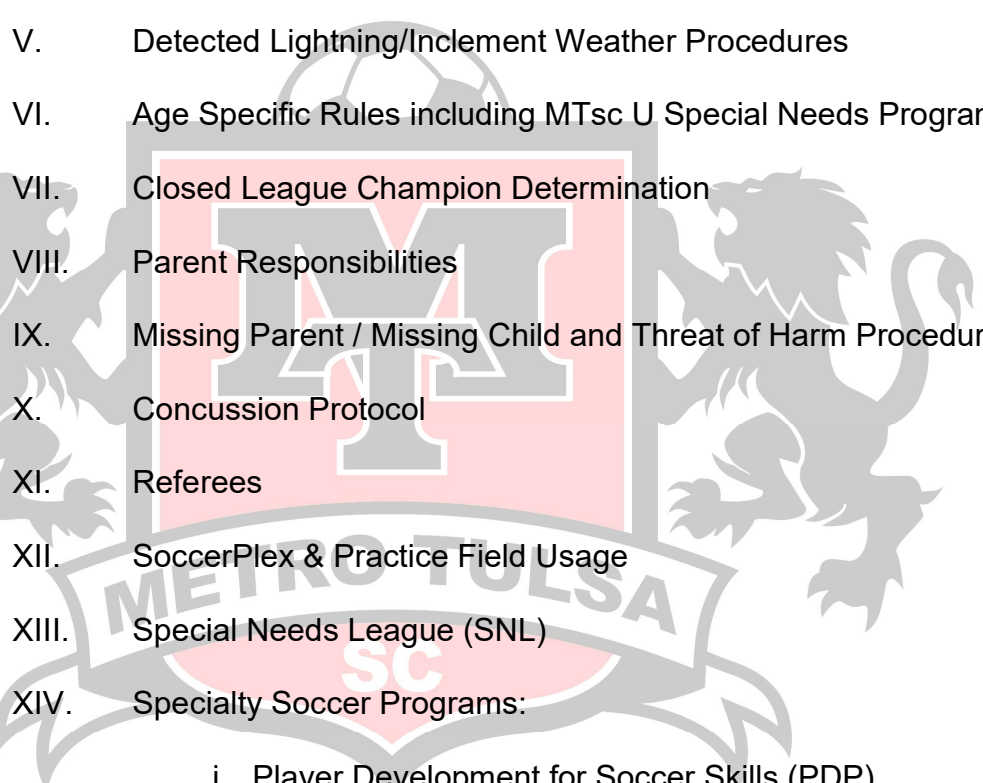


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HAVE A GREAT SEASON!

SECTION

I



Vision & Mission

Vision

To provide a learning environment with a variety of alternatives for all youth ages to play soccer.

To provide an environment where (a) families can experience soccer and cherish time together, (b) athletes can develop soccer skills and compete in a positive and fun environment regardless of skill level.

To provide focus on enhanced individual achievement and instill self-confidence regardless of a player's skill level.

To provide a place where athletes can learn life lessons and develop positive character traits like good sportsmanship, fair play, teamwork, working hard, persistence, honor of the game, and respect for self, officials, coaches, and opponents.

Mission

The Metro Tulsa Soccer Clubs are to be a place where players, referees and administrators are respected by member parents. It is, "Where Kids Come First!"

Where Kids Come First

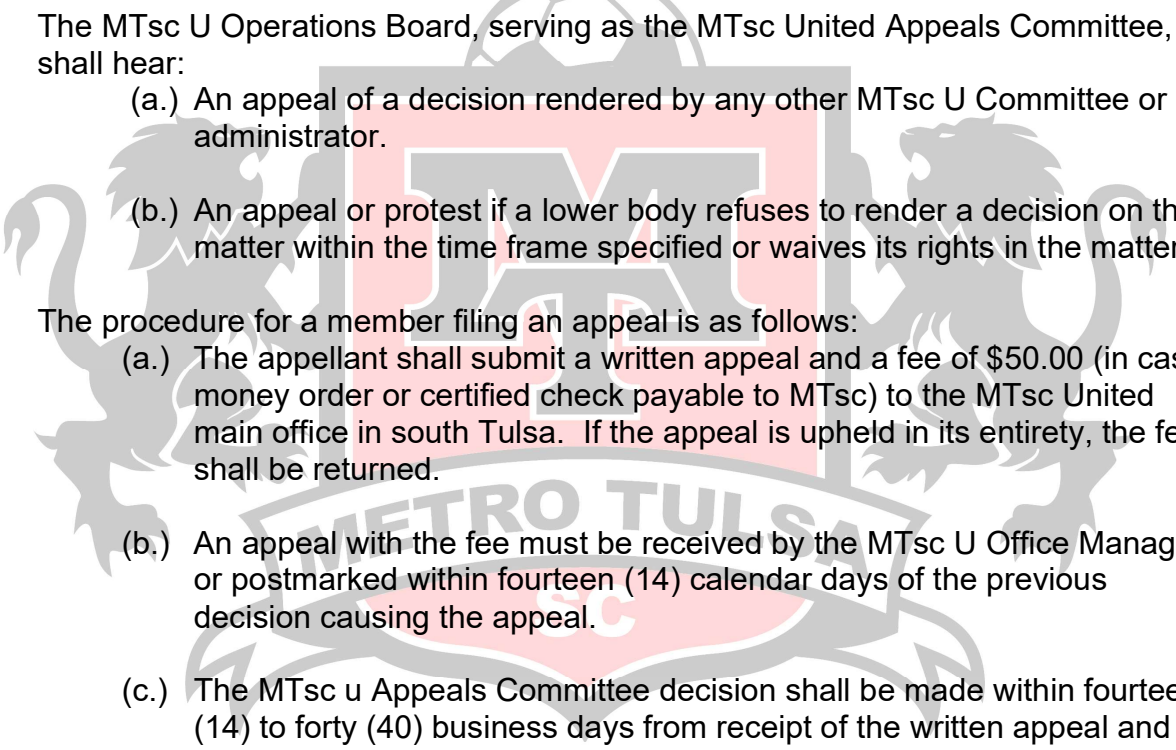
Where Kids Come First means that all decisions by the Club, the Club's boards, and all other Club representatives are to be made in a manner to benefit the collective whole (or significant majority) of the kids. This is true whether the decisions are related to rules, programs or processes. Thus, decisions that benefit few at the expense of many, then the decision is NOT in the best interest of the collective membership and is not in accordance with the guiding principle of *Where Kids Come First*.

Exceptions to this guiding principle may be pursued by appealing through the MTsc Operations Committee, not through any single MTsc United board member, volunteer, or employee.

Appeals Process

November 2015

The Operations Board shall hear written appeals by any person (or parent thereof if such person is below the age of eighteen) of any decision made by any MTsc U administrator or Committee related to team formation, coach selection and game day related event except for events falling under the No Fault Adult (Spectator, Parent or Coach) Fighting Policy. An appeal related to an incident or matter may only be requested one (1) time regardless of if it was withdrawn, the original decision upheld or the appeal denied as ineligible and can only be requested by the directly affected person (or parent thereof if such person is below the age of eighteen).

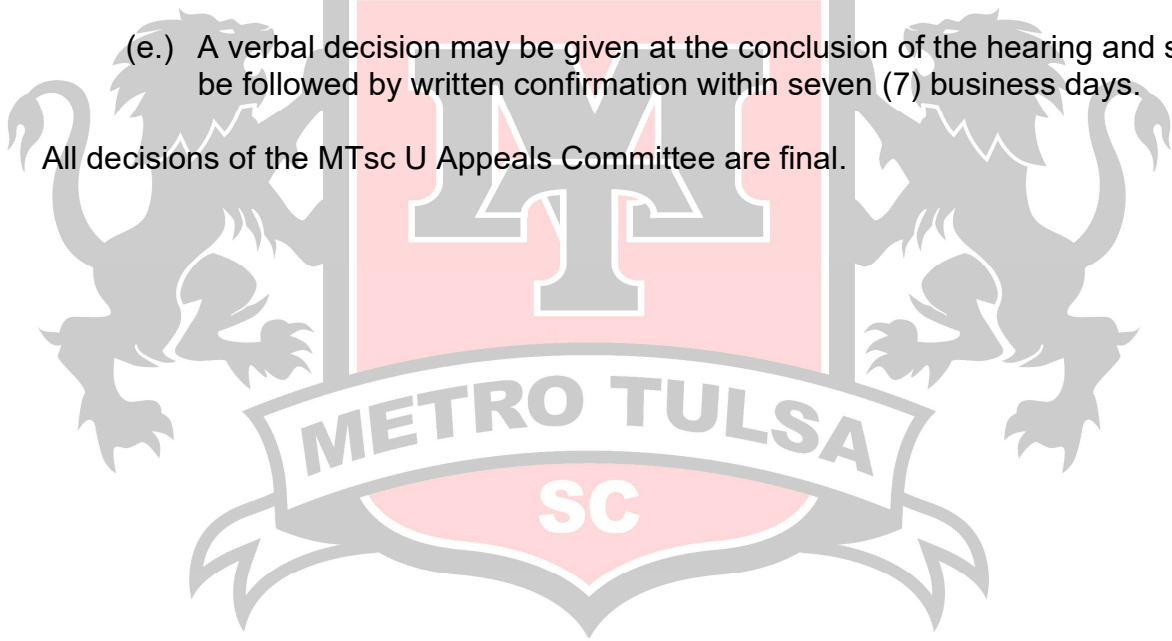
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- (1) The MTsc U Operations Board, serving as the MTsc United Appeals Committee, shall hear:
 - (a.) An appeal of a decision rendered by any other MTsc U Committee or administrator.
 - (b.) An appeal or protest if a lower body refuses to render a decision on the matter within the time frame specified or waives its rights in the matter.
 - (2) The procedure for a member filing an appeal is as follows:
 - (a.) The appellant shall submit a written appeal and a fee of \$50.00 (in cash, money order or certified check payable to MTsc) to the MTsc United main office in south Tulsa. If the appeal is upheld in its entirety, the fee shall be returned.
 - (b.) An appeal with the fee must be received by the MTsc U Office Manager or postmarked within fourteen (14) calendar days of the previous decision causing the appeal.
 - (c.) The MTsc u Appeals Committee decision shall be made within fourteen (14) to forty (40) business days from receipt of the written appeal and fee, based upon a hearing to which the appellant ONLY shall be invited and/or written reports submitted by the parties involved.
 - (d.) Appeals will be scheduled no less than seven (7) calendar days in advance for a Sunday evening of non-holiday weekend or during an evening that falls on a Monday through Thursday.
 1. **For a SUNDAY evening scheduled appeal;** the Appeals Committee will attempt to schedule a mutually acceptable Sunday for the appeal no more than two times with the appellant at which time the appellant can either (1) agree to such second date, (2) waive their right to be present or (3) withdraw their appeal in writing and deliver it to the MTsc U through its Office Manager by email

(MTscCoachOnly@att.net) within forty-eight (48) hours of the second date in which case the fee shall be returned otherwise not showing up will result in the original decision being upheld and the appeal fee not being returned to the appellant.

2. **For a Week Day evening scheduled appeal;** the Appeals Committee will attempt to schedule a mutually acceptable week night date for the appeal no more than two times with the appellant provided each such date falls within two different calendar weeks at which time the appellant can either (1) agree to such second date, (2) waive their right to be present or (3) withdraw their appeal in writing and deliver it to the MTsc U through its Office Manager by email (MTscCoachOnly@att.net) within forty-eight (48) hours of the second date in which case the fee shall be returned otherwise not showing up will result in the original decision being upheld and the appeal fee not being returned to the appellant.

(e.) A verbal decision may be given at the conclusion of the hearing and shall be followed by written confirmation within seven (7) business days.

- (3) All decisions of the MTsc U Appeals Committee are final.



Disciplinary Hearing Procedures

Rev. III (August '16)

- (1) All parties are entitled to a hearing with proper notification.
- (2) Once a complaint has been properly filed, the Chairman of the Games and Disciplinary Committee shall notify all involved parties within five days of receipt of the complaint. Notice shall include the nature of the complaint and the time, place, and date of the hearing.
- (3) The conduct of the hearing shall be as determined by the rules of MTsc United, except where noted herein.
- (4) Any party subject to disciplinary procedures shall have the right to:
 - a. Present witnesses on their behalf,
 - b. Be accompanied by one individual of their choice to assist in their defense. However, legal counsel shall not be permitted during disciplinary hearings.
 - c. Cross-examine any witnesses against them.
- (5) Exception to Rule 4(c) may be allowed in the event the witness is a minor child and participation in the hearing is deemed harmful to the welfare of the child by the Games and Disciplinary Committee.
- (6) A written record shall be kept and submitted to the Executive Board at the next regularly scheduled meeting.
- (7) A written notification of the decision shall be sent to all involved parties within seven days of the hearing. This notice shall be sent by certified mail.
- (8) All hearings shall be scheduled to be held within 30 days of the receipt of the complaint.

SECTION

II



Team Formation & Leaguings Guidelines

July 2022

The Metro Tulsa Soccer Clubs United team formation process will be conducted in compliance with the rules and regulations of MTsc U, and as applicable US Club Soccer and/or Green Country Soccer Association (GCSA) for open league teams.

League Categories (Age Brackets)

An age bracket is a pure age group for which a soccer league is played. For example, U4, U5, U6, U7, U8, U9, U10, U12, U14, U16 and U19 are all “age brackets”. Age Brackets may change over time.

All leagues will be filled using “pure age” criteria, when possible, which are based on the players’ birth month and year in relation to age brackets established by the sanctioning organization(s).

Under 4 (U4)

U4 Boys and U4 Girls are for players who are under 4 years of age by the stated deadline

Under 5 (U5)

U5 Boys and U5 Girls are for players who are under 5 years of age by the stated deadline

Under 6 (U6)

U6 Boys and U6 Girls are for players who are under 6 years of age by the stated deadline

Under 8 (U7 and U8)

U7 Boys and U7 Girls are for players who are under 7 years of age by the stated deadline

U8 Boys and U8 Girls are for players who are under 8 years of age by the stated deadline

Under 10 (U9 and U10)

U9 Boys and U9 Girls are for players who are under 9 years of age by the stated deadline

U10 Boys and U10 Girls are for players who are under 10 years of age by the stated deadline

Under 12 (U11 and U12)

U12 Boys and U12 Girls are for players who are under 11 years of age by the stated deadline

Typically, U11 and U12 are combined into a single league.

Under 14 (U13 and U14 are combined)

U14 Boys and U14 Girls are for players who are under 13 years of age by the stated deadline

U13 and U14 are combined into a single league.

Under 16 (U15 and U16 are combined)

U16 Boys and U16 Girls are for players who are under 15 years of age by the stated deadline

U15 and U16 are combined into a single league.

Under 19 (U17, U18, and U19 are combined)

U19 Boys and U19 Girls are for players who are under 17 years of age by the stated deadline

U17, U18, and U19 are combined into a single league.

Team Formation

At MTsc U, teams may be formed a few different ways, including Random Draw Teams (RDTs), Friendship Teams (FTs), and Daisy-Chain Teams. However, application of these different team formation methods is restricted.

Random Draw Teams

Random Draw Teams (RDT) are those teams formed by randomly assigned players. In the RDT formation process, players are placed into a “pool” and distributed among a specified number of teams with an attempt to create equity among them. This process

happens **after** the Friendship Team form submission deadlines. Once all FTs are formed and FT players are removed from the “pool”, then RDT formation begins.

The Random Draw method used to fill team vacancies and form new teams is done in an effort to form teams consisting of:

- a. As equal as possible number of players on each team within an age division
- b. As equal as possible level of experience of players on each team based on parent reported individual playing experience when registering
- c. Special attention will be given to disperse players from any dominant team or dilute such team experience or otherwise bracket such team more appropriately as possible or encourage such team to play-up an age bracket

Within the random draw method, MTsc U allows teams that are returning to the same age bracket to stay together (See Note below), provided that the players were on this team in the immediately preceding season and meet all of the registration requirements of any other player (e.g., payment, timely registration, etc.). For example, teams from the Fall returning to play in the next Spring may stay together. Also, odd-aged teams (e.g., U5, U7, U9, etc.) in the spring returning in the fall may stay together, including U4 players moving into U5. The “stay together” option is upheld within the Random Draw process via the indications on each player’s registration. If one of these players wishes to return or not to return to one of these teams, s/he may designate as much on his/her registration. Players moving from an even-aged bracket to an odd-aged bracket (e.g., U6 to U7, U8 to U9, etc.) are NOT given the “stay together” option, except for U4 players moving into U5.

NOTE: Placing of Returning Players to the same team as the previous season for RDT’s is at the discretion of MTsc U and can only be considered for players who are registered prior to the “Initial Roster Deadline”.

Also, within the Random Draw process, special requests for a child to play on a particular team, and/or with a specific coach or player **will not** be granted (except as noted in Daisy Chain Teams for U14, U16, and U19 divisions). This includes “stacking” efforts and requests for carpooling, practice night and/or location, and “buddy” requests. The only exceptions are:

- a. A coach shall have his/her child placed on his/her own team.
- b. A coach may choose an assistant coach; one per year (fall/spring) and their child may play on that team.
- c. Siblings in the same age division may be placed on the same team. The younger sibling may be placed on the older sibling’s team, but an older sibling cannot play down. For example, a 9-year-old may play with the 10-year-olds, but a 10-year-old may not play with the 9-year-olds.
- d. Hardship cases will be considered but must be written and submitted to the MTsc Office for approval (see Appeals section).

Adding Players to Random Draw Teams

1. The Registrar shall add players (collaborating with the Age Coordinator) to an established Random Draw team formed according to the above guidelines, as follows:
 - a. The team with the least numbers of players in an age bracket shall be given top priority.
 - b. In the event teams have an equal number of players, experience levels will be considered, in an effort to build equitably matched teams.
 - c. In the event a returning team has a greater experience level then other teams due to the nature of it returning, in an effort to create equivalent experience MTsc U may dilute the experience level by adding additional lesser-experienced players.
2. Coaches do not have the right to refuse an added player. Players will be added to existing teams up to the number of players per team set by the registration committee.
3. When teams in an age bracket are full, a “waiting list” shall be established for that age bracket.
4. The size of each team will be based on the then current guidelines and MTsc U procedures within those guidelines.
5. It is the desire of the Team Formation Committee to work quickly, in concert with these guidelines, and within a system of checks and balances within the Committee and MTsc U. Although formal declaration by the Registrar of each placement made is considered laborious and unnecessary, all efforts will be made to keep Committee members apprised of special situations and considerations.

Friendship Teams

The intent of this MTsc U approach to soccer is to allow friends to play with friends. The logistics of doing so can be tremendous and therefore parent support, patience and timely assistance with the requirements below is absolutely necessary.

How to Form an Initial Friendship Team

The process is relatively straightforward provided the following steps are closely followed:

- The most important step is for you to turn in your Friendship Team Form on time with the minimum number of kids for your age group registered, paid, and ready to go. If you do that, the rest is easy. It's when you are late or don't have enough kids that you start having problems. One parent volunteer to be the “Team Parent” to manage the completion of the FT Form and downloads it from the MTsc U website and fills out the “Issuing Team Parent” box on the form. This does *not* have to be the coach.

- Team Parent routes the form to the other parents.
- Each parent adds his/her child to the roster and signs the form after Friendship Team Coach approval of the additions.
- The deadline for **all** Friendship Team forms is late January (for Spring) and late July (for Fall). See the MTsc U website Calendar of Events for exact dates. The FT Form must be submitted to the MTsc U office prior to the deadlines published on the website Calendar of Events each season. There are two deadlines associated with Friendship Teams, as follows:
 - Unrestricted Deadline – Before this date, an FT form may be submitted regardless of the registration status of the players.
 - Restricted Deadline – As of this date, new Friendship Teams may be accepted and must have all non-registered players (registration of players must occur after acceptance of the new Friendship Team).

Therefore, prior to the Unrestricted Deadline, an FT form may include players that have already registered. As of the Restricted Deadline, a new FT form submitted, must consist of only players that have **not yet** registered or been placed on another team (e.g., via another FT form, random draw process, etc.); once players are assigned to teams, they may not be removed. Therefore, it is imperative that **all** additions to an existing FT be submitted to the MTsc U office (via email MTscdocuments@att.net) *before* the added player registers.

- All players on the requested Friendship Team must ultimately completely register or be registered online under *RECREATIONAL PROGRAM* meaning pay all registration/uniform/late fees as applicable by the deadline (birth certificates may be required as your MTsc U registration receipt will specify).
- Friendship Teams have guidelines for a minimum number of players and a maximum number allowed. That minimum number is the team size plus 2 for U4-U10 or plus 3 for U12-U14. Thus, the minimum/maximum number of players are:
 - ❖ U4-U6 – 6 min. / 8 max.
 - ❖ U7-U8 – 6 min. / 8 max.
 - ❖ U9-U10 – 9 min. / 12 max.
 - ❖ U11/U12 – 12 min. / 16 max.
 - ❖ U13/U14 – 14 min. / 18 max.
- Players may **NEVER** play down in age. See below for Play-Up details.

Playing Up

Any player may play up one age bracket to an older age bracket with a parent or guardian approval and signed Play-Up Waiver. Parents or guardians of a player playing up must sign and submit the signed Play-Up Waiver to the MTsc U office by the deadline for your player to be added to a roster. Play-Up Waivers are available through the MTsc U office.

IF Player is on a Friendship Team

1. Every player on a Friendship Team that plays up must be clearly identified on the Friendship Team Form, by checking the “approval to play up” box.
2. Any Player on a Friendship Team may play-up to two (2) age brackets provided however, such Friendship Team is limited to 30% of its players playing up two age groups (i.e., a U10 playing up to U12 is 2 age groups as is a U8 playing up to U10). MTsc U **reserves** the right to expressly waive this limitation **ONLY in the event the team’s prior season’s performance results demonstrated that they relatively generally dominated their age bracket** and, in such case, MTsc U may request that team to play up to the next age bracket for the benefit of all relative to competition, development and fun regardless of the resulting play-up age group difference. In such instance, the team’s parents through their coach as the team representative must consent to do so which is at their sole discretion.

IF Entire Friendship Team Playing Up - An entire Friendship Team may play up one age bracket if all the parents so desire and signify such by signing on the Friendship Team form. For clarity this means that by the team playing up it cannot result in any more than 30% of the team’s players playing up 2 age groups. Signature on the Friendship Team form is the parents’ means of communicating that desire. MTsc U expects parents to keep the players’ best interests in mind when making this selection. If a team playing up results in any players playing up all such players’ parents or guardians must submit signed Play-up Waivers in advance of the deadline to the MTsc U main office in south Tulsa.

Adding Players to a Friendship Team

Players may be added to an existing Friendship Team up until the Additions Deadline (see above). To add a player, you must do these steps:

Procedure to add players to a Friendship Team:

- (1) Before the player being added registers, the Friendship Team Coach must send an email to MTscdocuments@att.net providing notification of the requested addition including team name, team age group, new player’s full name and birth date.

- (2) The player should register online, pay all fees, and submit a copy of the player's birth certificate as required **UNLESS** if after the Unrestricted Friendship Team Form Deadline (as posted on the MTsc U website Calendar of Events) then hold off UNTIL MTsc U office approval notice is received by Friendship Team coach.
- (3) ALL steps above must be completed before Registration is closed (as posted on the MTsc U website Calendar of Events).

Leaguering Teams

MTsc U reserves the right to schedule non-pure age groups together, as needed. For example, U9 and U10 teams may be combined into one schedule, if needed. MTsc U also reserves the right to schedule Friendship Teams against Random Draw Teams in any combination to achieve an optimal level of fun for all parties in the league.

Additionally, MTsc U reserves the right based on team performance relative to MTsc U's tracking of seasonal scores as well as goals for and against to move teams within a bracket across divisions. Specifically, where brackets have more than one division, the top team(s) of a weaker division may be moved up to the stronger division and the weaker teams of the stronger division may be moved down to the weaker division based on MTsc U's assessment on what is best for player development and all involved.

Daisy-Chain Teams

Players in open leagues such as the U16, and U19 divisions (possibly the U14 division) may request to be placed with up to two players of their choice in the event a Friendship Team is disallowed by the league scheduling body. MTsc U may elect to honor these requests at MTsc U's discretion. This might be done for teams that are being registered at GCSA or OSA for traveling open leagues rather than US Club registered MTsc U closed leagues, but not exclusively.

Guidelines for Waiting List

1. Players who provide the required pre-payment will be placed on the Waiting List on a first-come, first-served basis and will be placed on teams in that same order relative to their specific age division.
2. Numerical order of waiting list is confidential and restricted to the registrar and this committee.
3. After the first game of the season, players may be added according to the GCSA minimum rule, as well as the MTsc U add-on guidelines above.

4. The player must play on the team he/she is placed on. If he/she chooses not to play for that team, he/she is removed from the waiting list.
5. Potential players not placed from the Waiting List will receive a full refund.

Guidelines for Dropping Players

1. Any player wishing to withdraw from soccer must submit that request in writing to Metro Tulsa Soccer Club via email (MTscdocuments@att.net). Information relayed through the coach concerning the dropping of players cannot be accepted. The parent or guardian must contact MTsc U.
2. Players may be dropped by MTsc U due to lack of attendance at team practices or provided MTsc U has requested a response to formal communication and such response is not provided. No refunds shall be provided in this case.
3. Those players who withdraw their registration before the registration deadline published by MTsc U will receive a refund.

Guidelines for Late Roster Additions

Players may be added to a roster of any open league recreational team at any time after the commencement of a season provided:

1. The Registrar and the applicable Age Coordinator both agree to such an added player and
2. The team affected by the add has less than the minimum number of players required to field a team (for that age bracket) plus three (3) substitution players

The registration fees will be standard published MTsc U fees if the player to be added to the roster registers and pays for such registration prior to the third game of the season. Thereafter, the then applicable published registration fee will be reduced by \$20.

Appeals

Special circumstances may result in a request for modification of certain policies within these guidelines. Those requests must be made in writing and submitted to MTsc U per the appeals procedure as soon as possible. Metro Tulsa Soccer Clubs United can be reached at 918-298-0198 or MTscCoachOnly@att.net.

MTsc U Head & Assistant Coach Selection/Approval Criteria

July 2022

METRO TULSA Soccer Clubs United (MTsc U) designated representative(s) shall use the following criteria as a guideline each season for the final selection of new MTsc U recreational youth soccer coaches and of those coaches desiring to return as an MTsc U recreational youth soccer coach. MTsc U's designated representative(s) is the sole decision maker in the selection of coaches. MTsc U's current designee for each age division is the Age Coordinator or its Operational Committee. The following guidelines apply to both head coaches and assistant coaches. There is no automatic right for anyone to return as an MTsc U coach regardless of whether his or her respective team has or is going to be returning for the following season. The MTsc U Executive Committee reserves the right to overturn any selection of a coach if such coach does not meet the qualifications. MTsc U reserves the right to modify these guidelines at any time in the future.

New Coach (Head & Assistant) Requirements/Preferences

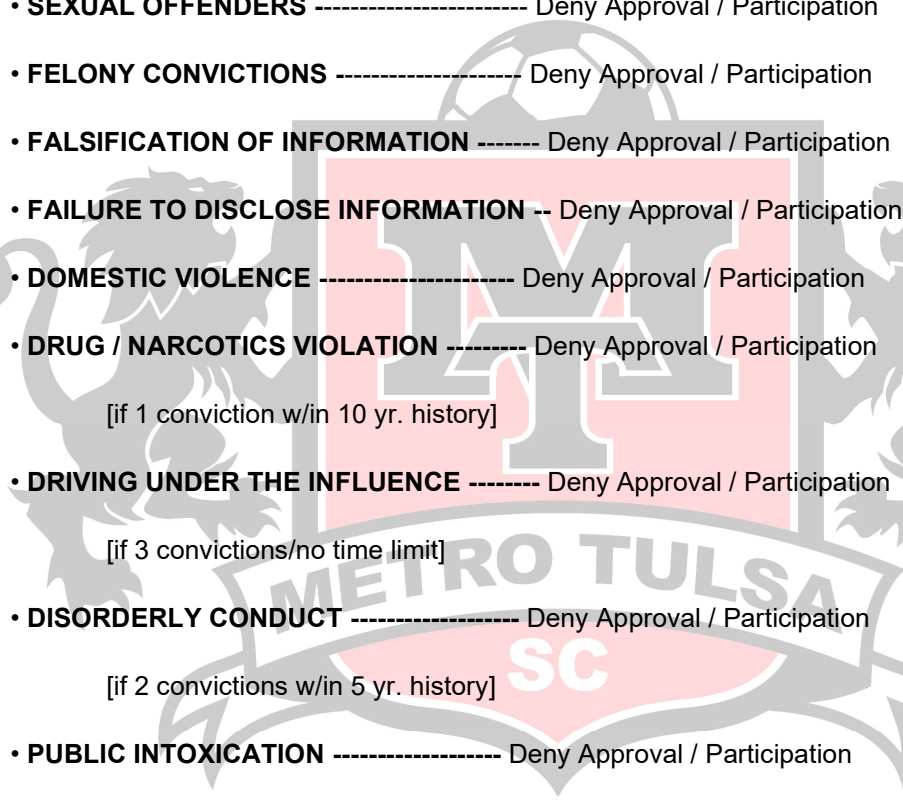
- Obtained an MTsc U or a Module I and/or Module II certification or license,
- Preferably (not required), a parent or guardian of a member player,
- Committed to holding and attending weekly team practices,
- Have not publicly or formally provided offensive, abrasive, or non-constructive opinions to MTsc U players, coaches, referees, board members or volunteers,
- Have not circumvented or attempted to circumvent the rules to benefit the few, and
- All coaches, assistant coaches, and club volunteers are required to complete, at least once in a 12-month time period, a background check or volunteer disclosure statement in a format selected by MTsc U, and/or, if applicable, US Club, GCSA or other.

Returning Coach (Head & Assistant) Requirements/Preferences

- New Coach Requirements/Preferences above, plus
- Have not had any previous disciplinary actions,
- Attended the previous MTsc U Coach Orientation (applicable if any were held during the last 12 consecutive months),
- Attended the previous MTsc U Coaching Clinic (applicable if any were held during the last 12 consecutive months) unless officially licensed by an alternative governing soccer body,
- Has a significant majority of their previous team's players returning on the same team (if applicable) or if not applicable returning to play soccer this season,
- Have had positive ratings from referees (if applicable) and parents (if applicable) relative to coaching at MTsc U, and
- Have adopted and implemented the rules established by the METRO TULSA Soccer Club.

All MTsc administrators, coaches, assistant coaches, and other volunteers are required to complete, at least once in a 12-month time period, a background check or volunteer disclosure statement in a format selected by MTsc U, and/or, if applicable, US Club, GCSA or OSA.

BRIGHT LINE AUTOMATIC DISMISSAL/DISAPPROVAL OF ANY ADMINISTRATOR, COACH, ASSISTANT COACH OR VOLUNTEER AT MTsc U

- 
- **CRIME OF VIOLENCE** ----- Deny Approval / Participation
 - **CRIME AGAINST A PERSON** ----- Deny Approval / Participation
 - **SEXUAL OFFENDERS** ----- Deny Approval / Participation
 - **FELONY CONVICTIONS** ----- Deny Approval / Participation
 - **FALSIFICATION OF INFORMATION** ----- Deny Approval / Participation
 - **FAILURE TO DISCLOSE INFORMATION** -- Deny Approval / Participation
 - **DOMESTIC VIOLENCE** ----- Deny Approval / Participation
 - **DRUG / NARCOTICS VIOLATION** ----- Deny Approval / Participation
[if 1 conviction w/in 10 yr. history]
 - **DRIVING UNDER THE INFLUENCE** ----- Deny Approval / Participation
[if 3 convictions/no time limit]
 - **DISORDERLY CONDUCT** ----- Deny Approval / Participation
[if 2 convictions w/in 5 yr. history]
 - **PUBLIC INTOXICATION** ----- Deny Approval / Participation
[if 3 convictions w/in 5 yr. history]

OTHER VIOLATIONS OR OFFENSES DEEMED NECESSARY BY THE RISK MANAGEMENT COMMITTEE, OPERATIONS COMMITTEE, OR EXECUTIVE COMMITTEE

Effective dates for history based on August 1st of current seasonal year.

Appeal Process Available to Requesting Returning Coaches

For any “requesting returning” head or assistant coach that is not approved to return back after such coach had timely notified MTsc U as to their desire to return as a MTsc U coach upon MTsc U’s request, then such coach shall be entitled to request an appeal to the MTsc Operations Committee provided such coach meets the following qualifications:

1. Fifty percent or more of such coach’s previous soccer season team’s rostered players are registered with MTsc U to return on the same team (meaning none of the players that make up the 50%+ have not requested to change teams), and such 50% or more players are each still within the same age bracket as the previous soccer season thus allowing the collective team to return as a team.
2. The request to coach was in writing to the applicable MTsc U Office Manager (MTscCoachOnly@att.net) at least two weeks prior to the Mandatory Coaches Meeting for the season unless such team is a Friendship Team, or a Random Draw Team formed after such date).

If such qualifications are met, then such requesting returning coach is entitled to an appeal to the MTsc U Operations Committee. The appealing coach shall be allowed at a minimum 15 minutes to persuade the Committee to vote in their favor to reinstate them as coach of their prospective team for the current season. Operations Committee member vote will be by private ballot, counted by the MTsc U President and the ruling read at the appeal. A majority vote shall decide reinstatement, otherwise the denial stands.

The process for appeal is as follows. Only the appealing coach can be present at the appeal (both indoors and outside). If any support comes with the appealing coach, the MTsc U reserves the right to disallow the appeal and the denial position of the MTsc U designated representative(s) stands as a final ruling. The appeal process is a discussion between the appealing coach and Operations Committee members so that independent Committee members can decide an appropriate voting position based on firsthand information from the coach. Each returning coach is allowed one appeal based on the criteria above and the appeal ruling is final.

Assistant Coach Policy

April 2009 (Rev. IV)

GENERALLY APPLICABLE RULES for Assistant Coaches

- MTsc U will officially recognize only one (1) assistant coach per team and all applicable MTsc U rules relative to coaches shall apply to such official assistant coach.
- All assistant coach selections shall be subject this MTsc U Coach Selection Policy
- A head coach may choose an assistant coach once per year (a year defined as any fall through spring consecutive seasons) and when section 2a below is true, such assistant coach's child may play on that team subject to section 2b below.
- The rules herein apply to the Recreational Random Draw/Friendship and SNL leagues only

SELECTION (subject to the above)

For **New** Teams to be formed:

Subject to MTsc U approval and the above Coach Selection Criteria,

1. The head coach may select any individual to be an assistant coach and if approved the child of the head coach and assistant coach, if applicable, shall be on the same team (assuming applicable age relative to such team formation).
2. Selection and request for approval of the assistant coach shall be done in writing from the head coach and submitted to the MTsc U Office.
(MTscdocuments@att.net).

For **Existing** Teams already formed:

Subject to MTsc U approval and the above Coach Selection Criteria,

- (1) If the assistant coach does not have a child desiring to be placed on the team, the head coach may select any individual to be an assistant coach.
- (2) If the assistant coach does have a child where such child desires to be placed on the team, the following shall apply:
 - (a) If the child of the previous assistant coach is no longer on the team, the head coach may select any individual to be an assistant coach and if approved the child of such assistant coach shall be placed on the same team (assuming applicable age relative to such team formation).

- (b) If the child of the previous assistant coach continues to be on the team, and the child of the newly selected assistant coach causes or adds to a higher number of the total seasonal playing experience of the collective players on such team as compared to the average of the seasonal experience of 80% of the competing teams in the same age bracket consisting of teams starting with the lowest to the highest collective seasonal experience, then such child shall not be placed on such team in order to avoid a potential resulting stacked/power team.
- (c) Selection and request for approval of the assistant coach and placement of the assistant coach's child on the team shall be done in writing from the head coach and submitted to the MTsc U Office (MTscdocuments@att.net).



SECTION

III



Coaches – Duties and Responsibilities

December 2015

Each coach is responsible for all the following duties and responsibilities. Failure to uphold these duties and responsibilities shall result in disciplinary action by the appropriate Games Committee

General

1. Coach must be familiar with and abide by all applicable MTsc U rules, Codes of Ethics and MTsc U directives
2. Coach must ensure that MTsc U and other (e.g., GCSA, OSA, US Club as applicable) Rules of Competition and Codes of Conduct are complied with by all players and spectators
3. Coach must meet and comply with all requirements established in the Coach Selection Criteria
4. Every coach must ensure that the fields and goals are safe for their players – ***every time they step on the field.***
5. It is every coach's responsibility to promote the safety of their team and its players and formally report to MTsc U and/or the authorities as appropriate any potential threats of harm whether from a player or spectator, or to a player, spectator or themselves; **coaches, parents and players alike have the responsibility to promote safety to each other.**
6. Coach must assure that his team is properly registered prior to any/all scheduled games
7. Coach must abide by and encourage their team, team parents, family and supporters to abide by the MTsc U complex rules

Heading

Coaches must follow U.S. Soccer Recommendations associated with heading for all players with ages up to and through 13 years old as follows:

1. For U11 and younger. U.S. Soccer recommends that players in U11 programs and younger shall not engage in heading, either in practices or in games.
2. For U12 and U13. U.S. Soccer further recommends for players in U12 and U13 programs, that heading training be limited to a maximum of 30 minutes per week with no more that 15-20 headers per player, per week.
3. All coaches must teach and emphasize the importance of proper techniques for heading the ball.

Practices, Scrimmages, Training Sessions

1. All activities shall be considered team activities, if three-fourths or more of a team's players are participating under the coach's supervision
2. Coach shall conduct weekly sessions for training and conditioning
3. U4-U14 coaches shall limit recreational team activities to three (3) during any calendar week, (Saturday to Friday), including scheduled games.
4. Coach shall limit each team activity to 90-minutes
5. Coach will possess a copy of all player registration forms at all sessions

Games

1. Coach will visibly wear their MTsc U issued Coach Badge; without the Coach Badge, the coach will not be allowed to coach their team until he/she returns with the Badge
2. Coach will correctly manage players playing time at each game with respect to playing time requirements as set by MTsc U
3. Coach shall maintain approved player passes, as needed (U14–U19)
4. Coach shall provide an Official Roster / Game Form at each game; if no Roster, the team will not be allowed to play their game and will forfeit (the scheduled game time can be used to scrimmage)
5. Only rostered players on the team's roster are allowed to play in a match. In the event that a non-rostered player is found to have played in a match illegally with a team, the coach is subject to suspension of one or more games to being banned from coaching at MTsc and the match(es) determined to have involved or potentially involved an illegal player will be scored at '0' for the team penalty. Additionally, in the event the opponent scored no goals making the match a tie at 0-0 as a result of the applied penalty, the opponent will be awarded the win for a team loss of 0-1.
6. Coaches and players, please make sure you arrive at least 15 minutes prior to your scheduled game time ready to play; otherwise, if the game is not allowed to start on time, a forfeit of the match may occur
7. Coach shall sign both copies of the Official Team Roster / Game Form at the conclusion of each game
8. Winning Coach (or home team coach, in case of a tie) shall:
 - a. Collect both Official Roster / Game Forms following each game and submit one copy to MTsc U (for closed leagues) or the League Commissioner (for open leagues) within 72 hours, or
 - b. In the case of game termination or ejection, referee will notify MTsc U (for closed leagues) or the League Commissioner (for open leagues) and submit an Official Roster / Game Form and a Misconduct Report to the MTsc U Games and Disciplinary Committee

9. Should the game referee fail to appear, the Home Coach shall select a referee suitable to both coaches if MTsc U cannot supply a referee after requesting one at the MTsc U Referee Shack
10. Should linesmen fail to appear, each coach shall provide one linesman, as requested by the referee

Open League

1. Home Coach – Ensures that the visiting coach is notified of any cancellations, reschedules or postponements and seeks mutual agreement for rescheduling.
2. Home Coach – Notifies the League Commissioner of the rescheduled game time and place



Coaches – Code of Ethics

(Adopted by the NSCAA Ethics Committee, May 24, 1999)

1. Soccer is the players' game. The paramount concern of coaches is the holistic development, welfare, enjoyment and safety of their players;
2. Coaches bear responsibility for teaching their players to strive for success while playing fairly, observing the laws of the game and the highest levels of sportsmanship;
3. Coaches shall treat officials with respect and dignity, and shall teach their players to do the same;
4. Our opponents are worthy of being treated with respect. Coaches will model such respect for opponents and expect their players to do likewise;
5. In both victory and defeat, the behavior of a coach shall model grace, dignity, and composure;
6. Coaches shall adhere to the highest standards and the regulations of the institutions they represent clubs, schools, sponsoring organizations, and sports governing bodies;
7. Coaches have a responsibility to promote the interests of soccer, including treating media with courtesy, honesty, and respect;
8. Coaches shall model inclusive behavior, actively supporting cultural diversity while opposing all types of discrimination, including, but not limited to, racism and sexism, at all levels of soccer;
9. Coaches are responsible for taking an active role in education about, and prevention and treatment of drug, alcohol and tobacco abuse, both in their own lives and in the lives of their players;
10. Coaches shall refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual, and shall oppose such abuse and harassment at all levels of soccer;
11. Coaches shall respect the declared affiliations of all players, and shall adhere to all guidelines and regulations on recruiting established by the governing bodies having oversight of their teams and leagues;
12. Coaches shall seek to honor those who uphold the highest standards and principles of soccer and shall use appropriate protocol to oppose and eliminate all behaviors that bring disrepute to the sport – violence, abuse, dishonesty, disrespect, and violations of the laws of the game and rules governing competition."

Two Strikes Policy relative to Abusive Behavior

August 2016

MTsc U has a policy of zero tolerance for abusive behavior whether toward, players, coaches, or patrons, MTsc U administrators and referees whether on the SoccerPlex or North complex, MTsc practice locations or at the MTsc U offices.

Everyone should recognize that most referees are youth players. Our referee program provides our youth an opportunity to shadow and learn from more experienced referees and be mentored by those senior referees. It is a great opportunity to mature, learn responsibility and develop a better understanding of the game of soccer.

All referees have the ability to remove a coach, parent, patron or player from a game and the MTsc U SoccerPlex and North Complex. However, we recognize that due to the age and maturity of some of our youth referees they could be intimidated by overbearing, boisterous and/or loud adults and may lack the confidence to control the situation. To assist with that, MTsc U uses its referee assignors, administrators and Field Marshals to provide support during on-the-field issues that comes to its attention.

MTsc U referee assignors, identified MTsc U Operations Board members and MTsc U Field Marshals can issue a formal warning which is "**Strike One**" to any person including a coach (assistant or head), parent, player or patron that they have determined at the moment of the issue to have been abusive in their best judgment. If upon issuing the formal warning, the matter escalates, they can issue the second and final warning which is "**Strike Two**".

For a coach, if this happens the coach will be suspended from coaching at any MTsc U facility starting immediately and continuing for up to the remainder of the current season (to be no less than two (2) full games at the discretion of the MTsc U administrator, otherwise the penalty shall carry over to the following season) PLUS the balance of the game currently being played; and additionally the coach risks not being invited/accepted back in future seasons as a coach at MTsc United.

For a sideline player parent/guardian or patron, Strike Two means they are immediately banned from attending games at any MTsc U facility starting immediately and continuing for up to the remainder of the current season (to be no less than two (2) full games at the discretion of the MTsc U administrator, otherwise the penalty shall carry over to the following season) PLUS the balance of the game currently being played. Any coach, parent or patron who receives Strike Two can appeal their case to the MTsc U Operations Board pursuant to the then posted Appeals Process which can be found on www.MetroTulsaSoccer.com.

Further, the Two Strikes Policy carries forward for the entire season. Strike One can occur during one game day and Strike Two during a subsequent game day. In such case, if

Strike Two occurs during the same season as Strike One, the above noted consequences are effective.

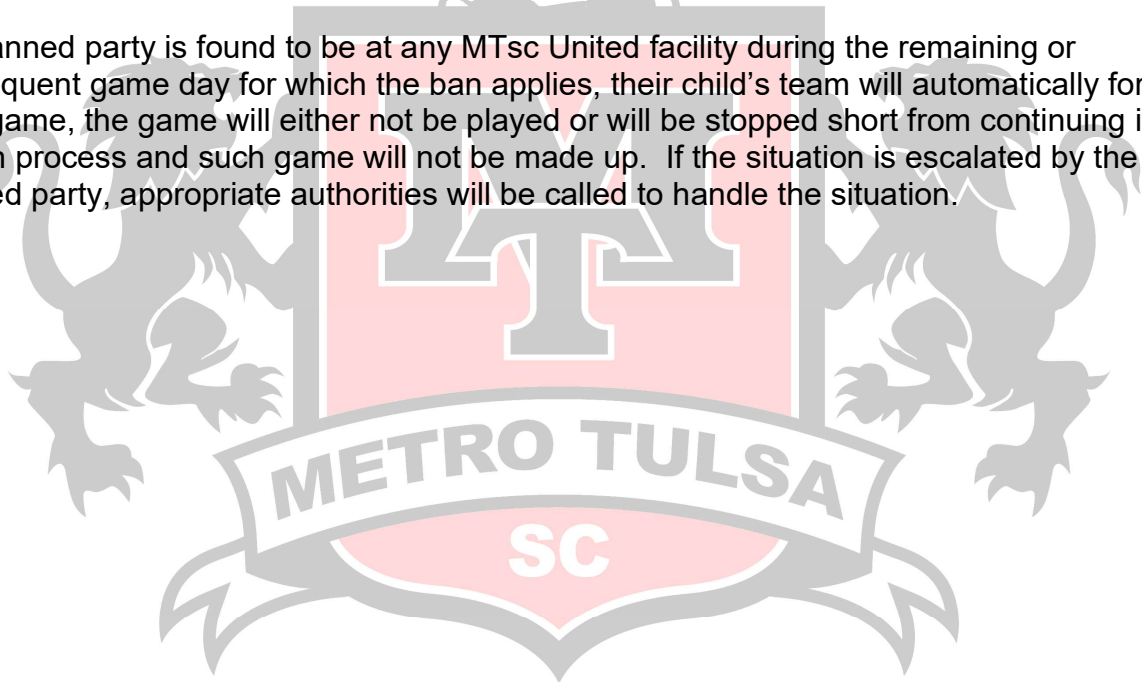


No Fault Adult (Spectator, Parent or Coach) Fighting Policy

Dec. 2009

In the event of a physical altercation (meaning ANY physical contact whatsoever) between adults, it is MTsc U's policy that all adults involved will be automatically banned from the remainder of the current game and the next game that your team plays at any MTsc U facility. It is also MTsc U's policy that it will not attempt to determine cause or blame for the physical altercation. It is MTsc U's view that under all situations and circumstances adults must refrain from physical altercations at all MTsc U facilities. The one game banning and balance of the current game is NOT appealable and is automatic and the decision final. Additionally, MTsc U will conduct inquiries into the situation to determine if the severity of the situation dictates the need for additional consequences and or/action.

If a banned party is found to be at any MTsc United facility during the remaining or subsequent game day for which the ban applies, their child's team will automatically forfeit their game, the game will either not be played or will be stopped short from continuing if it was in process and such game will not be made up. If the situation is escalated by the banned party, appropriate authorities will be called to handle the situation.



Coach Badge Policy

July 2022

Once accepted by MTsc United to be a coaching member, all coaches and assistant coaches must obtain from MTsc U a Coach Badge which is required to be always worn visibly when coaching at any MTsc United facility.

If a coach and/or assistant coach does not have their Coach Badge visible when coaching at any MTsc U facility, then such coach and/or assistant coach must refrain from coaching their team and stay within the designated spectator area (away from the playing teams if playing on fields with designated team boxes) as applicable.

Coach Badges shall contain the coach's name and effective period, shall be signed by the coach and laminated by MTsc U prior to issuing for use.

Substitute Coach

In the unlikely event, provided that both the coach and assistant coach on record with MTsc U cannot be present for their scheduled game, then the coaches must notify by email the MTsc U Office. After such notification, the coaches of such team may arrange for a substitute coach, which must be a current coach or assistant coach on record with an MTsc U recreational team that holds a valid Coach Badge. Temporary Coach Badges will not be issued or allowed.

Badge Issuance & Replacements

MTsc U shall provide at no cost, new Coach Badges each season.

If you misplace your badge, please email the MTsc office (mtscdocuments@att.net) for a replacement.

Team Kick-Off Meeting

July 2022

MTsc U encourages ALL coaches to hold a team meeting with the team's parents at the first team practice to review the following items (at a minimum):

1. Provide a summary of personal background, beliefs, etc.
2. Provide a summary of soccer background, credentials & experience if any
3. Explain your expectations from players and parents for practices and games
 - a. Have each sign the Code of Conduct per White Book
 - b. Have each read the South/North Complex Rules per White Book
4. Review Practice and Game Requirements per White Book
5. Provide a summary of your coaching philosophy
6. Establish a "Team Parent" and inform them of the duties of that role
7. Establish an Assistant Coach, if you don't already have one
8. Review responsibilities of Team Parent (such as team communications and reminders, party organization and Club administration assistance)
9. Review responsibilities of Assistant Coach (such as attending MTsc U Coach Orientation and Coach Certification)
10. Review the following Club information with parents:
 - a. Mandatory Referee Rep Requirements per White Book (as applicable)
 - b. Player Pass Policy per White Book (applicable to U16 and up)
 - c. Coach Evaluation per White Book available on web
 - d. Uniform Policy and Procedures per White Book
 - e. Soccer Summer Camp Info per White Book
 - f. Important Club dates per www.MetroTulsaSoccer.com
 - i. Free Player Clinics
 - ii. Referee Licensing Clinic which relates to Mandatory Ref Rep
 - iii. Coach Certification Clinic
 - iv. First Game Day
 - v. Picture Day
11. Provide ALL team members with a copy of the teams roster with contact information and parent's names
12. Remind parents to look at www.MetroTulsaSoccer.com weekly for calendar events and a variety of information. All information in the White Book is on the web site.
13. Provide parents with any other copies of information from the White Book deemed appropriate

Practice / Game Requirements for Players & Coaches

July 2022

Player Requirements

1. Players must bring a water bottle to all practices and games
2. Players must wear shin guards that are fully covered by a soccer sock to all practices and games
3. Players should bring a ball to all practices, unless instructed otherwise by the coach
 - a. U4-U8 – Size 3 soccer ball
 - b. U9-U12 – Size 4 soccer ball
 - c. U14+ – Size 5 soccer ball
4. Players should wear soccer (not baseball or football) cleats or sneakers to all practices and games
 - a. No Toe Cleats will be allowed at any time
5. Players can not wear any jewelry during any games
 - a. This should be upheld at all practices as well

Coach Requirements

1. Coach should have a first aid kit at all practices and games
2. Coaches must visibly wear a valid MTsc U coach's badge at all games
3. Coaches must bring an approved roster at all games
4. Coaches should bring a game ball to each game:
 - b. U4-U8 – Size 3 soccer ball
 - c. U9-U12 – Size 4 soccer ball
 - d. U14+ – Size 5 soccer ball
5. Coaches (U15+) must have approved player passes at all games
6. Coaches should bring practice target tops or equivalent to all games for his team to wear over their game jerseys in the event the opposing team has the same color jerseys

Pre-Game Responsibilities

October 2013

Field Preparation

Every coach must ensure that the fields and goals are safe for their players – ***every time they step on the field***. Do not assume that the teams playing prior to your games checked the security of the goals. Your player's safety depends on your vigilance.

Coach should arrive at the fields with adequate time to perform the following tasks prior to the start the game:

1. Ensure the placement of the field's goals are in the proper location
2. Ensure the goals are anchored down either using available sandbags or such other mechanism as utilized by MTsc U
3. Ensure the field is free of debris and any other objects that may cause a safety issue/concern
4. Take the necessary action prior to the start of the game to ensure items 1-3 are met.

Coaches, please notify the MTsc U office every time you must take action to ensure compliance with the items above so that MTsc U can address them permanently.

Check-In

Coaches are required to have their complete teams assembled at the game field fifteen (15) minutes prior to their scheduled game time and ready to be checked in by the referee upon request. Scheduled game times mean the time at which the game is to begin, not the time check-in occurs. Check-in occurs prior to the scheduled game time.

Which Sideline is Mine

Team & Team Parent Field Sides:

- Home Team w/parents and visitors side is on the North or East side (based on goal-to-goal direction)
- Visitor Team w/parents and visitors side is on the South or West side (based on goal-to-goal direction)

Sideline Obstructions & End Line Clarity

For any other object other than chairs along a sideline (touchline) for spectators and/or coaches and a team bench, a minimum of 3.28 feet (or 1 meter) is required as the minimum distance from any sideline. Example, if a 10'x10' tent was going to be put up in between two parallel fields, then the space required to do so is 3.28' from each field's touchline plus the 10' width of the tent for a total of 16.56'.

For spectator and/or coach chairs and team benches, a minimum of 3.28 feet (or 1 meter) is required as the minimum distance from any sideline to the extent the South and North Complex field layouts as applicable allows.

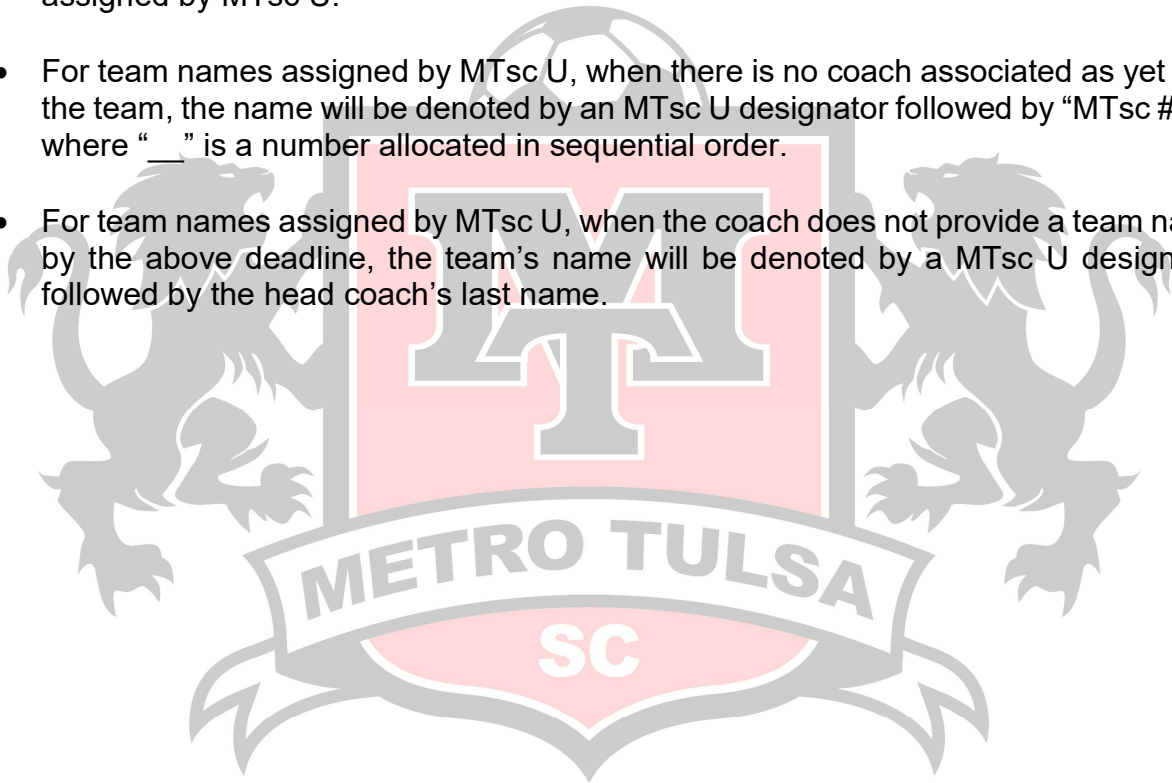
For soccer field end lines (goal lines), no spectators or related objects are allowed to be present within a minimum distance of 19.7 feet (or 6 meters) except in the case of Club or complex related objects (i.e., bleachers).



Team Naming Policy

Rev. III (March '12)

- The team's coach will be allowed to select his team's name provided the name is not already taken by another team in same age bracket, up to a deadline where thereafter, a name will be assigned by MTsc U per the below.
- Team names will be used to distinguish teams on the MTsc U provided schedule
- If a coach does not provide a team name to the MTsc U Main Office 1-week prior to the Coach Orientation, then for scheduling purposes, the name of the team **may** be assigned by MTsc U.
- For team names assigned by MTsc U, when there is no coach associated as yet with the team, the name will be denoted by an MTsc U designator followed by "MTsc #__", where "__" is a number allocated in sequential order.
- For team names assigned by MTsc U, when the coach does not provide a team name by the above deadline, the team's name will be denoted by a MTsc U designator followed by the head coach's last name.





TEAM REPRESENTATIVE FORM

See www.MetroTulsaSoccer.com for Latest Revision

This information is to help insure accurate information for MTsc U records and to relieve the coach from responsibilities that belong to the parents.



MTsc U REQUIRES ALL OF THESE REPRESENTATIVES!

TEAM NAME: _____

TEAM AGE DIVISION: _____ GENDER: M or F

DATE: _____

HEAD COACH: _____

PHONE # (s): _____

E-MAIL ADDRESS: _____

ASSISTANT COACH (*Only 1 is Recognized by MTsc U*): _____

PHONE # (s): _____

E-MAIL ADDRESS: _____

TEAM PARENT (Mom or Dad): _____

PHONE # (s): _____

E-MAIL ADDRESS: _____

NOTE: Field Safety rep is required and would donate only 2 hrs. for the season to check/prepare fields for safety.

FIELD SAFETY REPRESENTATIVE: _____

PHONE # (s): _____

E-MAIL ADDRESS: _____

MUST BE FULLY COMPLETED & TURNED IN TO MTsc U TO RECEIVE GAME SCHEDULE !!!

Player Pass Policy

June 2016

Pursuant to the requirements of GCSA, for OPEN league teams (meaning traveling teams) player passes may be required for recreational age groups U12 and higher (U11 and higher if attending a tournament) and ALL competitive age divisions. In the event a player fails to have their GCSA (as applicable) approved player pass present on game day to provide to the referee during check-in or at most tournament registrations and play, the player will NOT be allowed to play.

Player Pass Completion (Coach & Parent Responsibility). It is the sole responsibility of the team, its parents and coach(es) to print & complete pursuant to GCSA requirements, and submit the player passes as a team pursuant to MTsc U specific deadlines and policies. Further MTsc U takes no responsibility for unapproved player passes by GCSA regardless of if the result is missed games by a player, no refund will be available and the responsible to properly complete the player pass will remain with the team, parent and coaches.

The following is required in order to obtain approval of a player pass:

1. The player's pre-printed name on the pass must match their **BIRTH CERTIFICATE NAME**, not necessarily their common name
2. A **1"X1" COLOR FACIAL "FULL" HEAD PHOTO** must be **ATTACHED** with glue/paste in the appropriate location of the player pass
3. The use of previously utilized photos results in rejection of pass
4. Player passes with the use of white out on them results in rejection of pass

Note: MTsc U is not responsible for any lost player pass pictures not properly attached when submitted and all consequences shall be at the player's expense.

Continual Coach Education / Certification Program

Rev III (June '11)

Reason for the MTsc U Continual Coach Education Program. Resulting from an assessment of past growth and decline trends in our player base combined with a review of past incidents involving coaches, parents, players, and referees alike, the MTsc U Board came to the clear conclusion that Coaches are the most influential persons in our organization. Coaches determine the kind of experience our athletes have with sports and whether our athletes will return to our Club for the next season. The actions by our team's parents along the sidelines and our players on the field is a reflection of our coaches and our Club. Because of such conclusion, we have decided to put significant focus on improving the education and hence quality of our coaches to benefit everyone attending game days at the fields and to support the fact that MTsc United is ***"Where Kids Come First"***.

MTsc U Philosophy Relative to Coaches & Coaching. MTsc U is committed to the principles of positive coaching. We expect our coaches to want to win, but MTsc U must be where winning means helping players learn life lessons and positive character traits from their MTsc U soccer experience. Such life lessons and positive character traits include good sportsmanship, fair play, importance of the team, to never give up, to always do your best, to honor the game, respect your opponents and to have fun. We expect our coaches to:

- (1) Use encouragement and positive reinforcement as the primary method of coaching,
- (2) Strive to achieve a 3:1 magic ratio of 3 positive reinforcements to each correction/criticism
- (3) Build fun activities into their practices, so players want to go to practice and enjoy soccer,
- (4) To criticize, if necessary, in private maintaining respect of every player,
- (5) Recognize the game is the best teacher for our players and is feedback to how effective their coaching is,
- (6) Allow game day to be for the kids and practice to be for the coaches, and
- (7) To use a winners' circle after each game to reinforce the positive things players did including something relative to each player.

Basis of the MTsc U Continual Coach Education Program. The central objective of our Continual Coach Education Program is to find ways to meet any licensing requirements. METRO TULSA Soccer Clubs United is proactive in creating an in-house training program, which qualifies to meet and/or exceed the requirements of US Club Soccer. As a result, we hope this program will be equally, if not more, valuable for our coaches, and certainly less expensive.

Our goal is not to run coaches away by requiring too much. Our goal is to make the US Club requirements more convenient and get as many coaches as possible licensed/certified to coach their particular age group for the benefit of our kids. With that

in mind, we support and highly encourage attending the very worthwhile USSF clinics such as the Youth Modules, and the E & D license clinics, respective of the age brackets that you are coaching.

MTsc U IN-HOUSE COACHES TRAINING EVENTS – CERTIFICATION PROGRAM MAKE-UP

The MTsc U Continual Coach Education will ultimately consist of five major components. Please see the Calendar of Events at www.MetroTulsaSoccer.com for schedule information.

Spring & Fall MTsc U Coaches Orientation to be scheduled prior to each soccer season and will focus on various MTsc U processes and the rules of the game that all coaches need to be aware of. All coaches are **REQUIRED** to attend this Orientation in both Spring and Fall regardless of if licensed or certified. Attendance at this Orientation is crucial to having a successful season.

Spring MTsc U Coaches Training Clinic to be scheduled one Saturday approximately two weeks prior to the start of the season. The Clinic is to be structured per the MTSC U coaches' workbook approved by the MTsc U Board. The Clinic will be taught by at least one representative from MTsc U. While all MTsc U coaches are welcome to attend this event, the curriculum will be primarily structured for U4 through U10 coaches. Coaches for older players are encouraged to attend an USSF licensing clinic, such as the Youth Module III or "E" course. Attendance by U4 through U10 coaches at this clinic is **REQUIRED** unless proof of license related to previous attendance to an applicable licensing clinic or out-of-state licensing program is provided to the MTsc U main office, or if attended the Fall MTsc U coaching clinic. Attendance by U11 and above coaches is optional.

Fall MTsc U Coaches Training Clinic to be scheduled one Saturday approximately two weeks prior to the start of the season. The Clinic is to be structured by MTsc coaches' workbook approved by the MTsc U Board. The Clinic will be taught by at least one representative from MTsc U. While all MTsc U coaches are welcome to attend this event, the curriculum will be primarily structured for U4 through U10 coaches. Coaches for older players are encouraged to attend an USSF licensing clinic, such as the Youth Module III or "E" course. Attendance by U4 through U10 coaches at this clinic is **REQUIRED** unless proof of license related to previous attendance to an applicable licensing clinic or out-of-state licensing program is provided to the MTsc U main office, or if attended the Spring MTsc coaching clinic. Attendance by U11 and above coaches is optional.

MTsc U Video Training – MTsc U provides an instructional video as part of our continual coach education program. The video is designed to provide continuing education for coaches on a variety of topics associated with U4-U12. Viewing the video prior to the

commencement of each season is **HIGHLY ENCOURAGED** regardless of if licensed or certified.

Important Aspects Regarding the MTsc U In-House Training Program/Certification

- ✓ MTsc U received approval from US Club Soccer in the early 2000's, qualifying the MTsc U In-House Training Program as a valid certification program as an alternative to meeting USSF licensing requirements for age brackets U6 through U10.
- ✓ The MTsc Certification Program does not apply to U11 and above; U11 and above must receive licenses from USSF approved entities.
- ✓ An MTsc Certification is designed to be a less costly (\$5.00 or less for administration and copying fees) and more convenient alternative to meet license requirements. An MTsc U Certification allows a coach to coach at MTsc U only as if they were licensed. If such coach moves to a different soccer club, the MTsc U Certification is not effective.
- ✓ The MTsc U Certification is good for a period of one (1) year from the date of completion of the Fall or Spring attended Coach Clinic provided the Orientation and Video requirements have been satisfied or waived by MTsc U.
- ✓ MTsc U has set the goal of having at least one representative at the spring and fall in-house coaching clinics with a national Y, C, B or A license.
- ✓ MTsc U will maintain a database of all MTsc U coaches, including contact information, license level and/or attendance at MTsc U in-house Continual Coaching Education Events.

Uniform Policy

July 2014

The MTsc U uniform program is designed to provide a Full Uniform Kit for every MTsc U player. It is mandatory and applicable to all MTsc U soccer players, as outlined below:

New Player – A “New Player” is anyone registering for the upcoming season who did not register for the immediately previous season with MTsc U. All “New Players” must purchase and wear a new Full Uniform Kit.

Returning Players – A “Returning Player” is anyone registering for the upcoming season who registered for the immediately previous season with MTsc. Some “Returning Players” will be required to purchase and wear a new Full Uniform Kit, as follows:

Moving Up – Each fall, most players move up to a new age bracket. Some players moving up require a new uniform. Others do not.

A “Returning Player” that is moving up **from** an **even** age bracket (i.e., U4, U6, U8, U10, U12, U14, or U16) **to** a different age bracket (i.e., U4 to U5, U6 to U7, U8 to U9, U10 to U12, U12 to U14, U14 to U16, or U16 to U19) must purchase and wear a new Full Uniform Kit,

A “Returning Player” that is moving up **to** an **even** age bracket (i.e., U6, U8, U10, U12, U14, or U16) **from** a different age bracket (i.e., U5 to U6, U7 to U8, or U9 to U10) does not need to purchase a new Full Uniform Kit.

Changing Teams – Players frequently change teams.

Any “Returning Player” that is changing teams and is also changing age brackets, is governed by the **Moving Up** section above.

A “Returning Player” that is changing teams but is not changing age brackets, does not need to purchase a new Full Uniform Kit, unless the team that the player is joining has already established a different uniform as the team’s uniform, per codified exceptions below.

All MTsc U players and teams must wear the designated MTsc U uniform of the age bracket in which the team is competing. The only **exceptions** to this rule are as follows:

Playing-Up Individuals – A player that is Playing-Up is any player electing to play up from his/her age-based bracket to a higher age bracket. See team formation rules. Any player Playing-Up must purchase and wear the uniform of the age bracket to which they are Playing-Up to.

Playing-Up Teams – A Friendship Team may elect to play up (via the Friendship Team Form). This election must be clearly written across the top of the Friendship Team form. Any Friendship Team that elects to play up will wear the designated MTsc U uniform for their original age-based bracket (the younger bracket's uniform).

For all Friendship Teams that are playing up, MTsc U assumes that the team elects to purchase and wear the designated uniform of the original (age-based) age bracket.

Uniform Payment, Ordering, and Pickup

Payment – All uniform payments must be made directly to MTsc.

Payment Timing – Uniform payment is required at the time of registration.

Sizing – During registration, each player orders a uniform. If required, any subsequent sizing changes must be done at Mac's Soccer Shack with a Mac's representative and any size changes conducted at Mac's will override any sizes entered during (or after) registration in the MTsc U Online Registration system. All sizing forms used by Mac's will be handled and maintained by Mac's. Sample uniforms are available at the Soccer Office.

Cost of Size Changes – After MTsc U releases a player's uniform order to Mac's, additional costs caused by size changes will be at the parents' expense.

MTsc U Order Timing – MTsc U initiates all uniform orders with Mac's Soccer Shack. The initial and largest uniform order occurs about 2 to 3 weeks prior to the first game of each season. For all subsequent uniform orders, MTsc requires a minimum of 5 days to place an order once payment is received. Uniforms are ready for pickup a minimum of ten (10) business days after the order is released to Mac's by MTsc U.

Uniform Pick-up – All uniforms must be picked up at Mac's Soccer Shack by the team's coach or the coach's (singular) team designee. The coach will be notified by MTsc U and/or Mac's Soccer Shack when the uniform order is ready for pick-up. Along with the uniform order, Mac's will provide a list of team member's names and corresponding uniform sizes to assist with uniform distribution.

Uniform Styles and Colors – Uniform styles and colors are selected by MTsc U and may change periodically due to cost, quality, availability, and/or manufacturer issues.

Uniform Provider

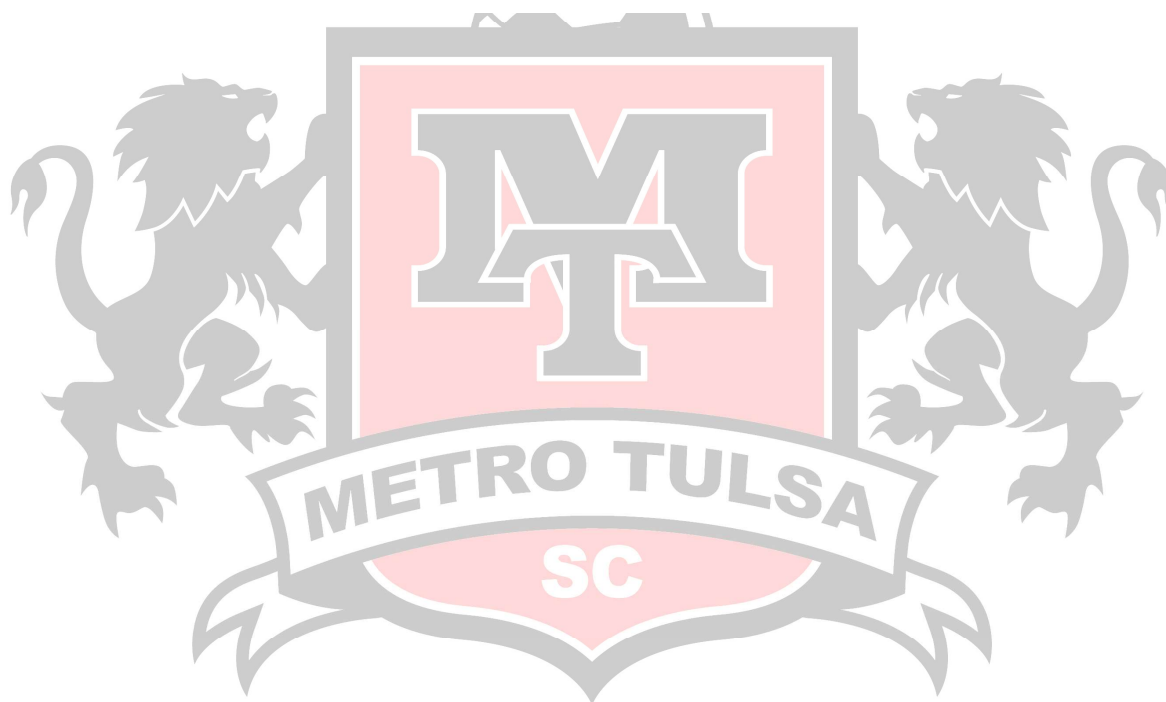
MTsc U's club wide uniform program defines Mac's Soccer Shack as the official uniform supplier of the Metro Soccer Clubs United's Recreational and Special Needs soccer programs.

Mac's Soccer Shack

Located off 169 & 61st St.
In the All Star Sports Complex
10309 E. 61st St.
Phone: 250-4843



Tulsa



SECTION

IV



Recreational, Friendship and Special Needs Team Game Reschedule, Cancellation, No-Show & Forfeiture Policies

July 2022

To accommodate the growth MTsc U is continuously experiencing and the limited use of the SoccerPlex and game fields in general, strict adherence to the following game cancellation and reschedule policy shall apply relative to its Recreational, Friendship and Special Needs programs.

MTsc U Determined Weather Related Game Cancellation, Delay and Temporary Stoppage Policy

The following is MTsc U's practice for weather related game delays, temporary stoppage and cancellations. The following weather-related events are causes for this Policy to apply:

1. Severe rain has occurred through the evening before or is occurring during a game day leaving significant standing water on the fields and in MTsc U's judgment, playing on the fields could severely jeopardize the sod cover.
2. The fields are generally covered with residual snow and in MTsc U's judgment, playing on the fields could severely jeopardize the sod cover.
3. There is visible lightning or approaching lightning is detected or severe wind warnings received.

In most cases, if games are cancelled, they will be done incrementally throughout the day unless notified otherwise. All teams must come to the fields ready to play unless their specific game time has been cancelled. All games canceled by MTsc U in this event may be rescheduled per the Reschedule Game Policy above.

MTSC FIELD BUMPING POLICY

MTsc U reserves the right to "BUMP" teams from their game times and fields due to field conditions resulting from poor weather conditions in order to accommodate the following priorities:

1. Open league games shall take priority over closed league games in order to accommodate out of town teams.

2. Refereed games shall take priority over non-refereed games to accommodate available referee services.

GAME NO SHOW POLICY

Teams who do NOT show up ready to play at their scheduled times for reasons other than because their game was cancelled or was rescheduled, will be considered a NO SHOW. NO SHOW teams will automatically forfeit their scheduled game and those games will not be allowed to be rescheduled and the applicable referee fees for the center and two linesmen shall be due to MTsc (as it is MTsc U's policy to pay all scheduled referees for games even in the event of a No-Show). Additionally, each NO SHOW shall be subject to pay a No-Show Fee to MTsc in the amount equal to the dollars that would be required to supply a center referee and two line referees for their game per MTsc U's then effective Referee Pay Schedule.

ELECTED GAME FORFEITURE POLICY

In the event a team elects to forfeit a game, it must be done in writing by email to the MTsc U Office. If the forfeit is received in writing by the MTsc U office at MTscdocuments@att.net by no later than Tuesday at midnight for a game scheduled on the upcoming Saturday or Monday, or midnight Wednesday for a game scheduled on Tuesday, then as soon as reasonably possible but in no event later than before the office closes at 2pm on the business day prior to the effected game day:

- (a) The match will be canceled,
- (b) MTsc U will notify by email the opposing coach(s) on record (using the contact information provided in their Team Representative Form) of its cancellation and
- (c) All scheduled referees will be canceled.

With such forfeiture, the match will not be rescheduled. The opposing team will be provided the win with a score of 3-0F automatically and such team could use the scheduled game time as an on-the-field-practice with notice to the MTsc office no later than 12 p.m. the business day prior to the effected game day. The non-forfeiting team does NOT need to be present at the fields at the scheduled game time for the win.

In the event of a forfeit notice any later than the respective time periods noted above, the forfeiting team will be considered a No-Show subject to the Game No-Show Policy and MTsc U will in the normal course of work attempt to notify the opposing team's coach(s) prior to the effected game day. In such case the opposing team can (i) use the scheduled game time as a practice session with no notice required to the Office to do so and (ii) will be automatically awarded the win with a score of 3-0F. In the event there is no forfeit

notice and both teams fail to be present for their scheduled game time then both teams receive no points in the standings and are both considered No Shows subject to the above Game No Show Policy.

COMMUNICATION OF WEATHER RELATED GAME CANCELLATIONS

All coaches should plan on playing their scheduled games under all weather conditions unless their game time has been cancelled by MTsc communicated by:

1. MTsc U Facebook Page “Metro Tulsa Soccer Club” post (primary approach),
2. MTsc U TWITTER Account “MetroTulsaSC” tweet (primary approach), **OR**
3. Listing on www.MetroTulsaSoccer.com
4. Received an email from the MTsc U Office.

If any one of the above note a cancellation, then such cancellation shall apply and it should be recognized due to the logistics involved and the volunteer nature of such administration, there should be expected cases where not all of the above will be consistent.

ELECTIVE GAME RESCHEDULING POLICY

Elective rescheduling by a Recreational Random Draw, Friendship or SNL team is **ONLY** allowed to the extent such entire team has a conflict resulting from participation in either (a) a US Club or GCSA sanctioned tournament, or the vast majority of such team has a conflict resulting from participation in (b) SAT, PSAT or ACT testing, or (c) Olympic Development Program (ODP), each known as a “Conflicting Event”. The request for such rescheduling will be subject to the following:

- ✓ Both the game related cancellation and reschedule requests must be made in writing to the MTsc U Office via email to MTscdocuments@att.net. A valid cancellation request regardless of situation is one where the request is received by no less than eight (8) days prior to the scheduled game date being requested to cancel and must be accompanied by proof of the team’s (or majority as applicable) participation in the Conflicting Event (as limited above).
- ✓ A valid corresponding reschedule request regardless of situation is one where the date for the rescheduled game is greater than eight (8) days from the “Request Date” (meaning the date in which the request is made from when both opponents and MTsc U have all mutually agreed on the rescheduled date and time as well as when field and referee availability is confirmed). Other words, if a request is made and then five days were taken to settle on a mutually agreed to date, time, referee and field availability, the (8) days starts from the day of such mutual agreement and its corresponding confirmed reschedule request.
- ✓ The reschedule date and time is subject to field and referee availability as determined by MTsc U; see below for general day restrictions.

- ✓ Both coaches must consent to the rescheduled game date and time, and such consent must be communicated via email to the MTsc U office.

FIELD AVAILABILITY FOR RESCHEDULING

The MTsc U South Complex is maintained under a long-term joint cost and complex sharing arrangement between MTsc and NEOASA (the NE Oklahoma adult soccer league). The exclusive rights of use of the South Complex are divvied between the parties as follows:

- MTsc U Exclusive Use: Saturdays, Mondays, and Tuesdays ONLY
- NEOASA Exclusive Use: Sundays, Wednesdays, and Thursdays ONLY

MTsc U and NEOASA Joint Use: Fridays ONLY

From time-to-time, MTsc U and NEOASA may make temporary arrangements between them to accommodate games through field swaps made prior to the current season based on mutual agreement which is at each parties' sole discretion.

The MTsc U North Complex is maintained solely by MTsc U and has the exclusive rights of use.

FEE PAYMENT POLICY

All amounts required to be paid to MTsc pursuant to these policies must be received by MTsc U by 2pm on the Wednesday prior to the team's next scheduled game at MTsc U or within four (4) days after the event causing such payment. All payments will be paid by credit card through the MTsc office.

All amounts **MUST** be received by MTsc U prior to the team's next game in order to avoid cancellation of their next scheduled league game.

TEAM IN BAD STANDING POLICY

Non-payment of the fees and penalties applicable per the above will result in the team being held in Bad Standing at MTsc U and MTsc U reserves the right to take appropriate action against the team. Such action includes MTsc U will not assign referees to the team's home games until amounts above and owed are paid and as a result of such action and as a courtesy to visiting teams, MTsc U will incrementally cancel each future home game until such amounts are paid.

Game Spring / Fall Break Scheduling Policy

April 2015

MTsc U defines spring break and fall break based on the Jenks Independent School District (JISD) calendar as to when the spring and fall breaks occur.

Spring Break Scheduling – if MTsc U's spring season includes spring break then closed league games will be scheduled on the first weekend of spring break (not the second weekend) and all games will be subject to the MTsc U policies related to No-Shows and Reschedules.

Spring Break Scheduling – open league games are subject to GCSA and/or OSA scheduling and have typically occurred on both weekends of spring break. All games will be subject to the MTsc U policies related to No-Shows and Reschedules.

Fall Break Scheduling – provided the City of Tulsa's Oktoberfest coincides with fall break, no closed or open league games will be scheduled by MTsc U to be played on the Saturday of Jenks Public Schools Fall Break. Otherwise, if there is a disconnect between the dates for fall break and when the City of Tulsa holds Oktoberfest, then MTsc U may schedule closed league games during the Saturday of fall break and further open league games scheduled by 3rd parties such as GCSA will be played at the MTsc U SoccerPlex or North Complex. Notwithstanding the above, if MTsc U supports the adult league (NEOASA) Soctoberfest Tournament, then any effected open league game scheduled at MTsc U will be rescheduled for an alternate date or complex. Open League away games will be played if any are scheduled by GCSA.



MTsc U Open League Recreational and Competitive Team Scrimmage Policy

November 2015

All U11 and older MTsc U **open league** Recreational traveling teams and Competitive teams in good standing with MTsc U may request a field at MTsc United for a scrimmage (opponents do not need to be a MTsc U team). The requesting team will be the **Host** team and will be required to pay all associated fees. All scrimmage requests are subject to the following requirements, limitations, process and rules:

Open League Team Requirements and Scrimmage Limitations:

- (1) General allowable scrimmage periods are limited to no earlier than the later of two weeks prior to the kick-off of the MTsc U recreational season or when the fields are prepared and the last game weekend (inclusive of the rain-makeup play weekend) of the MTsc U recreational season (all of which are posted at www.MetroTulsaSoccer.com).

Note: Any requests for a time beyond these periods will be subject to approval of the MTsc U Board at its sole discretion and such requests to be heard will be limited to preparation related to regional and national championships.

- (2) No MTsc U team can participate in more than two (2) scrimmages per calendar month at an MTsc U facility
- (3) Scrimmage spots are available on a first come, first approved, first paid for basis
- (4) Scrimmages may be requested for Saturdays, Mondays, Tuesdays or Fridays; on weeknights time slots are 6pm and 7:30pm only.
- (5) Absolutely no practicing on game fields; scrimmages are for two opponents to play a match
- (6) Teams must wear their official uniforms or equivalent
- (7) **ALL** Competitive teams are eligible for scrimmages at the MTsc U SoccerPlex
- (8) All correspondence relative to a scrimmage request must be by the Host team only
- (9) All scrimmages must have full referee crews **assigned** by MTsc U

Scrimmage Request & Approval Process:

- (a) Requests to schedule a scrimmage are to be by email to the MTsc U Head Scheduler (biskander@aol.com) by the Host team identifying the desired date, time and name of the opponent (per the below Scrimmage Request Form).
- (b) **VERY IMPORTANT**: Final scrimmage dates must be approved and FINALIZED (meaning pre-paid) no later than the Thursday nine (9) days prior to the week of the scrimmage date ("Deadline"). For example, if the scrimmage date is on April 15th, 16th, 17th or 20th then such date must be approved and finalized by Thursday April 5th.
- (c) If the scrimmage request is approved by MTsc U through its Head Scheduler, the requesting team must FINALIZE the scrimmage date by pre-paying a \$25 administrative and processing fee plus the applicable full referee crew fee (appropriate to the oldest aged team and type of team playing).
- (d) The required payment **must be made by credit or debit card** (Visa, Master Card or Discover) ONLY (***checks are not accepted***) by providing the card information (per the below) through/to the MTsc U Main Office by the Deadline established in (b) above before the scrimmage is FINALIZED. If such Deadline is not met then the scrimmage is disallowed and thus will not be scheduled and the field slot not reserved.
- (e) Reschedules of scrimmages are **not** allowed unless required by MTsc U. A reschedule on the part of the Host team is treated as a new scrimmage request. There will be no refunds unless MTsc U (1) requires a reschedule or (2) is not able to provide the FINALIZED scrimmage or does not provide any referees (***in the event a full referee crew is not present, a team parent will be used for the missing linesman and will be paid the respective amount which will act as a team reimbursement***).
- (f) There will be no refund for canceled FINALIZED scrimmages.

Associated Rules:

- (a) All official league games and MTsc U Soccer Events are a higher priority for field usage and referees regardless of level (academy league, recreational, GCSA, OPL, SRPL, ECNL etc.) in the event of a conflict due to a necessary rescheduled or weather delayed league game.
- (b) All scrimmage approvals are subject to MTsc U referee availability, complex related logistics, field and weather conditions and Host team (and opponent if an MTsc U team) MTsc U status.
- (c) Any team breaking MTsc U complex rules, leaving trash on the fields, damaging any aspect of a MTsc U complex or causing detriment to league games (i.e. self-

scheduling of referees) is subject to being banned from using all MTsc U fields for scrimmages until such time as determined by majority vote of the MTsc U Board and/or will be fined \$100.00 for each violation. In the event the team breaking MTsc U rules is a visiting non-MTsc U team, then the Host team will be held accountable.

- (d) **Any team found to be holding practice on the game fields (NO PRACTICING ALLOWED) will be banned from using the fields for scrimmages until such time as determined by a majority vote of the MTsc U Board. Teams without an official uniform will be viewed as holding a practice regardless of the circumstance and will be subject to being banned.** In either case their usage of any MTsc U field is subject to any/all of (1) immediate suspension of the coach for one or more games up to be banned from MTsc U, (2) fine of up to \$250.00 on the coach and or across the entire team and (3) team coach and parents/players required to perform volunteer field maintenance to MTsc U. In the event the team breaking MTsc U rules is a visiting non-MTsc U team, then the Host team will be held accountable.

Term:

This scrimmage policy is good until such time that the MTsc U Board in its sole discretion determines if modification or termination is justified.

See the “Forms & Links” tab located on the left hand side banner of the www.MetroTulsaSoccer.com homepage for the **Scrimmage Request Form** and **Scrimmage Pre-Payment Requirements for FINALIZATION**

SECTION

V



Detected Lightning/Inclement Weather Procedures

Game Day Detected Lightning/Inclement Weather Procedures

October 2012

Please continuously check our website www.MetroTulsaSoccer.com home page, and follow us through Liking “Metro Tulsa Soccer Club” on Facebook or follow us on Twitter for South Complex and North Complex status updates; one up to all three of these communication methods will be used which is a function of MTsc U administrator proximity to the necessary technology at the time of the weather event.

GAME DAY DETECTED LIGHTNING/INCLEMENT WEATHER PROCEDURES

In the event lightning is detected, MTsc U Referees will issue a command for everyone to depart to your vehicles. This will be initiated through the sound of an air horn blast and additionally visibly through pulsating blue lights from atop the Referee Shack to inform MTsc U referees, teams and patrons to immediately abandon their match and go to their vehicles. MTsc U requires that all fields be cleared; teams **DO NOT** have an option to remain on the field – everyone **MUST** immediately go to and remain in their vehicles and wait for the signal to return to their match.

Teams will be notified by air horn and through the visible return of referees to the fields that it is okay to return to the fields and resume play. Additionally, by visual inspection of the blue lights atop the referee shack if the lights are (a) off then it is safe to come on to the fields otherwise (b) on then remain in your vehicle and monitor the situation.

The following air horn blasts will be used to notify referees, teams and patrons to either (a) clear the fields and wait in their vehicles or (b) return to the fields and resume their match:

One long blast from the air horns means to clear the field.

Two or Three short blasts from the air horns mean that players and parents can return to the fields and resume play.

THANK YOU very much for YOUR SUPPORT and COOPERATION with this IMPORTANT POLICY!!

SECTION

VI



Small-Sided Game Rules

September 2016

MTsc U's general intent is to adhere to the small-sided rules published by United States Soccer (USS). Those rules are modifications to the FIFA Laws of the Game recommended by USS.

The objectives of this section of the white book are merely to provide some of the highlights of those USS rules and to clarify those rules that are commonly misunderstood or vary from age to age. This section is NOT intended to provide a complete list of rules for soccer at MTsc U. No conflicts between the MTsc U rules and the USS rules is intended, however should conflicts occur, this White Book supersedes the USS rules.

To see the complete USS rules, please visit www.usyouthsoccer.org. On the "Coaches" tab, select "Small-Sided Games". On the Coaches page, select the link to "Official Rules". Small-sided rules are different for different age groups (e.g., U6, U8, U10, and U12). Odd age brackets are included in the even age brackets (U4 and U5 are covered by U6 rules, U7 by U8, etc.)

For avoidance of doubt, in the event that there is a red card issued by a referee or two yellow cards to the same player for misconduct during or up to 30 minutes after a match, the player receiving the red card must sit out for the remainder of the current match if still underway and automatically must sit out for their next team scheduled match.

Coaches **must** follow ***U.S. Soccer Rules associated with heading*** for all players with ages up to and through 12 years old as follows:

1. Headers are no longer allowed for all ages through U11 either in practice or in games. Recognize due to MTsc United having mixed age U11/12, the recommendations associated with U11 applies to the U11/12 league.
2. All coaches **must** teach and emphasize the importance of proper techniques for heading the ball for older ages.
3. Additionally, when a player deliberately heads the ball in a game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Under 4 (3v3) Rules Highlights

Field Size: Target 30 yards long by 20 yards wide

Goal Size: Approx. 6 feet wide and 4 feet tall.

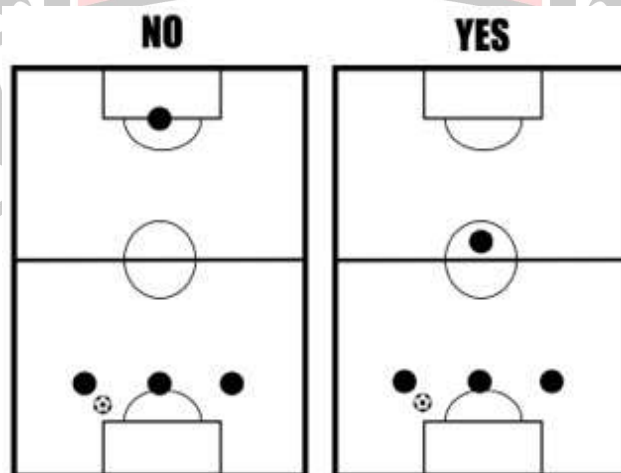
Ball: Size 3

Players: 3 per team (minimum to play is 2)

Goalkeeper: None

Coaches shall not play a defender camped out in front of their goal. If a player has a natural tendency to do so, it is the coach's responsibility to discourage this behavior and get the player more involved in the game.

For further clarity, to keep all players in an active role on the field, when the ball and your team is in play on the opponent's side of the field, the defensive player(s) **MUST** pull up to the center circle and defend from there. See the below diagram for illustrative purposes with the right side being the correct way to play given this situation described. No standing in front of the goal box is allowed (there are no goalies at this age).



When the play is on your own side of the field meaning you are playing defensively, you may pull that defender(s) back as far as the top line of the goal box but not inside unless it's an attempt to stop the ball from scoring after being shot by your opponent.

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

Home/Away Jersey: Home – Light; Visitor – Dark

Duration: Matches shall be divided into 4 x 8-minute quarters, with a 2-minute break between each quarter.

Playing Time: Each player SHALL play a minimum of 50% of the total playing time

Score: No score is kept. No standings are kept.

Substitutions: At any stoppage and unlimited

Free Kicks: All free kicks are indirect and the opponent must be at least 10 feet from the spot of the kick (“free kicks” are a result of fouls per Law 13 whereas corner kicks, goal kicks and kick-offs are direct).

Penalty Kicks: None

Goal Kicks: Yes. Ball placed on the end line. Opponents must be at least 10 feet from the spot where the goal kick is being taken.

Kick-Ins & Dribble-Ins Or Throw-Ins Yes. Ball placed on the touch line and opponents must be 10' from the dead ball spot. A Kick-in, throw-in or dribble-in is allowed by the possessing team as a result of the opposing team causing the ball to cross the touch line (per US Soccer small-sided rules).

Offside: None

Referee: None

Cards/Warnings: No yellow or red cards. No send off. If a player is too rambunctious, the coach should make a substitution to allow the child to calm down before returning to play.

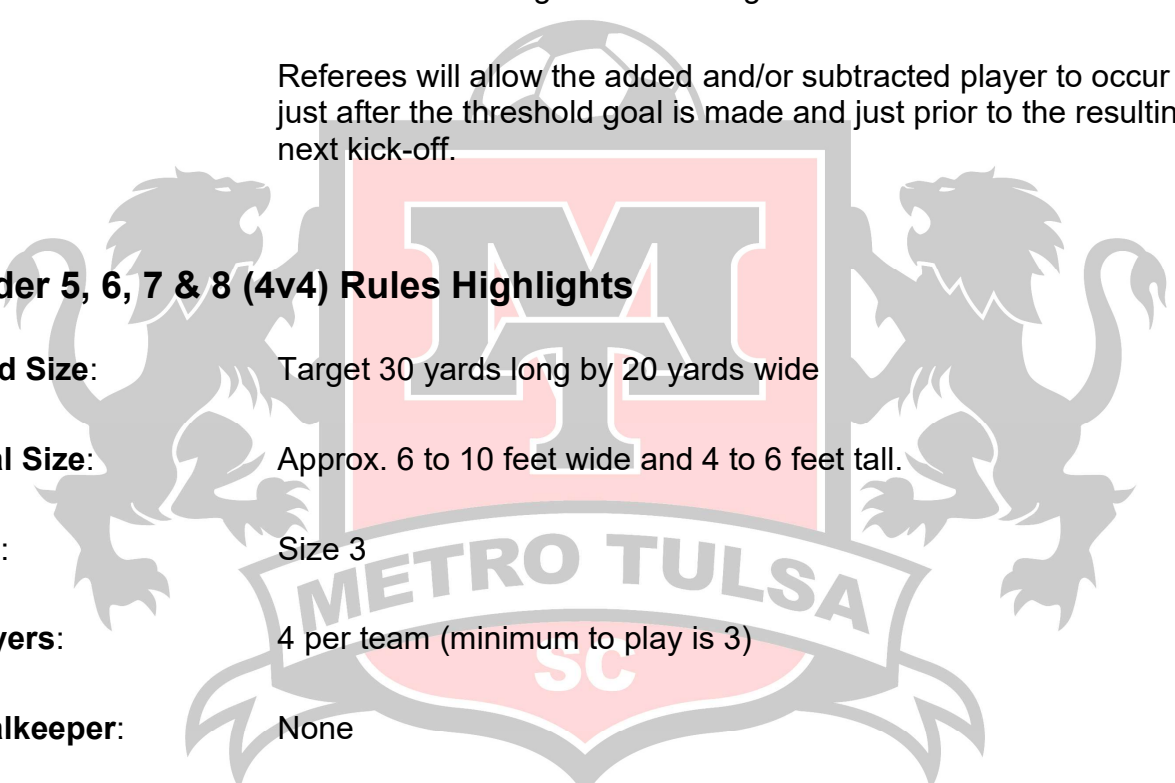
On Field Player Additions and Reductions during Match Play:

This Rule is an MTsc U ONLY Rule and would not apply to play outside of MTsc U:

1. Any team falling behind their opponent by 5-9 goals may have one (1) additional player on the field for a 4v3 continued game until the goal differential is less than 5.
2. Any team falling behind their opponent by 10 or more goals may add yet one (1) more additional player on the field for a 5v3 continued game until the goal differential is less than 10.

Referees will allow the added and/or subtracted player to occur just after the threshold goal is made and just prior to the resulting next kick-off.

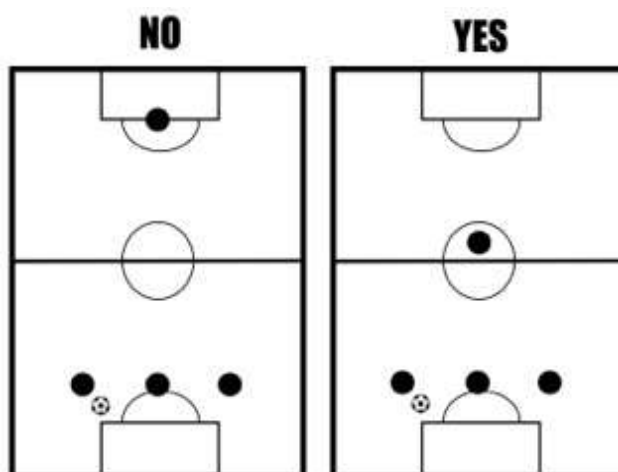
Under 5, 6, 7 & 8 (4v4) Rules Highlights



Field Size:	Target 30 yards long by 20 yards wide
Goal Size:	Approx. 6 to 10 feet wide and 4 to 6 feet tall.
Ball:	Size 3
Players:	4 per team (minimum to play is 3)
Goalkeeper:	None

Coaches shall not play a defender camped out in front of their goal. If a player has a natural tendency to do so, it is the coach's responsibility to discourage this behavior and get the player more involved in the game.

For further clarity, in order to keep all players in an active role on the field, when the ball and your team is in play on the opponent's side of the field, the defensive player(s) **MUST** pull up to the center circle and defend from there. See the below diagram for illustrative purposes with the right side being the correct way to play given this situation described. No standing in front of the goal box is allowed (there are no goalies at this age).



When the play is on your own side of the field meaning you are playing defensively, you may pull that defender(s) back as far as the top line of the goal box but not inside unless it's an attempt to stop the ball from scoring after being shot by your opponent.

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

Home/Away Jersey: Home – Light; Visitor – Dark; for U7/U8 only, RED WILL BE HOME TEAM COLOR and the opposite color (royal blue) the AWAY team color.

Duration: Matches shall be divided into 4 x 10-minute quarters, with a 2-minute break between each quarter except a 5-minute break at the half.

Playing Time: Each player SHALL play a minimum of 50% of the total playing time

Score: No score is kept. No standings are kept.

Substitutions: At any stoppage and unlimited

On Field Player Additions and Reductions during Match Play:

This Rule is an MTsc U ONLY Rule and would not apply to play outside of MTsc U:

1. Any team falling behind their opponent by 5-9 goals may have one (1) additional player on the field for a 5v4 continued game until the goal differential is less than 5.
2. Any team falling behind their opponent by 10 or more goals may add yet one (1) more additional player on the field for a 6v4 continued game until the goal differential is less than 10.

Referees will allow the added and/or subtracted player to occur just after the threshold goal is made and just prior to the resulting next kick-off.

Free Kicks: All free kicks are indirect and the opponent must be at least 10 feet from the spot of the kick ("free kicks" are a result of fouls per Law 13 whereas corner kicks, goal kicks and kick-offs are direct).

Penalty Kicks: None

Goal Kicks: Yes. Opponents must be at least 10 feet from the spot where the goal kick is being taken.

Kick-Ins & Dribble-Ins Or Throw-Ins Yes. Ball placed on the touch line and opponents must be 10' from the dead ball spot. A Kick-in, throw-in or dribble-in is allowed by the possessing team as a result of the opposing team causing the ball to cross the touch line (per US Soccer small-sided rules).

Offside: None

Referee: None

Cards/Warnings: No yellow or red cards. No send off. If a player is too rambunctious, the coach should make a substitution to allow the child to calm down before returning to play.

Under 9 & 10 (7v7) Rules Highlights

Field Size: Target 47 yards long x 30 yards wide with an 8-yard radius centerline. Goal area is approximately 6 yards in from each end line. Penalty area is approximately 10 yards in from each end line.

Goal Size: Approx. 18 feet wide and 6 feet tall.

Build Out Lines Located approximately 15 yards from each end line and in front of the goal box. The following US Soccer rules apply associated with the build out lines relative to U9/U10 play only:

- Build Out lines are used for playing the ball out of the back in a non-pressured setting as all opposing team members are required to be behind the build out line
- Goalkeepers can no longer punt the ball. It can be distributed by a pass or a roll/throw of the ball only.
- So, in addition to no longer are headers allowed at this age, neither is goalie punts for this age group

Ball: Size 4

Players: 7 per team, 1 of whom is the goalkeeper (minimum to play is 5)

Goalkeeper: Yes

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

Home/Away Jersey: Home – Light; Visitor – Dark; Goalkeeper's Jersey to be distinctly different in color than ALL other field players of both teams

Duration: Matches shall be divided into 2 equal 25 minute halves, with a 5-minute break at halftime.

Playing Time: Each player SHALL play a minimum of 50% of the total playing time

Playing Time Rule Exception applicable to U9 and Up Recreational/Friendship Leagues:

A coach can obtain an exception to the 50 percent minimum play rule under the following situation and action ONLY. If over the course of three (3) consecutive weeks a player misses at least 50 percent of the practice time, then the coach at his election can

send an email to the player's parents copying the MTsc U office (copying the office is required - no separate emails will be effective) telling the parents that "due to their player missing at least 50 percent of the practice time over the past three consecutive weeks, the coach is requesting a waiver of the 50 percent play time rule from MTsc U which would allow them to potentially bench their player for **the next game ONLY at the coach's discretion**. In such case, the coach may choose whatever amount of playing time in the one next game that the coach decides is appropriate. In the case where the player then continues to miss 50 percent of the practice time or more between league games, then the coach can repeat the above procedure which includes the required notice to the parents and MTsc U to carry forward the waiver from the 50 percent rule up to the last game of the season. With the commencement of a new season, the three (3) consecutive week requirement begins anew.

In the event the player does not continue miss 50 percent or more of the practice time, then the player must be played a minimum of 50 percent of the game. If the notice is not sent to the parents and MTsc U, then there is **NO** waiver. If the notice is after the fact beyond the next game just after the missed practice time, then there is **NO** waiver. The **ONLY** game that can be subject to the waiver is the next upcoming game. If the coach is suspected by MTsc U or found to be gaming this rule exception, then the waiver will **NO** longer be available to such coach or team indefinitely at MTsc U's election.

Substitutions:

At any stoppage and unlimited

Free Kicks:

Direct (holding, illegal tackle, intentional handball, etc.) and Indirect (dangerous play, impeding, etc.). Indirect kicks are also awarded for the opposing team if a goalkeeper (a) touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate or (b) touches the ball with his/her hands after receiving it directly from a throw-in taken by a teammate.

Penalty Kicks:

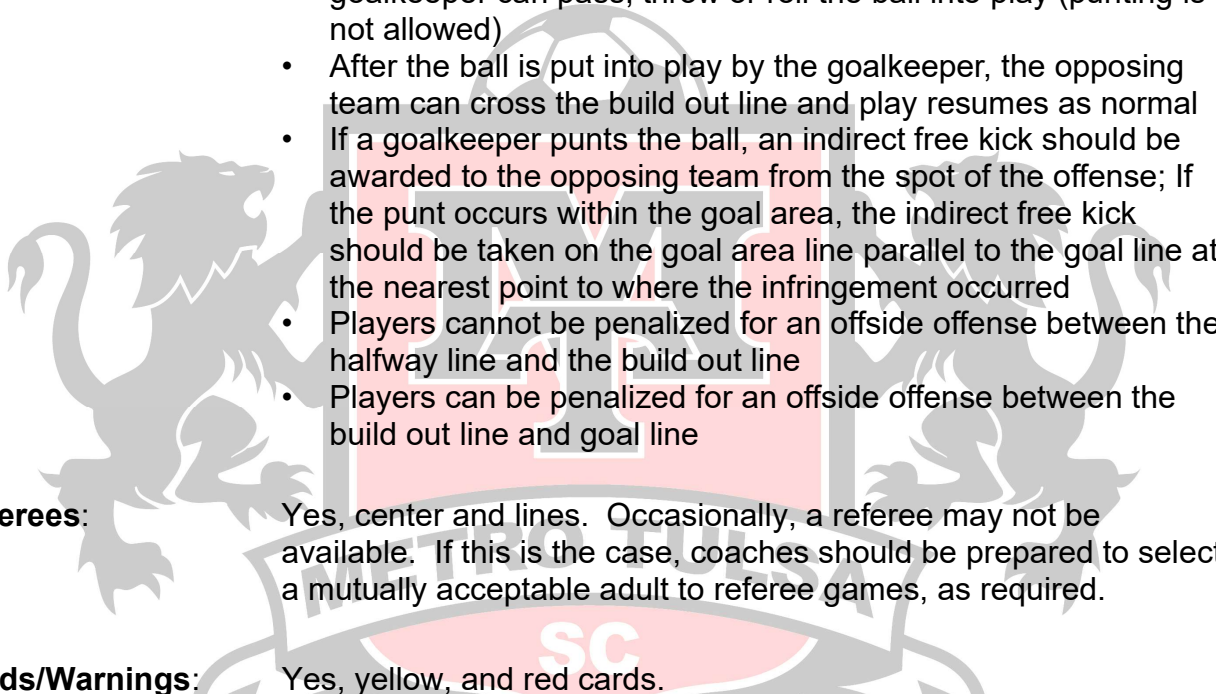
Yes, for infractions committed in the penalty area.

Goal Kicks:

Yes. The goal kick must exit the penalty area before it can be played by any player. If the ball fails to exit the penalty area, another goal kick is awarded.

Throw-Ins:

Yes. When the ball crosses the touch line, the possessing team throws in the ball (per FIFA rules) and does not perform a "kick in".



Offside:	Yes
Punts:	No (per US Soccer Small-Sided Rules)
Build-Out Lines:	<p>Only Exist for U9 and U10 (per US Soccer Small-Sided Rules)</p> <ul style="list-style-type: none">• When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play• Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed)• After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal• If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense; If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred• Players cannot be penalized for an offside offense between the halfway line and the build out line• Players can be penalized for an offside offense between the build out line and goal line
Referees:	Yes, center and lines. Occasionally, a referee may not be available. If this is the case, coaches should be prepared to select a mutually acceptable adult to referee games, as required.
Cards/Warnings:	Yes, yellow, and red cards.

Under 11 & 12 (9v9) Rules Highlights

Field Size:	Target 75 yards long by 47 yards wide
Goal Size:	Approx. 18 feet wide x 6 feet tall.
Ball:	Size 4
Players:	9 per team, 1 of whom is the goalkeeper (minimum to play is 6)
Goalkeeper:	Yes

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

Home/Away Jersey: Home – Light; Visitor – Dark; Goalkeeper's Jersey to be distinctly different in color than ALL other field players of both teams

Duration: Matches shall be divided into 2 equal 30 minute halves, with a 5-minute break at halftime.

Substitutions: At any stoppage and unlimited

Playing Time: Each player SHALL play a minimum of 50% of the total playing time

Playing Time Rule Exception applicable to U9 and Up Recreational/Friendship Leagues:

A coach can obtain an exception to the 50 percent minimum play rule under the following situation and action ONLY. If over the course of three (3) consecutive weeks a player misses at least 50 percent of the practice time, then the coach at his election can send an email to the player's parents copying the MTsc U office (copying the office is required - no separate emails will be effective) telling the parents that "due to their player missing at least 50 percent of the practice time over the past three consecutive weeks, the coach is requesting a waiver of the 50 percent play time rule from MTsc U which would allow them to potentially bench their player for **the next game ONLY at the coach's discretion**. In such case, the coach may choose whatever amount of playing time in the one next game that the coach decides is appropriate. In the case where the player then continues to miss 50 percent of the practice time or more between league games, then the coach can repeat the above procedure which includes the required notice to the parents and MTsc U to carry forward the waiver from the 50 percent rule up to the last game of the season. With the commencement of a new season, the three (3) consecutive week requirement begins anew.

In the event the player does not continue miss 50 percent or more of the practice time, then the player must be played a minimum of 50 percent of the game. If the notice is not sent to the parents and MTsc U, then there is **NO** waiver. If the notice is after the fact beyond the next game just after the missed practice time, then

there us **NO** waiver. The **ONLY** game that can be subject to the waiver is the next upcoming game. If the coach is suspected by MTsc U or found to be gaming this rule exception, then the waiver will **NO** longer be available to such coach or team indefinitely at MTsc U's election.

Free Kicks: Direct (holding, illegal tackle, intentional handball, etc.) and Indirect (dangerous play, impeding, etc.). Indirect kicks are also awarded for the opposing team if a goalkeeper (a) touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate or (b) touches the ball with his/her hands after receiving it directly from a throw-in taken by a teammate.

Penalty Kicks: Yes, for infractions committed in the penalty area.

Goal Kicks: Yes. The goal kick must exit the penalty area before it can be played by any player. If the ball fails to exit the penalty area, another goal kick is awarded.

Throw-Ins: Yes. When the ball crosses the touch line, the possessing team throws in the ball (per FIFA rules) and does not perform a "kick in".

Offside: Yes

Referees: Yes, center and lines. Occasionally, a referee may not be available. If this is the case, coaches should be prepared to select a mutually acceptable adult to replace the referee, as required.

Cards/Warnings: Yes, yellow and red cards.

Large-Sided Game Rules

June 2016

MTsc U adheres to the large-sided rules published by United States Soccer (USS). Those rules are modifications to the FIFA Laws of the Game recommended by USS.

The objectives of this section of MTsc U's White Book are merely to provide some of the highlights of those USS rules and to clarify those rules that are commonly misunderstood or vary from age to age. This section is NOT intended to provide a complete list of rules for soccer at MTsc U. No conflicts between the MTsc U rules and the USS rules is intended, however should conflicts occur, this White Book supersedes the USS rules.

For avoidance of doubt, if there is a red card issued by a referee or two yellow cards to the same player for misconduct during or up to 30 minutes after a match, the player receiving the red card must sit out for the remainder of the current match if still underway and automatically must sit out for their next team scheduled match.

Coaches **must** follow ***U.S. Soccer Recommendations associated with heading*** as follows:

1. For U13. U.S. Soccer further recommends for players in the U13 programs, that heading training be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. Recognize due to MTsc United having mixed age U13/14, the recommendations associated with U13 apply to the U13/14 league.
2. All coaches **must** teach and emphasize the importance of proper techniques for heading the ball.

Under 13 & 14 (11v11) Rules Highlights

Field Size: Target 112 yards long by 75 yards wide

Goal Size: Approx. 24 feet wide and 8 feet tall.

Ball: Size 5

Players: 11 per team, 1 of whom is the goalkeeper (minimum to play is 7)

Goalkeeper: Yes

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

- Home/Away Jersey:** Home – Light; Visitor – Dark; Goalkeeper's Jersey to be distinctly different in color than ALL other field players of both teams
- Duration:** Matches shall be divided into 2 equal 35 minute halves, with a 5-minute break at halftime.
- Substitutions:** At any stoppage and unlimited
- Playing Time:** Each player SHALL play a minimum of 50% of the total playing time

Playing Time Rule Exception applicable to U9 and Up Recreational/Friendship Leagues:

A coach can obtain an exception to the 50 percent minimum play rule under the following situation and action **ONLY**. If over the course of three (3) consecutive weeks a player misses at least 50 percent of the practice time, then the coach at his election can send an email to the player's parents copying the MTsc U office (copying the office is required - no separate emails will be effective) telling the parents that "due to their player missing at least 50 percent of the practice time over the past three consecutive weeks, the coach is requesting a waiver of the 50 percent play time rule from MTsc U which would allow them to potentially bench their player for **the next game ONLY at the coach's discretion**. In such case, the coach may choose whatever amount of playing time in the one next game that the coach decides is appropriate. In the case where the player then continues to miss 50 percent of the practice time or more between league games, then the coach can repeat the above procedure which includes the required notice to the parents and MTsc U to carry forward the waiver from the 50 percent rule up to the last game of the season. With the commencement of a new season, the three (3) consecutive week requirement begins anew.

In the event the player does not continue miss 50 percent or more of the practice time, then the player must be played a minimum of 50 percent of the game. If the notice is not sent to the parents and MTsc U, then there is **NO** waiver. If the notice is after the fact beyond the next game just after the missed practice time, then there is **NO** waiver. The **ONLY** game that can be subject to the waiver is the next upcoming game. If the coach is suspected by MTsc U or found to be gaming this rule exception, then the waiver will **NO** longer be available to such coach or team indefinitely at MTsc U's election.

Free Kicks: Direct (holding, illegal tackle, intentional handball, etc.) and Indirect (dangerous play, impeding, etc.). Indirect kicks are also awarded for the opposing team if a goalkeeper (a) touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate or (b) touches the ball with his/her hands after receiving it directly from a throw-in taken by a teammate.

Penalty Kicks: Yes, for infractions committed in the penalty area.

Goal Kicks: Yes. The goal kick must exit the penalty area before it can be played by any player. If the ball fails to exit the penalty area, another goal kick is awarded.

Throw-Ins: Yes. When the ball crosses the touch line, the possessing team throws in the ball (per FIFA rules) and does not perform a “kick in”.

Offside: Yes

Referees: Yes, center and lines. Occasionally, a referee may not be available. If this is the case, coaches should be prepared to select a mutually acceptable adult to replace the referee, as required.

OPEN League Rule Highlights for Under 13 thru 19 (11v11)

The rule highlights for recreational open leagues which means leagues where your team travel to other complexes for away games, the rules are the same as above for U13 & U14 (closed league) with the following exceptions:

For Recreational Open Leagues:

Substitutions: Unlimited however are permitted only at the following times:

- a. Prior to a throw-in, in your favor
- b. Prior to a goal kick, by either team
- c. After a goal, by either team
- d. After an injury, by either team, when the referee stops the play

For Recreational PLUS Open Leagues:

Substitutions: The same as above except replace (a) with:

- a. Prior to a throw-in, by either team

Duration: Matches shall be divided into 2 equal 40 minute halves, with a 5-minute break at halftime for U15-16 and 45 minute halves with a 5-minute break at halftime for U17-19



MTsc U Special Needs League (SNL) Rule Highlights

MTsc U Special Needs League (SNL) is for special needs youth who like other players are on a team, practice weekly and play weekly games. This program is to mainstream them into the same overall game day atmosphere as others. Also, on the field of play besides players are the coach if they want to be and MTsc U Buddies who are identified by their T-Shirts. Buddies assist certain players throughout the game on the field of play as necessary. The objective of the coaches in SNL should be to have as many kids score as possible but while maintaining the intent of the rules in general. Which team wins the game is irrelevant. The program is about providing challenge and achievement for each individual player, being part of a team and playing a game like non-special needs players and to have fun.

Field Size: Target 30 yards long by 20 yards wide.

Goal Size: Approx. 6 to 10 feet wide and 4 to 6 feet tall.

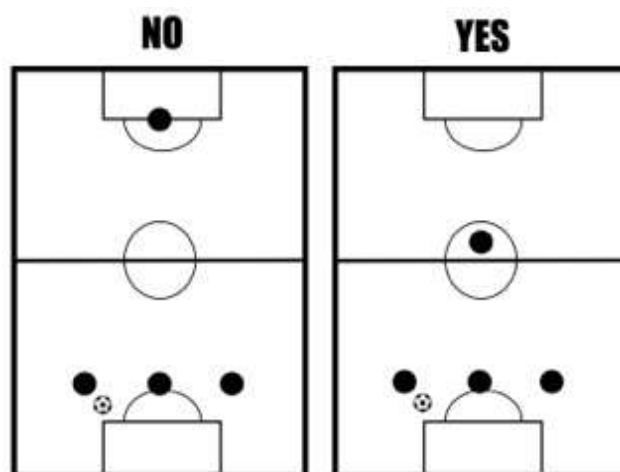
Ball: Size 3 or Size 4

Players: 7-10 per team mixed age and gender (tbd by MTsc U from time to time); based on capability

Goalkeeper: None

Coaches shall not play a defender camped out in front of their goal. If a player has a natural tendency to do so, it is the coach's responsibility to discourage this behavior and get the player more involved in the game.

For further clarity, to keep all players in an active role on the field, when the ball and your team is in play on the opponent's side of the field, the defensive player(s) MUST pull up to the center circle and defend from there. See the below diagram for illustrative purposes with the right side being the correct way to play given this situation described. No standing in front of the goal box is allowed (there are no goalies at this age).



When the play is on your own side of the field meaning you are playing defensively, you may pull that defender(s) back as far as the top line of the goal box but not inside unless it's an attempt to stop the ball from scoring after being shot by your opponent.

Mandatory Equipment: Jersey, Shorts, Socks, Footwear, Shin guards covered entirely by socks that provide a reasonable degree of protection

Home/Away Jersey: Home – Light; Visitor – Dark

Duration: Matches shall be divided into 2 equal halves up to 25-minute halves, with a 5-minute break at halftime.

Playing Time/Goal: The goal is for each player to play a minimum of 50% of the total playing time and to be involved hopefully inclusive of a goal

Score: No score is kept. No standings are kept.

Substitutions: At any stoppage and unlimited (during play if necessary)

Referees will allow the added and/or subtracted player to occur throughout the match and there can be as many as 5v5.

Free Kicks: All free kicks are direct, and the opponent must be 4 yards from the spot of the kick.

Penalty Kicks: None.

Goal Kicks: Yes. Opponents must be at least 4 yards from the spot where the goal kick is being taken.

Throw-Ins: Yes. When the ball crosses the touch line, the possessing team throws in the ball (per FIFA rules) and does not perform a “kick in”.

Offside: None

Referee: None

Cards/Warnings: No yellow or red cards. No send off. If a player is too rambunctious, the coach should make a substitution to allow the child to calm down before returning to play.

Applicable and Variation Referee Calls:

Out of bounds

Extensive handballs where the player actually pick the ball up (i.e. if someone bends over and touches the ball but doesn't actually pick it up, allow play to continue)

No call for unintentional trips, unless they affect a clear scoring chance, then result is a penalty kick

Intentional trips (not unintentional trips)

Grabbing only if it causes a fall or interrupts a clear scoring chance

Any dangerous play

No calls for:

- ✓ Foul Throw-ins
- ✓ Incorrect kick-off, goal kick or corner kick procedures
- ✓ Direct or In-direct kick procedure violations

No cards. Occasionally players get excited and attempt to hit another one. In this case if it interrupts a play – stop the game and restart play. Most of the time this happens off the ball, in such case the Coach will address this outside of play (i.e., pull the kid aside to discuss the matter or have them sit to calm down)

Be liberal with restarts meaning allow or award them more times than not to allow flexibility for restarts (i.e., extra corner kicks to allow more scoring chances)

SECTION

VII

*MTsc U Closed
League Champion
Determination*



MTsc U Closed League Champion Determination

August 2023

MTsc closed league champions for any given season (spring or fall) will be determined using the following:

The champion will be the team that has the most points based on the following formula:

- Win = 3 points Tie = 1 point Loss = 0 points

In the event there is a tie in most points, then the league champion will be decided by:

Head-to-head record; the team that is the more frequent winner in head-to-head matches will be the champion.

Further, in the event of a tie or an equal number of head-to-head victories, then Co-champions will be awarded.

**** The total points possible for a team for ANY game is 3 points, regardless of the number of goals scored.****

Division champions will receive trophies and second place will receive medals from MTsc. Each division will have one champion unless there is more than one division within an age bracket (i.e. if U9G league has two divisions, then there are two division champions within the U9G league).

Game Sheet Responsibility

Responsibility for Game Sheet Submittal to MTsc U Main Office. Regardless of which complex your match is played at (MTsc U South or MTsc U North), it is the responsibility of the winning team coach to turn in one (1) copy of each matches' game sheet (which is signed by both team coaches) into the MTsc U Office by the time the MTsc U Main Office closes on or before the Wednesday following the match.

Submittal to the MTsc U Office is accomplished by (1) physically dropping the form in the 24-hr lock box located in the wall next to the MTsc U Main Office entry door at MTsc U South or (2) by emailing a PDF copy to MTscDocuments@att.net. If you have a smartphone, download any one of the free scanner apps such as "ScannerForMe" or equivalent and be able to use your phone at the fields to send your game form prior to leaving by aiming, shooting, and sending within minutes your game form from your phone. The choice by you the coach regardless of where the match is played is entirely yours.

Responsibility for Legibility of Game Sheet Scores. It is the responsibility of the winning team coach to ensure before signing the game sheet that the final score is clearly legible.

Special Scoring Situations

No Game Sheet Turned into MTsc U Main Office. If a winning team does not turn in any game sheet by the time the MTsc U Main Office closes on the Wednesday deadline, then the score for any missing game sheets will be assumed to be a tie at 0-0 for the determination of the division champion.

Team No Show Forfeit. In the event a team is a no-show for a match, the present team is awarded a 3-0 victory and the game sheet will demonstrate such. If both teams are a no-show then the match will be scored at a 0-0 tie.

Illegible Final Scores on Game Sheet. If the final scores are illegible on the game sheet submitted to the office, then MTsc U has the right to assign any number it believes to be correct which will be considered final.

NOTE to OSA and GCSA Open League MTsc U Teams

The above does not apply to GCSA open leagues as they each use their own approach for champion determination. In the case of an MTsc U team being a GCSA league champion, MTsc U will provide championship trophies to such team as GCSA does not provide any.

SECTION

VIII

PARENT RESPONSIBILITIES





PARENTS' CODE OF CONDUCT

April 2013

By submitting my child's registration to MTsc U, I hereby pledge to make every effort to support the spirit of the game and uphold the following Code of Conduct:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event
2. I will place the emotional and physical well-being of my child ahead of a desire to win
3. I will insist that my child play in a safe and healthy environment
4. I recognize that it is my responsibility to promote the safety of my player, their teammates, parents, officials, and spectators and to formally report to MTsc U and/or the authorities as appropriate any potential threats of harm whether from a player (including my own) or spectator, or to a player, spectator or myself
5. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all
6. I will never argue with or complain about referees' calls or decisions
7. I will support a sports environment for my child's team that is free of illegal drugs, alcohol, profanity, abusive language and conduct which could be deemed offensive and I will refrain from their use at all practices and games
8. I will do my very best to make youth sports fun for my child
9. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability
10. I will provide positive reinforcement as the best way to help my child achieve his or her goals and overcome his or her natural fear of failure
11. I will leave any sideline coaching to the coach while attending games and practices
12. I will encourage everyone to use the METRO Soccer Complex facilities properly and to keep them clean and free from litter
13. I will encourage my child's coach to be a trained youth sports coach and abide by the Coaches' Code of Conduct
14. I will abide by & encourage my friends and family to abide by the MTsc U complex rules
15. I will remember that the game is for my child and not for me
16. I will abide by the decisions of the MTsc U Board and Disciplinary Committee
17. I will not leave any of my children unsupervised at games or at practices

Parent Signature

Child's Name (please print)

E-Mail Address (PLEASE provide!!!)

Date

Two Strikes Policy relative to Abusive Behavior

July 2014

MTsc U has a policy of zero tolerance for abusive behavior whether toward, players, coaches, or patrons, MTsc U administrators and referees whether on any SoccerPlexes, MTsc U practice locations or at the MTsc U Office.

Everyone should recognize that most referees are youth players. Our referee program provides our youth an opportunity to shadow and learn from more experienced referees and be mentored by those senior referees. It is a great opportunity to mature, learn responsibility and develop a better understanding of the game of soccer.

All referees can remove a coach, parent, patron, or player from a game and the MTsc U SoccerPlex. However, we recognize that due to the age and maturity of some of our youth referees they could be intimidated by overbearing, boisterous and/or loud adults and may lack the confidence to control the situation. To assist with that, MTsc U uses its referee assignors, administrators, and Field Marshals to provide support during on-the-field issues that comes to its attention.

MTsc U referee assignors, identified MTsc U board members and MTsc U Field Marshals can issue a formal warning which is "**Strike One**" to any person including a coach (assistant or head), parent, player or patron that they have determined at the moment of the issue to have been abusive in their best judgment. If upon issuing the formal warning, the matter escalates, they can issue the second and final warning which is "**Strike Two**". For a coach, if this happens the coach will be suspended from coaching at all MTsc U SoccerPlexes for the remainder of the current season (to be no less than two (2) full games, otherwise the penalty shall carry over to the following season) PLUS the balance of the game currently being played and additionally risks not being invited/accepted back in future seasons as a coach at MTsc U. For a sideline player parent/guardian or patron, Strike Two means they are immediately banned from attending games at the SoccerPlex for the remainder of the current season (to be no less than two (2) full games, otherwise the penalty shall carry over to the following season) PLUS the balance of the game currently being played. Any coach, parent or patron who receives Strike Two can appeal their case to the MTsc U Operations Board pursuant to the then posted Appeals Process which can be found on www.MetroTulsaSoccer.com.

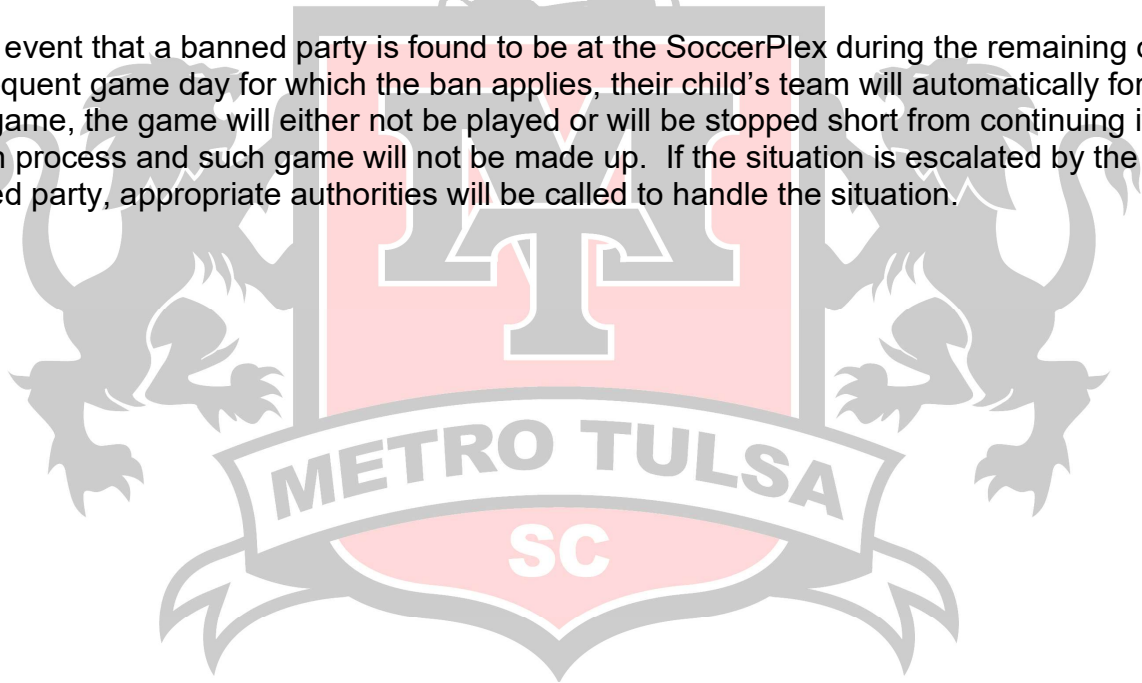
Further, the Two Strikes Policy carries forward for the entire season. Strike One can occur during one game day and Strike Two during a subsequent game day. In such case, if Strike Two occurs during the same season as Strike One, the above noted consequences are effective.

No Fault Adult (Spectator, Parent or Coach) Fighting Policy

Dec. 2009

In the event of a physical altercation (meaning ANY physical contact whatsoever) between adults, it is MTsc U's policy that all adults involved will be automatically banned from the remainder of the current game and the next game that your team plays at any MTsc U SoccerPlex. It is also MTsc U's policy that it will not attempt to determine cause or blame for the physical altercation. It is MTsc U's view that under all situations and circumstances adults must refrain from physical altercations at all MTsc U SoccerPlexes. The one game banning and balance of the current game is NOT appealable and is automatic and the decision final. Additionally, MTsc U will conduct inquiries into the situation to determine if the severity of the situation dictates the need for additional consequences and or/action.

In the event that a banned party is found to be at the SoccerPlex during the remaining or subsequent game day for which the ban applies, their child's team will automatically forfeit their game, the game will either not be played or will be stopped short from continuing if it was in process and such game will not be made up. If the situation is escalated by the banned party, appropriate authorities will be called to handle the situation.



Coach Evaluation Forms

As part of MTsc U's continued effort to enhance the positive experience as Metro Tulsa Soccer Clubs United for every athlete and parent, MTsc U has adopted specific guideline criteria for coach selections, which can be found on this web site. As one element of those guidelines, Coach Evaluation Forms will be utilized.

It is our hope, for parents to provide feedback relative to NOT ONLY, their own coach, but also on the opposing coaches that their team faces on game day. This is accomplished by writing on the attached coach evaluation form the opposing team's name and your age bracket in the event you do not know the opposing coach's name.

Our consistent goal is to promote an athletic environment based on positive reinforcement, good sportsmanship, fair play, the importance of team building and respect for your opponents while having fun and honoring the game. It is important to receive your feedback, both positive and negative. This feedback will be kept confidential within the MTsc U, unless you consent otherwise.

Please take a moment and review the attached Coach Evaluation Form. When you feel a situation warrants it, please fill a Coach Evaluation Form out and submit it to:

- Email System on the www.MetroTulsaSoccer.com website, or
- Dropping it off at the drop box at the MTsc U Office, located in the brick house with white trim adjacent to the south fields (surrounded by a chain link fence with two gates along the road)

MTsc U Coach Evaluation Questionnaire

Please help us **confidentially** evaluate how well we did this season by telling us about your coach. We want our coaches to be role models who strive to help everyone win and to help players learn lessons that will help them be successful in life. A Positive Coach...

- **Honors the Game** by showing respect for the Rules, Opponents, Officials, Teammates, and all other Club members.
- **Redefines "Winner"** in terms of Mastery as well as the scoreboard by emphasizing effort, learning and improvement, and rebounding from mistakes rather than fearing them; and
- **Motivates and Builds Confidence** via positive encouragement so all players (teammates and opponents) can play their best.

Coach Name: _____

Team Name: _____

Your Name: _____

Your Phone #: _____

This coach: _____

Please return this questionnaire by email to: MTscCoachOnly@att.net or by mail/24-hr. drop-off to the Metro Tulsa Soccer Clubs 10519 S. Delaware Tulsa, OK, 74137

	Strongly Disagree				Strongly Agree
Honors the Game					
1. Obeyed the rules	1	2	3	4	5
2. Showed respect for officials	1	2	3	4	5
3. Treated all players with respect	1	2	3	4	5
4. Treated opponents with respect	1	2	3	4	5
5. Maintained orderly sidelines	1	2	3	4	5
Redefines "Winner"					
6. Rewarded effort, not just results	1	2	3	4	5
7. Helped players learn and improve in the sport	1	2	3	4	5
8. Helped players bounce back from mistakes	1	2	3	4	5
Motivates and Builds Confidence					
9. Used positive reinforcement	1	2	3	4	5
10. Encouraged players to do their best	1	2	3	4	5
11. Made the sport fun for everyone	1	2	3	4	5
12. Listened to players	1	2	3	4	5
13. Would you like to play for this coach again?	NO		YES		

Thank you.

All information will be kept confidential unless consent provided.

SECTION

IX



MISSING PARENT

MISSING CHILD

&

Threat of Harm

Missing Parent / Missing Child Procedure

June 2012

MISSING PARENT – Where a child finds an MTsc U Administrator and lets them know their parents/legal guardian(s) are missing or an adult, and on behalf of such child notifies an MTsc U Administrator that they have a lost child missing their parents. In such case, the child will be kept with the Referee Unit by the Concessions stand and Referee Shack until they are claimed by their parent/legal guardian.

MISSING CHILD – Where a parent or legal guardian notifies an MTsc U Administrator that they have a child missing. In such case,

Continuous short blasts from the air horn means a child is missing and MTsc U is on lockdown. Lockdown means that no one can enter or leave the SoccerPlex. Field Marshals, MTsc U referees and/or MTsc U onsite administrators will block and/or lock all roadway entrance/exits so that people can NOT enter or leave the SoccerPlex and the Tulsa Police will be immediately notified.

One extremely long blast from the air horn means the child has been found and allowed entry and exit to the SoccerPlex will be allowed.

Threat of Harm Policy

March 2013

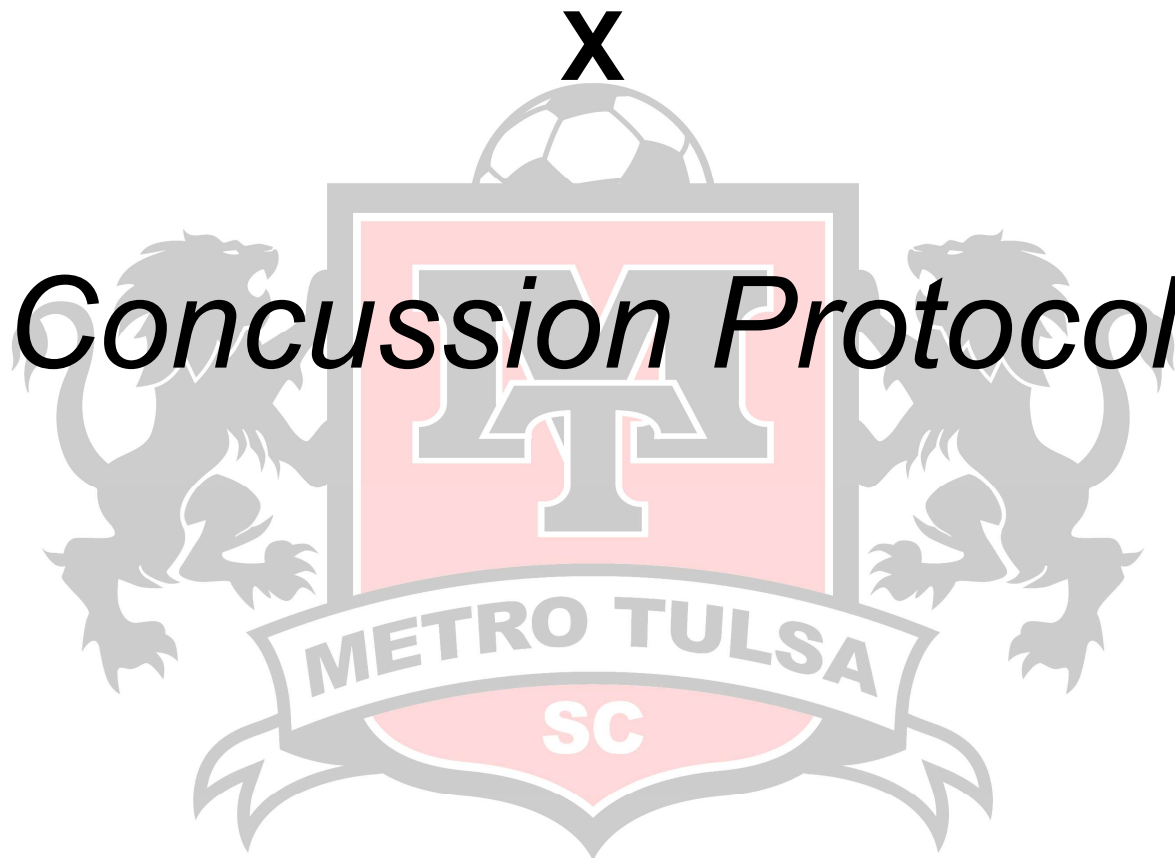
In the event it is formally reported to MTsc U that there is any threat of actual abuse to oneself or to any others (*which includes physical, verbal or psychological and threats to perpetrate any of these types of acts*), MTsc U at a minimum will ask such person to be removed or to remove themselves from the MTsc U team and premises (if applicable) until such time that a medical assessment is provided to MTsc U stating that such person is not a threat to harm themselves or anyone else. This applies to players as well as adults. This action will be taken in the best interests of safety for all others involved in or supporting MTsc U and its players and administrators.

THANK YOU very much for YOUR SUPPORT and COOPERATION with these IMPORTANT POLICIES!!

SECTION

X

Concussion Protocol



Concussion Procedure and Protocol For US Youth Soccer Events

As Established by US Youth Soccer Association

The following protocol has been adopted by MTsc U which may change from time to time as published by US Youth Soccer Association.

Concussion: a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.

CONCUSSION SIGNS, SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1:

Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

- (1) Dazed look or confusion about what happened.
- (2) Memory difficulties.
- (3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
- (4) Short attention span. Can't keep focused.
- (5) Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly
- (1) Answers questions or has difficulty answering questions.
- (6) Abnormal physical and/or mental behavior.
- (7) Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2:

Is emergency treatment needed?

This would include the following scenarios:

- (1) Spine or neck injury or pain.
- (2) Behavior patterns change, unable to recognize people/places, less responsive than usual.
- (3) Loss of consciousness.
- (4) Headaches that worsen
- (5) Seizures

- (6) Very drowsy, can't be awakened
- (7) Repeated vomiting
- (8) Increasing confusion or irritability
- (9) Weakness, numbness in arms and legs

Step 3:

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

- (1) Balance, movement.
- (2) Speech.
- (3) Memory, instructions, and responses.
- (4) Attention on topics, details, confusion, ability to concentrate.
- (5) State of consciousness
- (6) Mood, behavior, and personality
- (7) Headache or “pressure” in head
- (8) Nausea or vomiting
- (9) Sensitivity to light and noise

Step 4:

A player diagnosed with a possible concussion may return to US Youth Soccer play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

Step 5:

If there is a possibility of a concussion, do the following:

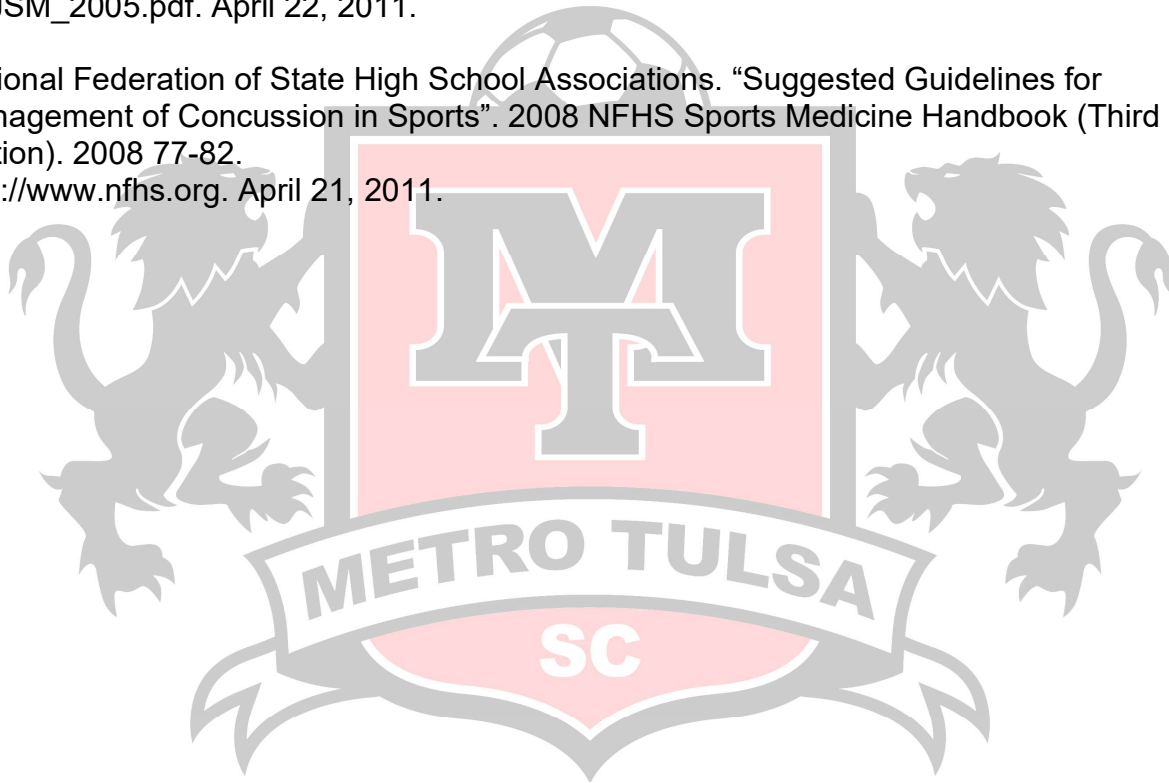
- (1) The attached Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.
- (2) If the player can do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line “unavailable”.
- (3) If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.
- (4) Player Pass

- a) In league play. The team official must also obtain the player's pass from the referee and attach it to the copy of the Form retained by the team.
- b) In tournament play, including, but not limited to, Regional and National Tournament play in the US Youth Soccer National Championships and President's Cup. The tournament committee will obtain the player's pass and keep it until a proper medical release relating to the injured player is received by the committee.

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf. April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. <http://www.nfhs.org>. April 21, 2011.



SECTION

XI

REFEREES



General Application of Referees & Game Play

October 2012

- The assignment of licensed referees to games are subject to their availability, conflicts, experience, age, license grade and other factors, and are assigned by the MTsc U Referee Assignor.
- MTsc U assigned licensed referees are utilized to referee U9 recreational through U19 competitive games, limited by the availability of licensed referees.
- 08 grade referees and higher will be used on competitive matches unless the head coaches of both team's consent and waive their rights to contest the game results beforehand.
- MTsc U licensed referees are paid based on the Licensed Referee Pay Schedule in effect at the time as set by MTsc.
- In the event of a missing line referee, an adult volunteer may act as referee to determine out-of-bound calls ONLY for a designated touchline on any U11-U19 game as determined at the discretion of the licensed center referee. In a competitive match, both head coaches must consent and waive their rights to contest the game results relative to this approach beforehand.
- In the event of a non-refereed U6-U8 game due to the lack of assignment of a licensed referee by MTsc U, the coaches of both teams are to act as pseudo referees for their defending half of the game field.
- MTsc U assigned referees are paid by MTsc after the completion of the match for all Recreational/Friendship and SNL league games played at MTsc U and paid directly by the home team prior to the commencement of the match for all competitive and academy games played at MTsc U.

SECTION XII



SoccerPlex Usage and Practice Field Policy

April 2017

It is the coach's responsibility to secure a practice location. However, MTsc U secures through the Jenks School District limited exclusive use days and times relative to certain properties (which can change from season to season) and arranges through various Parks Departments on a first come basis the ability for recreational team practices ***purely as a courtesy*** to our coaches. Fields are limited and reserved on a first come basis for those who attend the MTsc U Coach's Orientation. Additionally, MTsc U allows per the below younger teams as denoted below and its special needs program to practice on the game fields at a MTsc U SoccerPlex which is strictly managed and in such case is also only reserved through MTsc U's Coach Orientation.

If the head coach or assistant coach of the team does not attend Coach Orientation, then such team must find a location other than those provided by MTsc United. In the event such MTsc U team does use any facilities provided by MTsc U, then they are there illegally relative to MTsc U rules and will be asked to move to an alternate location or other otherwise the coach and possibly team will be subject to discipline by MTsc United which can range from suspensions of the coach(s), players, forfeiture of games and/or other means such as a fine.

Acceptable Usage

Practices at the MTsc United SoccerPlexes are governed by the following rules:

Sundays, Wednesdays, Thursdays, and Saturdays at MTsc U South

No practices of any kind by any MTsc U team is permitted on any of these days for any reason at MTsc U South.

U4, U5 and U6

U4, U5 and U6 teams are permitted to practice at an announced MTsc U SoccerPlex within the following constraints:

- Practices are limited to ***once per week*** on a MTsc U game complex (elsewhere can be up to two times per week)
- Practices are **NOT** permitted on the U4, U5, U6 or the U7 and U8 game fields due to excessive stress on the grass
- Practice areas are **NOT** to include any goal box on any field at any SoccerPlexes.
- Practices may not involve moving any game field equipment, including goals and nets
- Practice areas are limited in size to an area equivalent to one-half of one game field

- Practice areas are available first come basis (except where fields are reserved for special needs teams (currently on their game fields due to special needs sensitivities)
- Practice areas are available on either the North or South complexes
- Practices may use cones, flags and portable nets.

Special Needs (SNL)

SNL teams are permitted to practice at the MTsc U South SoccerPlex within the following constraints:

- Practices are limited to ***once per week*** on Monday, Tuesday, or Friday
- Practice location is assigned and reserved to be the fields that SNL plays their matches on so to not change the environment that some special needs players maybe sensitive to
- Practices may not involve moving any game field equipment, including goals and nets
- Practices may use cones, flags and portable nets.

U9, U11 and U14 (in pre-Fall Season Only)

U9, U11 and U14 teams are permitted to practice one-time (to afford the opportunity to become familiar with the field size changes) at an announced MTsc U SoccerPlex within the following constraints:

- Practices are limited to ***once per season*** on days made available by MTsc U
- Practices are limited to one practice prior to the first game of the season
- Practices may not involve moving any game field equipment, including goals and nets
- Practice areas are limited in size to an area equivalent to one-half of one game field
- Practice areas are available first come basis
- Practice areas may be made available on either the North or South complexes
- Practices may use cones, flags and portable nets.

Penalties

Any unauthorized team practicing at any MTsc U SoccerPlex is subject to penalty levied by MTsc, including any/all of the following:

1. Fine of up to \$250.00 to the coach and/or across the entire team
2. Coach suspension of one or more games up to ejection from the Club
3. Coach and Parents required to perform volunteer field maintenance throughout the remainder of the current season and/or beyond

Field Rental

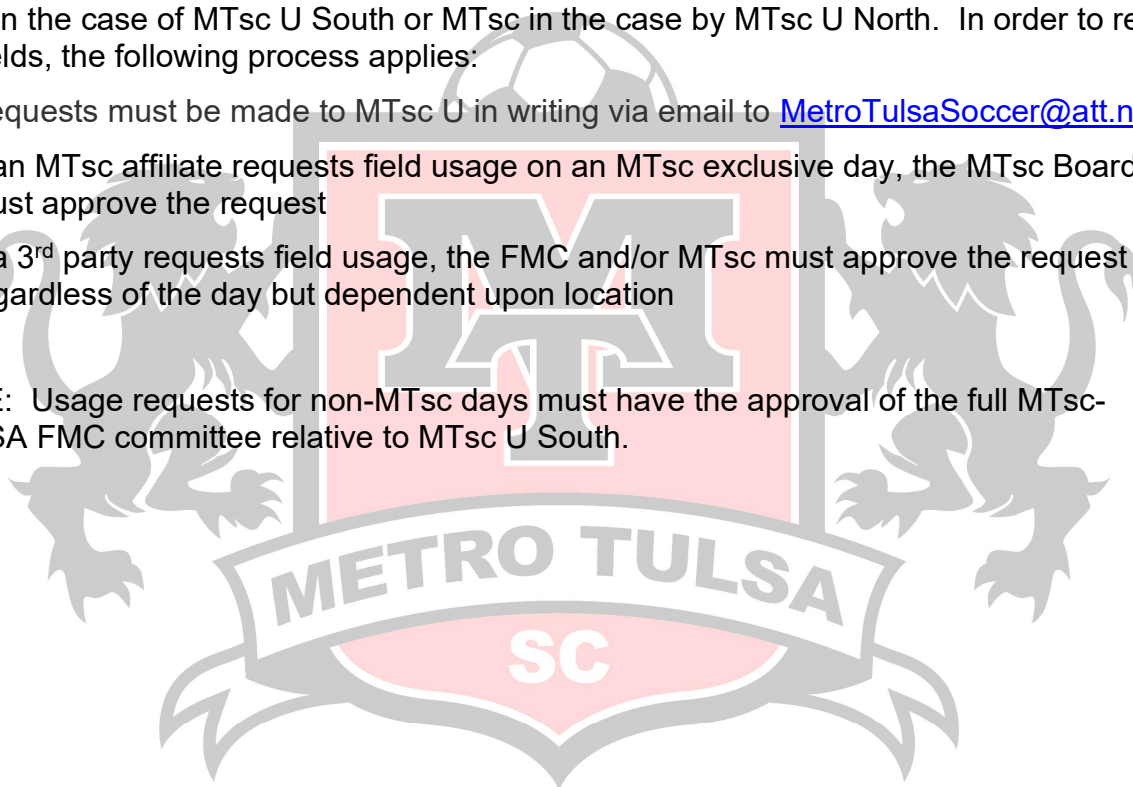
It is MTsc's general practice to not allow the use of MTsc U assets by any unaffiliated 3rd party. Any party desiring use of any MTsc U complex field must be preapproved by MTsc. In all cases, MTsc reserves the right to deny any request for field usage for any reason and depending on the nature of the usage may waive the fee (examples are MTsc U developmental clinics and special MTsc U events).

Any party affiliated with MTsc U through MTsc U recreational/SNL teams U7 and older or MTsc U competitive teams desiring use of MTsc U complex fields on an MTsc U exclusive use day must be approved by MTsc United.

If approved for rental, the rental fee for a field is \$100.00 as set from time to time by the FMC in the case of MTsc U South or MTsc in the case by MTsc U North. In order to rent the fields, the following process applies:

- Requests must be made to MTsc U in writing via email to MetroTulsaSoccer@att.net
- If an MTsc affiliate requests field usage on an MTsc exclusive day, the MTsc Board must approve the request
- If a 3rd party requests field usage, the FMC and/or MTsc must approve the request regardless of the day but dependent upon location

NOTE: Usage requests for non-MTsc days must have the approval of the full MTsc-NEOSA FMC committee relative to MTsc U South.



MTsc U SoccerPlex Rules of Conduct

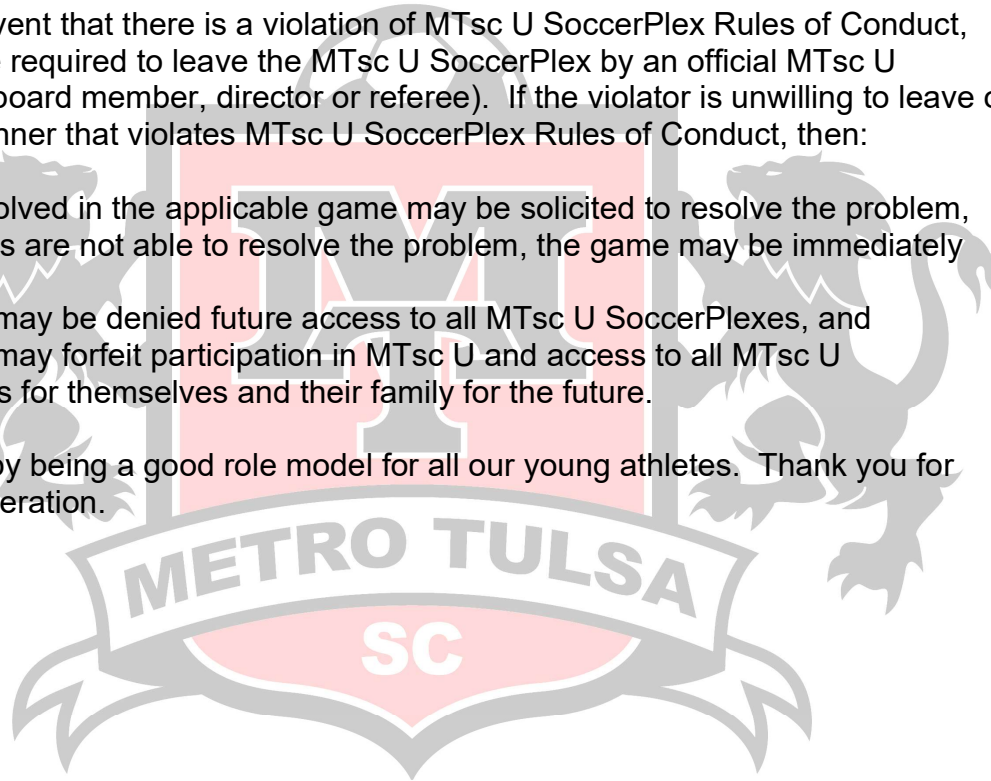
Rev. II (December '04)

As part of MTsc U's continued effort to enhance the safe and positive experience of every athlete, parent, visitor, coach and volunteer, MTsc U has adopted specific rules of conduct for all MTsc U SoccerPlexes. **Our goal is to promote an athletic environment based on positive reinforcement, good sportsmanship, fair play, the importance of team building and respect for your opponents while having fun and honoring the game.** To assist us in meeting these goals, we rely on you (our coaches, volunteers, athletes, parents and visitors) to abide by SoccerPlex Rules of Conduct.

In the unlikely event that there is a violation of MTsc U SoccerPlex Rules of Conduct, violators may be required to leave the MTsc U SoccerPlex by an official MTsc U representative (board member, director or referee). If the violator is unwilling to leave or persists in a manner that violates MTsc U SoccerPlex Rules of Conduct, then:

1. Coaches involved in the applicable game may be solicited to resolve the problem,
2. If the coaches are not able to resolve the problem, the game may be immediately ended,
3. The violator may be denied future access to all MTsc U SoccerPlexes, and
4. The violator may forfeit participation in MTsc U and access to all MTsc U SoccerPlexes for themselves and their family for the future.

Please help us by being a good role model for all our young athletes. Thank you for your future cooperation.



MTsc U SoccerPlex Rules

November 2015

The following are not allowed at any MTsc U SoccerPlex:

1. Smoking (parking lot only)
2. Non-Soccer Field Usage
3. Alcohol
4. Illegal Substances/Drugs
5. Pets or Animals of any Sort
6. Littering
7. Profanity or Abusive Language
8. Glass Containers
9. Weapons of Any Kind including Firearms
10. Illegally Parking in Handicap Designated Parking Spots
11. Soliciting

In addition, all who enter shall:

1. Follow all rules and policies set forth by the Club, Regional, State, and National Associations
2. Be a positive role model
3. Work in the spirit of cooperation with officials, administrators, coaches, and spectators
4. Demonstrate ***positive support*** for all players, coaches, and officials
5. Treat officials with respect and dignity
6. In all instances, provide a safe and healthy environment

Violators, if requested will be required to leave the SoccerPlex

and

MTsc U reserves the right to deny violators future access to the SoccerPlex

SECTION XIII

Special Needs Soccer **PROGRAM**



ABOUT MTsc U Special Needs Leagues (SNL)

July 2014

METRO TULSA Soccer Clubs United (MTsc U) is proud to provide a program for special needs athletes.

MTsc U Special Needs Leagues (SNL) is a community-based training program designed to bring the opportunity of learning and playing soccer to all boys and girls ages 4 - 19 with physical or developmental disabilities. This program is generally carried out by volunteers at the local level.

Many of the sports opportunities offered to children with special needs are school based. However, many parents of these young people would like their child to participate in the same community sports program as their non-disabled siblings. They want their kids to be part of a team, to wear a uniform, to experience the feeling of athletic competition. The MTsc U SNL Program fills this need.

Players are divided and teams are formed based on level of function rather than age or gender, thus placing children in the most appropriate playing situation.

The laws of the game are modified to fit the level of function of the participants. We change whatever we need to change to be sure that these kids play in a fun, rewarding and positive environment.

The message MTsc U wishes to deliver to these young athletes is whether it's the game of soccer or the game of life, having a disability does not mean you have to stay on the side lines. We want them to come to play... and get in the game.

Each week more than 50 young athletes participate in the MTsc U SNL Program along with our formalized MTsc U Soccer Buddy Program members, at an MTsc U SoccerPlex for both practices and games. If you want to have one of the most uplifting soccer experiences ever, come see them every Saturday during the season. Contact the office for times.

If you have any questions or know an athlete that may want to participate in the program, please contact 918-298-0190.

SECTION XIV



MTsc U Specialty Soccer Programs

What is MTsc U PDP Player Development Junior Academy Program?



MTsc PDP Skills Development Program

www.MetroTulsaSoccer.com

The MTsc U player development Junior Academy program is for recreational youth players who want additional skills training outside of their regular soccer practices. This program provides a flexible method for challenging, improving and developing foundational individual soccer skills in a positive and fun environment. This program focuses on proper technique in skills such as shooting, striking, dribbling, passing, throw-ins, shielding, blocking and more. PDP is available for U6-U8 players, they practice 1 night a week, and it is facilitated by a local varsity coach.

What is MTsc U Speed, Agility and Conditioning (SAC)?



The MTsc U SAC program is for youth athletes who want advanced training and higher development opportunities relative to improved body mechanics, speed of play and improved athleticism. This program can lead to enhanced performance no matter what the sport. Participants receive training by experienced trainers using curricula appropriate for each participant's age and maturity level. MTsc U SAC is camp based and is open from time to time to as young as 5 years old to as old as 19-year-old athletes. MTsc U SAC

camps are held multiple times throughout the year and are facilitated by 3rd party professionals. Registration covers the camp period.

What is MTsc U Mommy or Daddy & Me Soccer (M&M)?



The MTsc U M&M program is for moms or dads and their pre-school athletes who want to have a fun bonding time while learning the basics of soccer through developmental games. All sessions are facilitated by MTsc U trainers using curricula appropriate for each youth participant's age and maturity level. This program does require a parent or guardian participate with their youth athlete. M&M is open to U3-U5 athletes throughout the metro Tulsa area. M&M sessions are Saturday mornings at 9:30am or 10:30am, depending on availability. All sessions are at MTsc U south complex. Registration covers six (6) sessions held throughout the defined M&M season.

So why MTsc U PDP and/or SAC or M&M?

We believe that MTsc U's Specialty Soccer Programs contribute to achieving MTsc U's Mission of being a club where our players have various levels of opportunity for personal skills development. It's an environment where recreational athletes interact with highly trained professionals that focus on enhanced individual achievement and instill self-confidence regardless of a player's skill level. MTsc U provides skilled coaching from either a very successful competitive program or from a coaching staff from area high schools and/or colleges announced each season as well as seasoned trainers.

Registration, When & Where?

For all three MTsc U Specialty Programs, PDP, SAC and M&M, registration is done seasonally and separately online at www.MetroTulsaSoccer.com. MTsc U does set limits on the number of participants for group sessions to ensure an appropriate player-to-coach/trainer ratio is maintained and adequate attention is provided to each participant.

For more information, please see "SNL, M&M, PDP Programs" content at www.MetroTulsaSoccer.com.

SECTION

XV

CHALLENGER SERIES TOURNAMENTS



Metro Tulsa Soccer Clubs United

Challenger Series

Summer

MTsc U 3v3 Friendship Tournament

Oklahoma's largest 3v3 tournament



Fall

**Pre-Season Recreational Soccer CROSS
STATE CLASSIC Tournament**

Spring

**Pre-Season Recreational Soccer CROSS
STATE CLASSIC Tournament**

You Want to Be Challenged?

Want to Be on the Same Team as Your Friends?

Get Registration & Tournament Details at
www.MetroTulsaSoccer.com

Or contact us at 918-298-0190 or **MetroTulsaSoccer@att.net**