



WEST HAVEN YOUTH SOCCER LEAGUE

[www.whysl.org](http://www.whysl.org)

Established 1978

# 2023

# Handbook

*Celebrating our 45th season*

WHYSL Inc.

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# WAYS TO PRAISE YOUR PLAYER

*From the Connecticut Junior Soccer Association*

Great try. You must have been practicing. I'm proud of the way you worked today.

Tremendous. I think you've got it. Super effort. Nice give and go. Magnificent. Excellent ball control. Great sportsmanship. You're getting better every day. You make it look easy.

Perfect pass. Good thinking. Great save. Exactly right. Good trap. You've got what it takes. Wow. Perfect first touch. You remembered. You're learning fast. Nice defensive move. Hurray for you. That's quite an improvement. Congratulations. Good tackle. Well done. Great decision. That's the best. Perfect execution. Great goal. That's the way to support your teammates. Keep up the good work. Excellent move. You haven't missed a thing. Great vision on that pass. Fantastic. You outdid yourself today. That's the right way to do it. Great counter attack. I'm impressed. That's the best you've ever done. You are very good at that. Great timing on your run. I knew that you could do it. I'm very proud of you. Nothing can stop you now. I've never seen anyone do it better. You really make coaching fun. Thanks a million. Awesome.

**WEST HAVEN YOUTH SOCCER LEAGUE**

# **2023 HANDBOOK**

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## PREFACE

The West Haven Youth Soccer League exists to teach, develop, promote, and govern youth soccer activity in the City of West Haven. Primary emphasis is on the **participation and development** of all registered players. Over the past years it has grown from a small soccer organization with just a few enthusiastic participants into more than 1,100 players and 100 coaches from all over West Haven.

This manual has been written to assist players, parents, coaches and others interested in the West Haven Youth Soccer League in getting the maximum benefit from the program by becoming familiar with the League, its policies, philosophy, operation, and goals. The manual provides information on what is expected of all who participate. If there are questions not answered please feel free to contact the League's board members.

# SECTION I

## Introduction and Goals

Soccer is a team game of continuous action. Although part of a team, each player is nevertheless clearly an individual with a style and set of skills all his or her own. Speed, agility, endurance, teamwork and soccer skills, rather than physical size, are the crucial factors in successful play.

In creating and running the West Haven Youth Soccer program, the League has the following primary goals:

1. To accommodate every child who wants to play soccer regardless of ability level.
2. To develop skills necessary for individual and team play.
3. To promote a player's appreciation of soccer.

Along with physical fitness and the development of fundamental skills, the League stresses building lasting friendships, good sportsmanship, and the sheer fun of participation. Winning is considered important for developing a healthy competitive attitude and team spirit; HOWEVER, it is less important than having each child participate, develop up to his or her own capacity, and enjoy the experience.

## SECTION II

### Objectives and Policies

#### A. Coaching Approach

Soccer is a multi-year building process in which individual and group skills must be taught and practiced. The League's program emphasizes practice sessions where basic skills are taught. Sessions are broken down into drills on component skills: dribbling, passing, shooting, heading, receiving, tackling, throw-ins, and goaltending. Each player is taught each of the skills.

Every effort will be made to keep the size of the teams manageable. This allows for more personal attention at practice and for more player time in games.

When in-house games are played, it is the policy of the League that each player who complies with their team's policy for attendance at practice MUST be given equal time in every game at the recreation level.

Soccer is a game which can teach many types of skills. The League feels it is important to have players become familiar with all field positions. The League believes it is a mistake to "pigeon hole" a youth soccer player into one role on the team, unless he or she so desires. During games and practices, coaches rotate players among the various positions on the field.

Coaches and their assistants come with a wide spectrum of experience. Regardless of background, each takes on certain responsibilities by becoming a coach. Among these are:

1. Becoming proficient in soccer rules, skills, and tactics.
2. Designing and supervising practice sessions.
3. Attending coaches clinics and meetings.
4. Contacting players regarding practices, games, and special outings (ex. Memorial Day Parade).
5. Conducting themselves during practices and games in a manner which exemplifies responsibility and sportsmanship.

Parents are reminded of the tremendous commitment of time, spirit and energy that each coach voluntarily gives to their team. Their job can be made easier by offers of assistance at practice sessions, making phone calls, distributing uniforms, etc. Their job can also be made more difficult by criticism. Be a parent that offers help, not criticism.

## B. Player Responsibilities

The West Haven Youth Soccer League recognizes that young players have a wide range of soccer skills, not to mention a mix of apprehensions and enthusiasm. It is up to everyone (everyone) to accept the responsibility of belonging to a team. Cooperation and respect for all teammates, opponents, and referees are essential elements of good sportsmanship.

In addition to practicing good sportsmanship, the League expects each player to be:

1. Present at all games and practices. (Players should notify coaches if this is not possible)
2. Punctual
3. Attentive
4. Cooperative with other team members and coaches
5. Dressed in clean uniforms for games (shirts should be tucked in)

Players are also responsible for arranging transportation to and from practice and games. For reasons of safety, players should not chew gum or candy at practice or games, and **hairpieces with metal or plastic are prohibited, moreover jewelry cannot not be worn.**

## C. Parent Responsibilities

Parents are the key to the success of the soccer program. At a minimum the League looks to parents to supervise their children in meeting their responsibilities, especially getting them to and from practice and games on time and encouraging them to practice their skills away from practice and games.

Coming to watch your children at both practices and games is of importance. This point is as true for older players as well as young players. **While attending games, parents and other spectators are expected to display respect for all players, coaches, and referees. Failure to do so may result in dismissal from the field.**

## SECTION III

### General Information

#### A. Season, Schedule, and Registration

The soccer year consists of Fall and Spring seasons. The Fall season starts the weekend after Labor Day and runs until late October. The Spring season runs from mid to late April until mid June.

For the Fall season, registration information letters are emailed or mailed to each player already participating in the Spring season. The letters serve as a friendly reminder and help on how to use our website to register for the next season. The letters also provide the exact dates the online registration opens/closes for the upcoming registration.

For the Spring season, registration information letters are emailed or mailed to each player who has participated in the Fall. As with the Fall, the letters serve as a friendly reminder and help on how to use our website to register for the next season.

Online registration opens around January 1<sup>st</sup> for Spring and July 1<sup>st</sup> for Fall. The league will host two “walk in” registration dates where individuals can meet with a Board member who will assist with the completion of the online application for those who need assistance.

The registration fee goes to offset the cost of player’s uniforms, balls, nets, club supplies, insurance, referees, and other expenses. The fee collected from players does not cover all League expenses. The league relies on the generosity of our sponsors to assist in covering expenses. We encourage all coaches, players and parents to assist the league in finding sponsors.

Part of the online registration process includes parental review and acceptance of the League’s Concussion policy, Bullying policy and medical care permission. Copies of all League policies can be found on our website, [whysl.org](http://whysl.org).

## B. Divisions

In accordance with the Connecticut Junior Soccer Association's (CJSA) rules, players are divided by age into divisions. Games are played between teams in the same age division.

G Division (Coed) - In town	5-6 Years old
F Division (Boys) - In town	7-8 Years old
F Division (Girls) - In town	7-8 Years old
E Division (Boys) - In town	9-10 Years old
E Division (Girls) - In town	9-10 Years old
CD Division (Boys) - In town	11-15 Years old
CD Division (Girls) - In town	11-15 Years old
U10 (Boys) – Travel Recreation	9-10 Years old
U10 (Girls) – Travel Recreation	9-10 Years old
This is a travel rec team open to all players in this age group in <u>addition to</u> participation in E Division in town play. Players must participate in their in-town team in order to sign up and play on this additional team.	
D Division (Boys) - Travel	11-12 Years old
D Division (Girls) - Travel	11-12 Years old
C Division (Boys) - Travel	13-14 Years old
C Division (Girls) - Travel	13-14 Years old
B Division (Boys) - Travel	15-16 Years old
B Division (Girls) - Travel	15-16 Years old
A Division (Boys) - Travel	17-18-19 Years old
A Division (Girls) - Travel	17-18-19 Years old

Children are placed in divisions following the age guidelines set forth by US Youth Soccer. Player's age for the soccer year is determined by how old the player is as of January 1 between the fall-spring soccer seasons.

For example: soccer age is calculated for the season by subtracting the players birth year from 2023.

## C. Player Equipment

At the start of the season, the League will provide each player with a team shirt. Players will provide their own shorts. Players may keep their shirt at the end of the season. The League expects all players to come to games with clean uniforms. Pride in team appearance is important to developing team spirit.

The League requires that players purchase shin guards with socks covering the outside of the entire shin guard, and soccer shoes with rubber cleats or simply wear sneakers. **Shin guards are mandatory for all players.** The shin guards **MUST** be worn **under** the socks. If a player fails to wear shin guards they cannot practice or play. Additionally, metal cleats are not allowed. The shoes and shin guards are crucial to the quality and safety of play.

Parents are encouraged to provide water to their players at every practice and game.

Soccer practice is more fun and effective if each child has a ball with which to practice. While not a requirement, each player is encouraged to bring a soccer ball to every practice.

If a ball is purchased, please be sure it is clearly marked with the player's name and that the player is aware that he or she is responsible for keeping track of it. The following sizes are recommended:

<u>DIVISION</u>	<u>BALL SIZE</u>
G	3
F thru D	4
C thru A	5

## D. Opportunities for Participation

Parents and other volunteers are welcome and encouraged to participate in League activities. In fact, their VOLUNTEER EFFORT IS VITAL TO THE SUCCESS OF THE SOCCER PROGRAM. Among the general ways to become involved are:

1. Assisting in practice session when possible
2. Transporting players to and from games
3. Assisting in telephoning players and parents
4. Providing refreshments at games

More specifically, volunteers may take a more active part by becoming:

1. A coach
2. An assistant coach
3. A referee
4. A committee member
5. A team manager

## E. Lost and Found

Throughout each soccer season many articles of clothing and equipment are left behind by players. If an item is marked with the player's name, it will be traced back to them. When missing an item, the player should contact his or her coach. Coaches will be notified of Lost and Found stations for each field. Items not claimed at the end of the season will be donated to a local charity.

## SECTION IV

### Organization

#### A. Organization

WHYSL is an affiliated division of, and complies with the authority of the United States Soccer Federation, Inc. and through such affiliation is a division of the Connecticut Junior Soccer Association, Inc. The League is made up of volunteers. It is governed by a Board of Directors, also volunteers.

The Board of Directors is made up of the President, Vice President, Secretary, Treasurer, Registrar, Boys' Director, Girls' Director and Referee Administrator. Elections are held yearly at the Fall General meeting in November.

#### B. Committees and Jobs

In addition to coaching and work done by the Board, several jobs and committees are established to do those things necessary to the successful functioning of the League. Volunteer assistance in the jobs listed below is welcome.

Ways and Means - Conducts fundraising projects / solicits sponsors

Equipment Management - Maintains equipment (extra uniforms, balls, cones, etc.)

Division Commissioners - Communicates with teams within various age brackets and oversees the functioning of respective divisions

Field Maintenance - Maintains fields

Tournament - WHIT

Other - Other committees are established as needed. Examples include the committee responsible for this manual and rules revision.

If you are interested in volunteering, contact a coach, Commissioner, or a Board member.

## SECTION V

### Rules

#### A. *Divisions A thru E - Travel Teams*

The A, B and C divisions play 11 players a side; the D division plays 9 players a side and the E division (travel rec) plays 7 a side. All Travel teams use FIFA rules.

##### Roster:

Competition travel teams may only select players who are West Haven residents. Placement of any non-resident player on a roster can only be done with the specific permission of the board.

Rule exception example: a player has been playing in the league, moved away and wants to continue playing with the players that he/she has been playing with growing up.

No players will be accepted on a roster who will be considered “bench” or “practice” players. Coaches will only accept players on the roster with the expectation that they will be playing in every game.

##### Duration of Game:

A Division 2 - 45 Min Halves

B Division 2 - 40 Min Halves

C Division 2 - 35 Min Halves

D Division 2 - 30 Min Halves

E Division 2 - 25 Min Halves

##### Playing Time:

Competition teams and skill levels vary; therefore, it can be expected that playing time will vary for each player. However, coaches need to look for ways to ensure that everybody gets, at least, some time in each game.

#### B. *In House Teams*

##### Duration of Game:

C/D Division 2 - 35 Min Halves

E Division 2 - 25 Min Halves

F Division 2 - 25 Min Halves

G Division 2 - 25 Min Halves

### C. C/D Division

If one team gets ahead by 5 goals, the “5 Goal Rule” as described in Section F on page 16 of this handbook applies.

This division plays either 9 or 11 players a side, as determined seasonally by the board of directors - FIFA rules apply, however there is to be no slide tackles in any in-house game.

### D. E Division

The maximum number of players on the field at the start of the game will be 7 – six field players and a goalkeeper (unless adjusted due to team sizes by the board). If one team gets ahead by 5 goals, the “5 Goal Rule” as described in Section F on page 16 of this handbook applies.

#### Duration of Game:

The game shall be divided into 2 - 25-minute halves.

#### Substitutions:

**Substitutions may be made at ANY stoppage in play**

Coaches MUST get referee permission for substitutions

#### Off-side:

There shall be no off-sides.

#### Playing Time:

Each player MUST be offered to play a minimum of 50% of the game or all players must be offered equal time if the roster size does not allow for 50%.

This is the coach’s responsibility to monitor.

#### Fouls and Misconduct:

All fouls result in an INDIRECT free kick.

**A kicking motion must be used for all free (indirect) kicks.**

The referee must explain all infractions to the offending player.

There is to be no slide tackles in any in-house game.

A goal cannot be scored until the ball has been touched by a second player of either team.

No kicks shall be taken by the attacking team within the opposing team’s goal box - place the ball on the goal box line.

No penalty kicks are to be taken during these games.

Throw - ins:

Subsequent throws in must be allowed of a player commits a foul on the initial attempt. The referee shall explain the proper method before allowing a second attempt.

Goalkeeper Possession:

All defensive players must move back behind the "build out" lines whenever the goalkeeper has possession of the ball. If "build out" lines are not present, then the top of the penalty area will be designated as the "build out" line.

Additional Rules:

All spectators who are not on the team roster, including parents, must be on the opposite side of the playing areas as the coach and players. Nobody, including coaches, can stand behind goals. It is the coaches' responsibility to see that this rule is enforced. Referees should speak to the coach if there is a problem.

*E. F Division / G Division*

Maximum number of players on the field at the start of the game is 7 for F Division, and 4 for G Division. NO GOALKEEPERS at this level. Players can move in and out of the goal box, BUT **no player is to stand idle in or directly in front of the box.** For the F Division only - If one team gets ahead by 5 goals, the opposing team adds a player, and continues to do if the lead increases.

Duration of Game:

The game shall be divided into 2 - 25-minute halves.

Substitutions:

**Substitutions may be made at ANY stoppage in play.**

Coaches MUST get referee permission for substitutions.

Playing Time: Each player MUST be offered to play a minimum of 50% of the game or all players must be offered equal time if the roster size does not allow for 50%. This is the coach's responsibility to monitor.

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Additional throw ins must be allowed if a player commits a foul on the initial attempt. The referee shall explain the proper method before allowing a further attempt.

Additional Rules:

All spectators who are not on the team roster, including parents, must be on the opposite side of the playing areas as the coach and players. Nobody, including coaches, can stand behind goals. It is the coaches' responsibility to see that this rule is enforced. Referees should speak to the coach if there is a problem.

*Goal Kicks:* The referee will place the ball wherever is necessary so that the kicking team is able to get the ball out of the box and into play - the smaller the players; the closer to the line. **Opposing players must all be on their defensive half of the field when a goal kick is taken.**

F. The Five-Goal Rule

In the Recreational Plus League, once a team has a five goal lead over an opponent, the team that is behind will add an additional player to the field. Additional players may be added as the score differential increases. This applies to all recreational teams above the F division.

G. Concussion Policy

The league has a strict concussion policy. This policy is made available to all registrants at the time of registration and registration cannot be completed unless the parents read and note their agreement to comply with this policy on the registration form. This policy is available, always, on our website [www.WHYSL.org](http://www.WHYSL.org).

H. Bullying

The league, also, has a comprehensive bullying policy. As with the concussion policy this policy is made available to all registrants at the time of registration and registration cannot be completed unless the parents read and note their agreement to comply with this policy on the registration form. This policy is available on our website [www.WHYSL.org](http://www.WHYSL.org).

I. Disciplinary Actions

The League follows the Disciplinary Guidelines as stated in the [CJSA South Central District Operations Handbook](#)

1. In the interest of maintaining the integrity of the game of Soccer and promoting good sportsmanship therein, the Board of Directors shall maintain a Disciplinary Board composed of: Vice President, Boys' Commissioner, Girls' Commissioner, Referee Administrator, Coaching Director and the District

Representative.

2. The Disciplinary Board shall have the responsibility of reviewing the actions of players, teams, coaches, and club officers from the West Haven Youth Soccer League when required.
  - a. Section 3 and Section 4: This Disciplinary Board shall have the authority and duty to impose such sanctions authorized by Sections 6 and 14 as are appropriate and necessary to maintain order, discipline and the integrity of the game.
3. The Disciplinary Board shall review the actions of:
  - a. Players, coaches, teams, and/or club officers in any match terminated prior to completion because of rule violations.
  - b. Any coach who receives a Yellow card or Red card.
  - c. Any player(s) who receives a second Yellow or subsequent Red card in one season.
4. The Disciplinary Board shall review the actions of any player, team, coach or club officer when asked to do so by the West Haven Youth Soccer League President.
5. The Disciplinary Board shall not have the authority to review the actions of any player, team, coach or club officer at its own discretion or that of any of its members.
6. Where appropriate and after a careful review and consideration of the actions of all person involved, the Disciplinary Board may:
  - a. Issue a letter of warning to any player, team, coach or club officer.
  - b. Issue a letter of reprimand to any player, team, coach or club officer.
  - c. Place on probation any player, team, coach or club officer for a period not to exceed one year from the time of probation start.
  - d. Suspend any player, team, coach or club officer for a period not to exceed one year from the time of suspension.
  - e. Notify the District Vice President in writing and request that the incident be referred to the District Disciplinary Board.
7. Whenever the Disciplinary Board is required to review the actions of any player, team, coach or club officer, the Disciplinary Board shall meet at the earliest possible moment to consider appropriate sanctions if warranted.
  - a. Any player, team, coach or club officer whose actions are under review by the Disciplinary Board and against whom sanctions may be imposed shall have the right to appear before the Disciplinary Board. However, the Disciplinary Board in its discretion may hear oral

- testimony and/or review written testimony from any person.
- b. In the case of a Disciplinary Board hearing in which any match related incident is being investigated, a copy of the referee's report will be furnished by the Referee Administrator to the Disciplinary Board.
  - c. The Disciplinary Board shall adopt such rules and procedures as are necessary to carry out its duties and responsibilities in a fair, orderly and timely manner.
  - d. The deliberations of the Disciplinary Board shall be private and its decision final. Sanctions authorized by Section 6 or 7 may be imposed upon a majority vote of those Disciplinary Board members present and voting.
  - e. Whenever the player, team, coach or club official whose actions are under review is from the same team as any Disciplinary Board member, such Disciplinary Board member shall withdraw from consideration of the matter. The chairperson of the Board shall then appoint the alternate as a temporary Disciplinary Board member. If the chairperson of the Disciplinary Board members will appoint a temporary Disciplinary Board chairperson. Whenever the Disciplinary Board does not have a sufficient number from among the other four members, the West Haven Youth Soccer President shall appoint a temporary Disciplinary Board member(s).
  - f. The following guidelines are provided for the Disciplinary Board when reviewing the actions of players, coaches, teams, or club officials. Game suspensions are in addition to the one (1) game Connecticut Junior Soccer Association (CJSA) state suspension for receiving a Red Card.

Incident	Minimum Games Suspended
Striking or kicking an opponent.	<b>2 Games</b>
Instigating a fight by striking or kicking an opponent. Identifying a clear aggressor.	<b>2 Games</b>
Fighting or attempting to fight with spectators or club officials.	<b>2 Games</b>
Indecent gesticulating.	<b>2 Games</b>
Insulting a referee before, during or after the match. Refusing to leave the field after being ordered off by the referee.	<b>2 Games</b>
Receiving a second Red Card in one season.	<b>Remainder of the Season</b>
Pushing, grabbing, bumping or tripping a referee or linesman.	<b>Minimum of 1 year</b>
Striking or attempting to strike a referee or linesman.	<b>Minimum of 1 year to life</b>
Any player receiving a third or subsequent Yellow Card in one season.	<b>1 Game</b>

## WEST HAVEN YOUTH SOCCER LEAGUE

John Vinci	President
Michael Galbicsek	Vice President
Victor Davila	Treasurer
Erin D'Elia	Secretary
Matthew Petrie	Registrar
Thomas Foley	Referee Administrator
David Jennings	Boys' Director
Ruth Costa	Girls' Director
Peter W. Trenchard	District Representative
Peter T. Trenchard	Coaching Commissioner
Kathy Popielarczyk	TOPSoccer Commissioner
Evelyn Petrie	WHIT Commissioner

