



# SEATTLE YOUTH SOCCER ASSOCIATION

**U10 Coaches Handbook  
(Updated Fall 2023)**



## Welcome to SYSA Citywide League Play

Welcome to your first year of playing in the SYSA Citywide League! This handbook explains many important items about playing in SYSA's U10 Citywide League. Please be sure to read it carefully.

### [The U10 Kickoff Jamboree](#)

SYSA kicks off the U10 season with a Jamboree. All U10 teams play in a series of three 20-minute matches at one field on the opening weekend of the season. These Jamboree games are a good introduction to U10 play for your players. In addition, the Seattle Soccer Referees Association uses the games to train new referees.

### [Game Schedules](#)

Jamboree schedules, as well as all season game schedules, will be published on the SYSA Website at [www.sysa.org](http://www.sysa.org). Bookmark this page, as you will look there frequently.

### [Match Day Rosters and Game Sheets](#)

You need to submit a set of game sheets to the referee at the beginning of each regular season match. (For the U10 Jamboree, you do not need to bring a roster or game sheet.). Instructions for printing game day rosters are available in the next section in this document, Game Day Roster Printing.

**[You must have printed rosters to hand to the referee before each match.](#)**

### [Contacting Your Opponent](#)

The SYSA Rules of Competition (4.8.3) state and we strongly recommend that you contact your opponent before the upcoming weekly match to verify time, location, and jersey colors to avoid conflicts and confusion. You can find your opposing team's coach contact information linked to their team information in the U10 schedules. Click the team name and the contact information will be displayed.

### [Rescheduled Games](#)

Games are rarely rescheduled. If a game must be rescheduled the SYSA Scheduler, will contact the teams affected and post the new information on the SYSA web site. (The Scheduler can be reached at [sysaschedules@sysa.org](mailto:sysaschedules@sysa.org)). Make it a habit to check the U10 Schedules page every Friday. Note that school events are not a sanctioned reason to change SYSA matches and that we rarely reschedule games.

### [Rules of Competition](#)

SYSA has published its Rules of Competition on the SYSA web site. Please take some time to read the rules. A chart of Citywide League Standards follows this section and the rules are subject to change each season.

### [The Post season All-City Jamboree](#)

SYSA holds a season-ending jamboree event on the Saturday after Thanksgiving for U10 and U9 teams. This is a fun, round-robin style event with prizes for the kids. Keep that in mind as you plan the season.

## **SYSA Game Day Routines**

### [Printing a Game Day Roster](#)

Each week, you should print THREE copies of the Game Day Roster and bring them to the game: one for the referees, one for your opponent, and keep one for yourself. Use the following instructions at the end of this section. Game rosters can be printed by a coach or team manager in the 7 days prior to your match. Before this 7 day period, it is not possible to print a game roster from the Affinity system. Once inside the 7 day window, a Print Roster button will become available, allowing you to print the game roster using the steps below.

1. Under the Demosphere Universal Experience dashboard click **Teams**.
2. **Select the Team** under the My Active Teams list.
3. On the Team Page, games will be listed under the Game Schedules heading.
4. **Click on the mini menu** (three dots in a circle) located in the upper right corner of the game details and select **click on the mini menu** in the upper right-hand corner of the game listing. Select the printer icon titled "**Print Game Card**"
5. Click **Export** on the Generate Team Documents screen. A document will be emailed to the email address associated with your demosphere log in. Print two copies of the game day sheet and bring to the game.

## **SYSA Adapted Rules of Competition**

### [REMEMBER: We don't keep Scores and Standings for U10 Teams](#)

US Youth Soccer Association rules require that no scores be kept and consequently no standings calculated for any teams playing in a U10 and younger modified division.

When your team registers for the following season and you apply for U11 play through your club, the SYSA Registrar and Scheduler will need to slot your team into a division based on the team's strength of play. We ask that coaches consider the relative strength of their team and how they fared during the last U10 season, so that you can recommend whether your team is a top level (Gold), middle level (Silver), or lower level (Bronze) team in 2022. SYSA strives for divisions that are competitive, with like playing against like, so teams experience close matches. By placing your team in the proper level, this can be achieved.

### [Parking](#)

Please be considerate when parking at fields. Don't block driveways or park illegally. Respect the neighborhood. Parking in the school lots and not on the streets is one way to be considerate of the neighborhood. Here are some specific field parking suggestions.

Nathan Hale and Jane Addams (Summit) – Use the parking lots around the high school and to the west and north of the Jane Addams school. Stay off 110th and nearby streets.

Miller – Please do not leave valuables in your car at this field! There are numerous car break ins! There is parking to the west of the field on the upper lot and also to the north of the community center. Again, stay off the streets if possible.

Genesee – Park in the lot or across the street, NOT on the street to the south of the upper field.

Judkins – Please do not park in front of driveways, and do use the big Washington Middle School lot to the north.

Shorecrest High School – You must park only in the north parking lot. Do not park among the portable buildings.

Washington Park – This parking lot sees ongoing car break ins throughout the year.

### [Trash and Recycling](#)

SYSA needs the neighbors who live near the fields we use to appreciate our efforts so that they will in turn support our field development. Clean up any trash near or on fields, even if it isn't yours! Make one person responsible for keeping your sideline clean after each game. Rotate the chore and make everyone aware. Pick up disposable water bottles and recycle them. Keep sunflower seeds, candy and gum off all surfaces, particularly artificial surface fields.

### [Dogs and Fields](#)

Dogs are not allowed on ANY athletic playing field, per the City of Seattle and Shoreline municipal codes. Please leave your dogs at home and away from our soccer fields. Thanks!

### [Protect Yourself from Car Break-ins](#)

Please take care not to leave valuable items in your car during games or practices. Unfortunately, car break-ins occur regularly, particularly at Washington Park and Miller Playfields in Seattle. Protect any valuable items by locking them in the trunk, or taking them with you onto the field.

### Game-day Tips for Coaches when Interacting with Match Officials

- Match officials are there to ensure a safe and fair game  
Their proximity to play and positioning allows them to see many things others cannot.
- Pre-game: have roster, cards and balls ready; no player jewelry  
Arrive early, be polite, have your roster prepared, match any player cards to the roster sequence, have game balls ready (many older teams place one behind each goal to avoid delays). Make sure players are wearing absolutely **NO** jewelry! This includes studs in newly pierced ears.
- Game "temperature" varies: so will referee decisions.  
The referee continually uses many inputs to gauge the 'temperature' of the game and will make decisions to keep the game safe and fair. Calls may vary with how "hot" the game is at any given time.
- Soccer is fast-moving and referees may make mistakes  
Soccer is played very fast and the referee must make many split-second decisions to keep the game safe. Accept that over the course of a season mistakes will even out.
- Knowing the Laws of the Game (including Mod variations)  
In Mod and Recreational soccer the Laws of the Game are modified and frequently change as you move up to the next age-group.
- Referee's decisions are final  
Decisions are based on the referee crew's application of the Laws of the Game to what they see on the field. A referee can modify a decision before the next start of play or the termination of the match.
- Help make the substitution process run smoothly  
Let the center Referee or the Assistant Referee know you want to sub after, which they will signal the Referee. They may deny your request until a subsequent stoppage in play in order not to disadvantage the opponent.
- Know that referees must balance when to call an injury stoppage  
Judging the severity of injuries to players is a specific part of the referee's responsibilities. However, if a player is seriously hurt and the referee seems to have not noticed you may want to get the referee's attention.
- Thank referees and complete on-line evaluations  
We have a hard time recruiting new referees and keeping the ones we have. At the end of the game, regardless of the outcome, please thank the match officials and have your players do the same.

Need help, got questions? Contact Larry Metz, the SYSA Liaison to Seattle Soccer Referees Association  
Email: [snokingreft@gmail.com](mailto:snokingreft@gmail.com)

Enjoy the Season and good luck on the pitch!

***SYSA Staff and Board of Commissioners***