



# Seattle Youth Soccer Association

## ***2018 Coaches Handbook for U10 League Play***

***Hello U10 Coaches!*** Thanks for volunteering your time to work with the kids in SYSA. This document contains information you'll need to make Fall 2018 a successful season for you, your players, and your families. Please read through this document, print a copy and throw it in your practice bag, and refer to it throughout the season.

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**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 in 2018. 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 **Sunday, September 19, 2018**. 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 web site SCHEDULES page](#). Bookmark this address, 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 only need to submit a roster for the first match.](#) They will not be collected for the other matches on Jamboree day.)

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.

[RE-SCHEDULED GAMES](#) – Games are rarely rescheduled. If a game must be rescheduled, Jessica Beckton, the SYSA Scheduler, will contact the teams affected and post the new information on the SYSA web site. (Jessica can be reached at [sysa.scheduler@gmail.com](mailto:sysa.scheduler@gmail.com) or call the SYSA info number: 206-552-0723). 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.

[RULES OF COMPETITION](#) – SYSA has published its Rules of Competition on the SYSA web site [at this link](#). Please take some time to read the rules. Note that **deliberate heading of the ball and slide tackling are not allowed in U10 games. The Offside Rule is in effect**. A chart of Citywide League Standards follows this section.

[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. The Jamboree this year will be **Saturday, November 24<sup>th</sup>**. Keep that in mind as you plan the season.

*Enjoy the 2018 Soccer Season and good luck on the pitch!*

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

## SYSA CITYWIDE LEAGUE STANDARDS

These format guidelines apply to all teams and games in SYSA's Citywide recreational leagues. Teams in regional select and RCL premier leagues should check with their league managers.

This chart incorporates changes to U12 play that began in fall, 2017, as recommended in the newest US Soccer Standards Chart, and voted on by the SYSA Board of Commissioners. [For a full description of the Rules at U10 to U12, click here.](#)

<b>SYSA Fall 2018 Rules of Competition Chart</b>					
<b>Exceptions to Standard FIFA Laws Of The Game</b>					
	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13 and Older</b>	<b>Notes</b>
# of Players on Field	7	9	9	11	Includes goalkeeper
Max # Players on Roster	12	14	14	18	At U15 and older, up to 22; only 18 on game day roster
Min # Players for a Game	5	6	6	7	
Ball Size	#4	#4	#4	#5	
Build Out Line (a)	Yes	Yes	No	No	BOL rules at U10 and U11
Goalkeeper Punts & Dropkicks	No	No	Yes	Yes	BOL rules at U10 and U11
Goal Size (feet) - (b)	6x12 to 6.5x18.5	6.5x18 to 7x21	6.5x18 to 7x21	8x24	
Field Dimensions (Min-Max, Length-Width in Yds)	55-65 by 35-45	70-80 by 45-55	70-80 by 45-55	Full Size	100-120 by 50-80 yds. SYSA will adjust dimensions as needed to work with individual fields.
Slide Tackling	No	Yes	Yes	Yes	
Heading in practice - (c)	No	Limited	Yes	Yes	Limited heading in practice at U11
Heading in games	No	No	Yes	Yes	
Offside Rule	Yes	Yes	Yes	Yes	
Direct Free Kicks	Yes	Yes	Yes	Yes	
Free Kick Defender Distance (yds)	5	7	7	10	
Retake on Throw-In or Kick-Off	No	No	No	No	
a) For the purposes of competition, the ball is in play once it leaves the goalkeeper's hands, either by a throw or being placed on the ground. The BOL is placed halfway between the penalty box and halfway line.					
b) SYSA tries to follow recommended sizes, but field and equipment restraints need to be considered.					
c) No player aged 11 should be heading the ball - USSF and US Youth restriction.					

## PRINTING GAME DAY ROSTERS IN 2018

For the Fall 2018 soccer season, SYSA coaches will continue to use printable rosters for game sheets instead of the hand-written, triplicate forms used in the past. **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.

If your club uses **Bonzi** for player and team registration, **use the instructions below.**

If your club uses **Affinity**, use the instructions **at the end of this section.**

### Roster Printing Using Bonzi

Game Day Rosters should be printed from your BonziTeam website. To access your team's BonziTeam page, your club registrar would have first needed to enable BonziTeam for your team. This will have triggered an invite code to be sent to you via email from BonziTeam. You must accept this invite to see the Fall 2017-2018 team under your BonziTeam login. If you did not receive this invite code **contact Bonzi phone support** at the numbers listed at the end of this section.

Access this site by logging in with your Bonzi username and password at [www.bonziteam.com](http://www.bonziteam.com). Once logged in to your team's BonziTeam page, you will see a menu on the left side that includes Roster, Schedule, Announcements, etc.

To print your Game Day Roster from BonziTeam, follow these steps:

1. Go to the **BonziTeam** website: [www.bonziteam.com](http://www.bonziteam.com)
2. Click the small 'Sign In' button in the top right corner of the home page. Your team dashboard will load.
3. From the menu on the left side of the page, select 'Roster'. The team roster will drop into the column in the middle of the page. If you want the team numbers pre-printed (versus writing them in by hand) follow the process below before printing the roster.
4. Click the 'Print Rosters and Medical Releases' button at the top of the roster. A drop down menu appears with printable options for rosters.
5. Select the 'Official Bonzi SAFE Roster'.
6. A game roster in .PDF format is produced that you can download and print.
7. **Please bring three copies to the game – one for yourself, your opponent, and one for the referee.**

**NOTE: If you have a U16 or older team** with a roster greater than 18, cross out the names of any players on the roster who won't be participating in the game that day. Be sure to give the correct player cards to the referee as well.

### Entering Player Jersey Numbers Using BonziTeam

BonziTeam gives you the option of putting in jersey numbers for your players.

1. Log in into your BonziTeam home page at [www.bonziteam.com](http://www.bonziteam.com).
2. Select 'Roster.'
3. The roster opens into the middle of the page. You can change who is showing by clicking the "View All" button at the top and filtering for just the "Players".
4. Click on a player name.
5. The player 'profile' will open on the right hand side of the page, next to the roster.
6. Select the 'Edit' icon at the top of the column.
7. Scroll down through the fields until you see 'Jersey Number.'
8. Enter the player's number.
9. Click 'Save' at the top of the column, then repeat the process until all jersey numbers have been entered for your players.

## Bonzi Support

Bonzi Sports Software support is available to provide help on any issues related to using their BonziTeam software. If you need any assistance **call Bonzi support at 503-691-9860 or toll free at 866-726-4131**. Regular business hours are from 9am to 5pm, Monday through Friday.

## Roster Printing Using Affinity

If your club is using Affinity as its registration software, use these instructions to print your game day roster.

1. Log in to your My Account page at <http://www.affinity-sports.com/>
2. On the My Account screen, scroll down to the Teams tab, below the family profiles. Click the TEAM INFO link by the Team name.
3. On the page that is displayed, select the **Team Roster** tab.
4. Click the **Print Team Roster** button below the list of players. If you want the jersey numbers pre-printed (versus writing them in by hand) follow the process below before opening and printing the roster.
5. A game roster in .PDF format is produced that you can download and print.
6. Please bring three copies to the game – one for yourself, your opponent, and one for the referee.

**NOTE: If you have a U16 or older team** with a roster greater than 18, cross out the names of any players on the roster who won't be participating in the game that day. Be sure to give the correct player cards to the referee as well.

## Entering Player Jersey Numbers Using Affinity

1. Log in to your My Account page at <http://www.affinity-sports.com/>
2. On the My Account screen, scroll down to the **Teams** section. Click the **Edit** link by the Team entry
3. On the page that is displayed, select the **Team Roster** tab.
4. Click the **Edit Player Team Info** button below the list of players.
5. Enter the jersey numbers in the **Home Jrs#** column. Click the **Save Changes** button.

## Affinity Support

Affinity Sports Software support is available to provide help on any issues related to using their Affinity software. If you need any assistance **call Affinity support toll free at 800 808-7195**. Support business hours are from 7am to 7pm, Monday through Friday and 7am – 3:30 pm Saturday and Sunday.

## RULES ABOUT PLAYERS PARTICIPATING ON MORE THAN ONE TEAM

**Players on recreational teams in SYSA can play on only one SYSA/WYS team at a time.** Any violation of this rule can result in serious penalties to the coach and team. Please read the following information carefully and make sure all your parents and players are informed and understand this rule.

### Situation

In the past, we have had teams disqualified, in particular during City Tournament, because of a player on the team playing with two teams at the same time. In these specific cases, the player was simultaneously registered with both an SYSA team and another team that is under Washington Youth Soccer.

### Background on This Rule

SYSA's Rules of Competition prohibit players from playing on more than one team within Washington Youth Soccer at a time. That means a player cannot be on two recreational teams, or a recreational team and a select team.

Unfortunately, because of the way the registration databases work, a player dually registered to two teams – one within SYSA, one within another association under Washington Youth Soccer – can be difficult for the registrars to detect in many circumstances. If you have any concerns about a player possibly being on two teams within WYS, contact the SYSA Registrar as soon as possible at [pfblooms@hotmail.com](mailto:pfblooms@hotmail.com).

### Guidelines

If you have reason to believe that a player is playing with two teams, please check into the situation using the chart below to understand the implications.

If a player is registered with your SYSA team and also with:	Then this is:
A Catholic Youth Organization (CYO) team	OK, because CYO teams are not registered with SYSA or with Washington Youth Soccer. The player is playing on only one SYSA/WYS team.
A school team	OK, because school teams are not registered with SYSA or with Washington Youth Soccer. The player is playing on only one SYSA/WYS team.
A team playing under "US Club Soccer"	Not illegal by SYSA rules, but generally considered unethical by opposing coaches. "US Club Soccer" teams are not registered with SYSA or with Washington Youth Soccer. Registering these players to participate in our recreational leagues and City Tournament, although it technically cannot be disallowed under current rules, is strongly discouraged as antithetical to the spirit of rec play.
A team that is registered within SYSA, or with another association outside of SYSA, that is part of Washington Youth Soccer	NOT allowed and a cause for possible sanctions – including forfeiting of games the player played in – for the coach, player, and team. Seattle United players cannot play on their SU team and a rec team at the same time.

Situations #3 and #4 are the hardest for coaches to figure out, because many of our coaches aren't familiar with which teams might be part of other associations or "US Club Soccer". If in doubt, please seek guidance. Find the name of the other team involved and where the team plays, and contact our association registrar at [pfbloonso@hotmail.com](mailto:pfbloonso@hotmail.com).

## **SYSA and WYS Rules and Regulations**

The SYSA regulations restricting players to playing on only one team during a season are copied below. All the SYSA Administration Regulations as well as the Rules of Competition can be found on the SYSA web site [at this link](#), or use this link and past into your browser: <http://www.sysa.org/Rules>.

### **SYSA Rules of Competition**

3.3 – No player shall be allowed to register or participate simultaneously on more than one Washington Youth Soccer (WYS) registered team during the same season. This includes the situation where a player is registered to and plays for a recreational team under SYSA, and simultaneously for a team within another club or association that is also part of WSYSA.

### **SYSA Administrative Regulations**

3.4.7 – All players registered on a team are bound to that team for the seasonal year unless properly transferred. No player may play in any scheduled SYSA game except with the team on which he/she is registered.

3.4.8 – No player may be registered on more than one team at any given time within SYSA or WYS jurisdictions.

## **NO 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.

You will find schedules posted on the SYSA web site on the [Game SCHEDULES](#) page, and you will find details on field locations, standings for older leagues, and other interesting items. You will NOT find standings for your team. No scores are reported at U10.

If your team continues in 2019 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 this 2018 U10 season, so that you can recommend whether your team is a top level (Gold), middle level (Silver), or lower level (Bronze) team in 2018. 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.

### **SYSA's Partnership with the Positive Coaching Alliance**

Beginning in 2017, SYSA entered into a three-year partnership with the nationally recognized **Positive Coaching Alliance** (PCA). Our partnership is based on the belief that PCA's approach to developing Better Athletes, Better People is a proven, successful method for developing youth athletes. Their concepts will produce better soccer players on the pitch, and better people for the rest of life.

As their name implies, PCA strives to create a positive environment for SYSA's players so they have fun, work hard, learn and improve their skills, while respecting the game, their opponents, and themselves.

SYSA will be holding a series of PCA workshops over the coming year. We've already hosted three workshops, with another coming September 20, 2018. These workshops give coaches a set of skills to coax the best out of their players. SYSA has a three-year plan to implement as much of the PCA ideas and techniques with our coaches, players, and parents. You'll be able to find out about upcoming clinics through emails we send out, and through your clubs, and on the SYSA web site [at this link](#).

Here's how PCA describes themselves:

*The PCA partnership provides SYSA access to PCA's training options for coaches, sports parents, student-athletes and administrators, comprising live group workshops, online courses, books by PCA Founder Jim Thompson and additional online resources, such as e-mailed follow-up tips and reminders.*

*PCA has partnered with roughly 3,000 youth sports organizations, schools, districts, conferences, and park-and-rec departments to create a Development Zone™ culture, where the goal is using youth and high school sports to develop Better Athletes, Better People, Thompson said. "We look forward to working with SYSA to create the best possible experience for the youth athletes. Our research-based materials combine the latest in sports psychology, education and practical advice from top pro and college coaches and athletes that help improve athletic performance while also ensuring kids take life lessons from sports that will help them throughout the rest of their lives."*

All of PCA's resources are available on their web site at this link: [www.positivecoach.org](http://www.positivecoach.org) Coaches will especially want to check out their hundreds of free audio-video and printable tips and tools at [www.PCDevZone.org](http://www.PCDevZone.org),

Below is a sample of a few of the many resources offered by PCA.

The **Double Goal Coach Job Description** is a brief description of the concepts and values expected from coaches in a Positive Coaching organization.

We suggest you read through and share **The Parent Pledge** with the parents of your players. Getting commitment from your parents BEFORE the season starts will help you manage their expectations and help them be better parents of youth athletes.

# Double-Goal Coach<sup>®</sup> Job Description

As coaches, you determine the kind of experience our athletes have with sports. SYSA is committed to the principles of Positive Coaching Alliance (PCA). We encourage you to be a Double-Goal Coach, who strives to win (one goal), while pursuing the more-important goal of teaching life lessons through sports. PCA's Double-Goal Coach Job Description includes:

## **Model and teach your players to *Honor the Game*.**

- Teach ROOTS – respect for Rules, Opponents, Officials, Teammates, and one's Self.
- Hold a parent meeting and distribute PCA's Parent/Guardian Letter to help parents ***Honor the Game***.
- Appoint a parent to be "Culture Keeper" for the team.
- Drill Honoring the Game in practice.
- Seize teachable moments to talk with players about Honoring the Game.

## **Help players pursue mastery of their sport, not just scoreboard wins.**

- Teach players the ELM Tree of Mastery (Effort, Learning, and bouncing back from Mistakes).
- Use a "Team Mistake Ritual" (like "Flushing Mistakes") to help players quickly rebound from mistakes.
- Reward effort, not just good outcomes. Recognize players even for "unsuccessful" effort.
- Encourage players to set "Effort Goals" tied to how hard they try.

## **Fill your players' Emotional Tanks.**

- Use encouragement and positive reinforcement as your primary method of motivating.
- Achieve the "Magic Ratio" of five positive reinforcements to each criticism or correction.
- Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
- Learn to give "Kid-Friendly Criticism," such as criticizing in private, asking permission, using the Criticism Sandwich, and avoiding criticism in non-teachable moments.

## **Have conversations with your players at every practice and game.**

- Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
- Ask questions and encourage players to speak and contribute during team meetings.
- Use PCA's *Talking Points* e-mail series to guide discussions with your players.

Adopting these philosophies and actions will contribute to a positive, character-building youth sports experience for all the children our organization serves. Thank you for all your time and effort for the kids in SYSA!!



# Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign and return this form to your child’s coach or any appropriate representative of our organization.

In keeping with PCA’s ideal of the **Double-Goal Coach®** – who has a goal of winning and an even more-important goal of teaching life lessons through sports – I will be a **Second-Goal Parent®**, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches.

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the **“ELM Tree of Mastery”** with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum **Effort**
- help my child **Learn** through sports
- urge my child to get past **Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official’s call, I will Honor the Game and be silent.

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”)

I will **refrain from negative comments about my child’s coach** in my child’s presence so that I do not negatively influence my child’s motivation and overall experience.

**I will be as prompt as possible** dropping my child off and picking my child up from practices and games.

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams).

PRINT ATHLETE’S NAME \_\_\_\_\_

PARENT’S SIGNATURE \_\_\_\_\_

## GUIDELINES FOR FIELD USE

### 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. **DO NOT LEAVE VALUABLES IN YOUR CAR. KEEP THEM IN THE TRUNK OUT OF SIGHT OR TAKE THEM TO THE FIELD.**

### 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, but any field is susceptible to break-ins. 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.
- **Know 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. We encourage you to provide feedback by clicking on the 'Evaluations' link at [www.seattlerefs.org](http://www.seattlerefs.org) and filling out the form.

Many thanks in advance for your collaboration!

Need help, got questions? Contact me!!!

Duncan Munro, SYSA Liaison to Seattle Soccer Referees Association

Email: [ssraliaison@sysa.org](mailto:ssraliaison@sysa.org)

## **Sending Feedback about Referees**

The Seattle Soccer Referees Association (SSRA) would like to receive respectful feedback on match officials' performance via the tool available at the SSRA website. This will allow SSRA to mentor more effectively as they will be able to identify common areas of difficulty, figure out good advice, and then apply it uniformly.

To access the referee evaluation tool, go to [www.seattlerefs.org](http://www.seattlerefs.org). Click "Information" and then "Evaluation." A specific game can be identified by using the filter tools at the top of the table, for example:

League = Youth Rec

Gender = B

Level = U10

After you specify the game, click the symbol in the 'Ref' column and fill out the form.

If you have any questions or comments about using this form, please contact the SYSA SSRA Liaison, Duncan Munro, at this email address: [ssraliaison@sysa.org](mailto:ssraliaison@sysa.org).