



# Fall 2020 Guide: Coaches

# Message from the DOC

First and foremost, thank you for coaching! Particularly this fall season, we truly appreciate you stepping up to the plate to guide our young players.

This season will surely prove to be like no other. We have some modifications to our game that will challenge our players to think and act a little differently but will also challenge your patience and acceptance as coaches. These modifications are aimed at safeguarding players and to enforce current social distancing protocols for spectators. Please become fully accustomed to what is being asked of us/you as you enter the Fall season. We do not have any wiggle room here – no compliance means no play!

We're providing this document to you as a sort of one stop shop for questions to be answered. Take time to read through, as questions if you're not sure on something, but always remember that the kids are the ones who need this sport the most!

It'll look different, sometimes weird, but enjoyment and camaraderie is still on offer for everyone who embraces the new version of the game!

NYS is here to answer any questions you have – don't hesitate to reach out.

Ed Jenkinson  
Director of Coaching

# Temporary Modifications to the Game

In order for us to play our league season, we are REQUIRED to make the following temporary changes to the laws of the game:



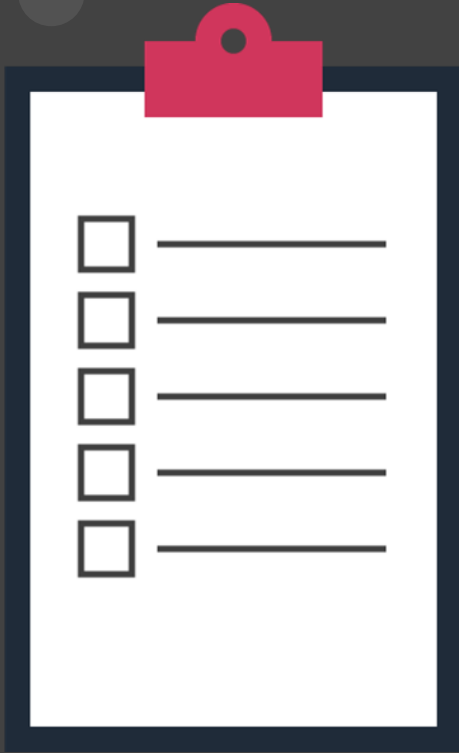
- **Heading** - All intentional heading of a soccer ball is suspended for all ages.
- **Intentional body contact** with a member of the opposing team is to be considered a violation of Law 12, Playing in a Dangerous Manner, Indirect Free Kick restart or other applicable foul or misconduct based on the referee's decision.
- **Slide Tackling** is suspended for all ages
- **Throw-Ins** are suspended and to be replaced by a Kick-in.
- **Corner Kicks** are suspended and to be replaced by an Indirect Free Kick (IDFK)
  - Opponents must remain at least 10 yds (8 yards for small sided) from the corner arc until the ball is in play
- The use of a traditional **defensive Wall** is currently suspended.
- The use of a **Drop Ball** as a restart is suspended. To replace this procedure, an Indirect Free Kick will be awarded to the team whom the referee deemed to be in possession when the referee stops play.
- At any time a ball is to placed for a restart, the ball should not be touched with hands. If it is touched by hands, it will need to be removed from play and sanitized!

# Temporary Modifications to the Game continued...



- **Intentional body contact** with a member of the opposing team is to be considered a violation of Law 12, Playing in a Dangerous Manner, Indirect Free Kick restart or other applicable foul or misconduct based on the referee's decision.
- Intentional body contact will include "shoulder to shoulder" contact, backing into a player, and pulling an opponents shirt, shorts or mask.
- A player **is allowed to make intermittent and/or unintentional contact** with opposing team members if the player is attempting to make foot to ball contact (legal tackle) and the contact occurs as a result of the tackle.
- **Slide Tackling** - The use of slide tackling is suspended and is to be considered a violation of Law 12, Playing in a Dangerous Manner, Indirect Free Kick restart or other applicable foul or misconduct based on the referee's decision. "Going to the ground" to save a ball from going out of touch or to stop a long ground pass is not considered a "tackle" and is permissible as long as no other players are within 6 feet.
- BALL TOUCHED BY HANDS, HEADS OR REFEREE might result in replacement required. Try to pack wipes to sanitize or have spare balls!

# Assign a Covid Manager to your team!



- Each team is now required, by Mass Youth Soccer, to have a 'Covid manager'. This manager could be your regular team manager, or an assistant coach or even a head coach, but should be someone who is going to be available for most if not all games and practices!
- The covid manager must be registered and cleared with MYSA like any other volunteer.
- **The ROLE of the Covid Manager is to:**
  - Keep attendance record of every game and practice
  - Ensure the covid policies (masks, sanitizer, social distancing) are being adhered to by the entire team
  - Ensure spectators are socially distanced and wearing a mask at games and/or practices

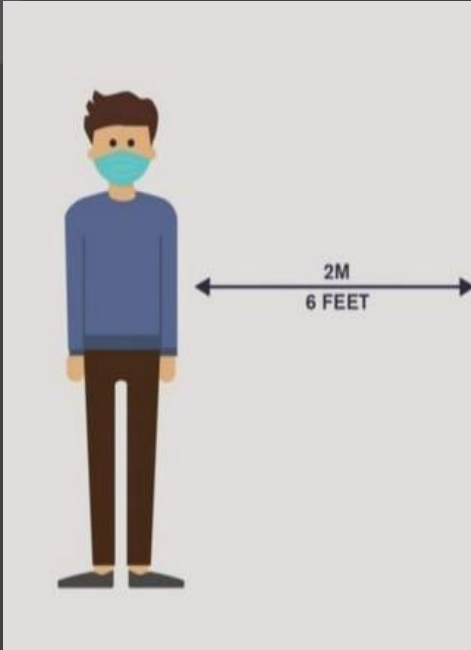
# NYS Mask Policy

NYS is requiring all players, during practices and games, to wear a mask. Based on the guidance from MYSA:



- **Players will be required to wear face coverings** before, **during** and after their **games and practices**, including engagement in active play. The only type of face covering that is permissible for players is the ear-looped style face covering. Gaitors or other around the neck/around the head face coverings are not permitted.
- Players are permitted to remove the mask to “catch their breath” at points in the game where they are 6ft away from all other participants, i.e.:
  - After long runs down the field, plays without close contact, during stoppages.
- Coaches will be encouraged to rotate players often to help ease the burden of wearing a mask.
- NYS is providing a permitted face covering for purchase [HERE](#). All coaches will be provided a mask by NYS
- The NYS mask policy applies for home and away games for our teams, however we do not have control over the opposing team when we visit other towns. Communicate with the opposition coach before travelling so you know their policy!

# Spectator Requirements



- NYS are required to stagger game times to allow teams and spectators to exit and enter field space without engaging with the previous or subsequent teams. **Participants are required to leave the field (including parking lot) immediately after their game has ended. Spectators arriving early should wait in car until field is clear.**
- **There is a limit of only 1 spectator per player.\*** This is a state requirement - if there are too many spectators at any given game the activity will be halted until the numbers are good.
- **All spectators must adhere to current social distancing protocol** - 6ft apart, face masks must be worn etc
- To assist with social distancing requirements, **spectators may be permitted to sit/observe the game from behind the goal line** no less than 15 feet from the goal line and not within 10 feet of the goal post where space accommodates.
- Viewing on the sideline may be done 8ft from the touchline. Spectators are not permitted to observe the game from the coaches/teams side.

\*Exceptions: Any Spectator who is responsible for other minors and is not able to have them cared for by others is permitted to be in attendance as a spectator with such children with them at all times.

# Practice Requirements – Set Up and Guidance

- **Prior to Practice**
  - Ensure all of your equipment has been sanitized; pinnies and cones. Pinnies must be washed after each use and may NOT be shared during a practice session
  - Pack hand sanitizer and PPE. NYS will provide you with a mask!
  - Plan your session!
  - Try to obtain attendance – apps such as TeamApp or Team Snap will help!
- **Upon Arrival at Practice**
  - Set up your field for delivery in advance, if possible.
  - As players arrive, ask how they are feeling. Send anyone home who you believe is acting or looks ill.
  - Assign EACH PLAYER a designated waiting zone. A cone, 6ft apart from others, will suffice. Players should leave their belongings as that cone and return there during any practice 'down time' or drinks breaks
  - Remind the players – no handshakes, fist bumps or other physical contact





# Practice Requirements – Set Up and Guidance continued...



- **During Practice**
  - Only the coach will handle equipment
  - Ensure all athletes have their individual equipment
  - Ensure distancing when not in activity – return to individual waiting zones
  - Ensure mask wearing at all times
  - Stay Positive – Have Fun: players will respond to your energy and effort!
- **Conclusion of Practice**
  - Monitor players exiting the playing area
  - Ensure social distancing is being adhered to and facial coverings worn
  - Make sure each player is picked up
  - Remind players to disinfect their ball when they arrive home.
- **Post Practice**
  - Clean and disinfect all equipment, especially any pinnies used.
  - Reflect on performance
  - Plan for the next session

# Practice Requirements – Set Up and Guidance continued...

- Example of field set up w/player waiting zones:



# Game Day



- **Before the Game**

- Connect with your opposing coach and confirm the location and time of the game, as well as any special requirements based on their and our covid policies
- Check to see if there is warm up space & time for your team. Note that each playing surface must have 20 minutes between groups!
- Explain our mask policy for games – 100% of the time
- When you arrive at your field, set up waiting zones for each player similar to practices.
- When players arrive, assign them a waiting zone and ensure a facial covering is being worn

- **During the game**

- Keep substitutes in their waiting zone, socially distanced
- Ensure no sharing of drinks or other equipment.
- Ensure everyone is wearing a facial covering; players and coaches!
- STAY POSITIVE – the rules have changed, be a leader to your players
- Do not engage the referee unless to; ask for a sub, alert them to an injury, or to clarify rules BEFORE kick off.

# Game Day continued...



- **After the game**

- Do not engage in any handshakes, team huddle or cheer. Players can receive a quick debrief and then depart
- Monitor players leaving. Ensure facial covering and social distancing.

- **Post game**

- Clean and disinfect all equipment.

Ultimately, the game should still be fun whilst we take all the necessary precautions. So long as everyone wears a facial covering, we avoid all intentional contact and keep players distanced whenever possible, we can still enjoy the game!

# Important Links and Resources



- **Contacts**

- Director of Coaching, Ed Jenkinson ([doc@newtonsoccer.org](mailto:doc@newtonsoccer.org))
- Assistant Director of Coaching, Mael Evans ([adoc@newtonsoccer.org](mailto:adoc@newtonsoccer.org))
- Covid-19 Safety Officer, Rand Stone ([safetyofficer@newtonsoccer.org](mailto:safetyofficer@newtonsoccer.org))
- Travel Director, Greg Thompson ([gregt0325@gmail.com](mailto:gregt0325@gmail.com))
- Intramural Director, Clifford Slater ([slatermgt@yahoo.com](mailto:slatermgt@yahoo.com))

- **Useful links**

- MYSA Coach Toolkit – [LINK](#)
- NYS Coach Resource Center – [LINK](#)
- MYSA Return to Soccer Activities – [LINK](#)
- Physical Distance Practice Plans - [LINK](#)
- Boston Area Youth Soccer (NYS) - [LINK](#)