

# Western Valley Summer Co-ed Soccer League Policy

## **Summary of dates**

- √ Jamborees will be chosen at the May meeting.
- √ Deadline for registering a team in the league will be the second Friday in June.
- √ Registration fees for all leagues must be paid prior to the first jamboree game.
- √ Any cancellations must be made by 4:00pm the day of the game. **You must talk to a real person. Do not leave messages.**

The Western Valley Soccer League is organized and operated under the authority of the Western Valley Recreation Association, Inc.

The association is a voluntary organization committed to the development of recreation services in the Western Valley Region, encompassing communities from Nackawic to Plaster Rock. Any community within the geographic areas of the Western Valley, having a full membership or associate membership as outlined in the WVRA Constitution enrolled with the Western Valley Recreation Association Inc. may enter a contingent in the league and be granted a “service area”. The recreation department service areas are defined using proximity, telephone exchanges, and school districts. Participation is open to all residents within a service area who meet the age requirements specified (subject to discretion of the association). Associate members may have their own contingent or may join in with the closest member to ensure participation.

The policy and guidelines contained in this document have been adopted by the Western Valley Recreation Association, Inc. as the official policy manual for the operation and administration of the Western Valley Summer Co-ed Soccer League.

## **Authority**

The sponsor and governing authority of the Western Valley Soccer League, herein after noted as the “Soccer League” is the Western Valley Recreation Association Inc, herein after noted as the “Association”.

# Western Valley Summer Co-ed Soccer League Policy

The Association initiates and/or ratifies all decisions, policies, recommendations, etc. relevant to the operation of the Co-ed Soccer League.

Canadian Soccer LTPD is known as Wellness to World Cup Long-Term Player Development (LTPD)

LTPD is a program for soccer player development, training, competition, and recovery based on biological age (i.e. physical maturity) rather than chronological age. It is player centred, coach driven, and administration, sport science, and sponsor supported.<sup>1</sup>

LTPD:

- Eliminates gaps in the player development system.
- Guides planning for optimal athlete performance at all stages.
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams.
- Follows scientific principles and practical coaching experiences.

Benefits for players & parents:

- Better understanding of what makes a good soccer program.
- More players learning at their level and having fun.
- Appropriate game and league structures (e.g. size of balls, goals, field etc.).
- More opportunity for players to realize their athletic potential.
- More coaches who are knowledgeable in leading safe, effective practices.

Benefits for coaches & clubs:

- Information and education on effective coaching and practice methods.
- Guidelines for appropriate game structures.
- Guidelines on appropriate competition levels.
- Established pathways for player development for all levels of ability and ambition.
- Affirmation of best practices for coaches and club administrators.

Benefits for all:

- Competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults (e.g. coaches and parents).
- Players, parents, coaches, and administrators understand that players are unique and therefore different in interest and aptitude.
- Players stay involved in the sport throughout their lives (as players, coaches, referees or club administrators).
- Soccer grows, and lifelong wellness is promoted for players of all ages, genders, and levels of ability and disability.

# Western Valley Summer Co-ed Soccer League Policy

## **STAGE 1: Active Start** **U4-U6 Female and Male** **“FIRST KICKS”**

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.

- Where: Home, daycare, schools, clubs, community, parks and recreation centres.
- Why: Provide early opportunities for children to learn basic soccer elements.
- Who: Technical leaders, parent coaches, parents, educators, caregivers.
- Coaching: Training in Physical Literacy (CSA Program).
- Physical – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
  - Technical – The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.
  - Tactical – None.
  - Mental – Fun, fascination, and passion for play.

Game Structure:

No competitive games – adult and child play together informally.

Recommended training times:  
30 to 45 minutes.

Season Length:  
4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.

Recommendations:

- Player success is encouraged. While the adult should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent.
- Adult discontinues play when the child has lost interest.

# Western Valley Summer Co-ed Soccer League Policy



## STAGE 2: FUNdamentals

U6-U8 Female and U6-U9 Male

“FUN WITH THE BALL”

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is “Freedom and Fun.”

Where: Home, schools, clubs.  
 Why: Provide opportunities for children to learn basic soccer elements.  
 Who: Physical education teacher, parent coach, team coach, club head coach.  
 Coaching: Training in Physical Literacy (CSA Program).

- Physical – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.
- Technical – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.
- Tactical – Small children are egocentric – playing the ball is the most important objective. However, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.
- Mental – Basic awareness of environment to build game intelligence and decision making.

Game Structure: Ranges from 3v3 to 5v5.

Game Format	Squad Size	Game duration	Ball Size	FIELD SIZES		GOAL SIZES no larger than
				Min/Max width	Min/Max length	
3 v 3	Max 6	2 x 15 min.	3/4	18 to 22m	25 to 30m	5f/1.52m X 8f/2.44m
4 v 4	Max 8	2 x 15 min.	3/4	20 to 25m	30 to 36m	5f/1.52m X 8f/2.44m
5 v 5	Max 10	2 x 15 min.	3/4	25 to 30m	30 to 36m	5f/1.52m X 8f/2.44m

Recommended training times: 30 to 45 minutes.

Season Length: 12 to 20 weeks, indoor and/or outdoor.

Recommendations:

# Western Valley Summer Co-ed Soccer League Policy

- No league standings – jamboree format – emphasis is on FUN.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- Equal time should be allotted to practice and games.



## STAGE 3: Learning to Train U8-U11 Female / U9-U12 Male “THE GOLDEN AGE OF LEARNING”

The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by “doing.” Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training. This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Where: Clubs, district/regional development centers, schools.  
 Why: Player development and talent identification.  
 Who: Coaches, technical leaders, physical education teachers.  
 Coaching: Training in Physical Literacy (CSA Program)

- Physical – This is an optimal window for trainability of speed, flexibility and skills.
- Technical – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.
- Tactical – Developing environment awareness and encouraging decision making: simple combinations, marking and running into space.
- Mental – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

Game Structure: Ranges from 6v6 to 8v8.

Game Format	Squad Size	Game duration	Ball Size	FIELD SIZES		GOAL SIZES no larger than
				Min/Max width	Min/Max length	
6 v 6	Ideal 8/Max 10	2 x 25 min.	3/4	30 to 36m	40 to 55m	6f/1.83m X 14f/4.27m
7 v 7 Ideal	Ideal 9/Max 12	2 x 25 min.	4	30 to 36m	40 to 55m	6f/1.83m X 16f/4.88m
8 v 8	Ideal 11/Max	2 x 30 min	4	42 to 55m	60 to 75m	6f/1.83m X

# Western Valley Summer Co-ed Soccer League Policy

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**Recommended training times:** 45 to 70 minutes.

**Season Length:** 16 to 20 weeks, indoor and/or outdoor.

**Recommendations:**

- Small leagues provide game fixtures, but no league standings are recorded.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- The game structure progresses between ages from simple to more complex.
- The training to competition ratio should be 2 to 3 training sessions for every game.



## STAGE 4: Training to Train U11-U15 Female / U12-U16 Male “IDENTIFYING THE ELITE PLAYER”

At this stage, elite soccer groups express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains “player centred.”

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

- Where: Sports Schools, select programs (regional, provincial, national), NTC, Clubs, Sport schools.
- Why: Player development, talent identification and talent development.
- Who: Club head coaches & team coaches, Provincial & National team coaches.
- Coaching: CSA B Preparatory License, Provincial B License, National B and A License.

- Physical – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.
- Technical – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
- Tactical – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.
- Mental – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

**Game Structure:**

Game Format	Squad Size	Game duration	Ball Size	FIELD SIZES		SIZES no larger than
				Min/Max width	Min/Max length	
8 v 8 Ideal	Ideal 11/Max 14	2 x 30 min.	4	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m

# Western Valley Summer Co-ed Soccer League Policy

9 v 9	Ideal 12/Max 16	2 x 35 min	4/5	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m
11 v 11	Ideal 16/Max 18	2 x 35 min.	5	FIFA reg.	FIFA reg.	8f/2.44m X 24f/7.32m

Recommended training times: 60 to 75 minutes.

Season Length: As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; Periodized; planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- First experience in the select programs: regional, provincial and national.



## Age Categories

Under 6 (4 & 5)	6 players (including goaltender)	modified field	ball size 3
Under 8 (6 & 7)	8 players (including goaltender)	¼ field	ball size 4
Under 10 (8 & 9)	8 players (including goaltender)	½ field	ball size 4
Under 12 (10 & 11)	8 players (including goaltender)	½ field	ball size 4
Under 14 (12 & 13)	8 players (including goaltender)	½ field	ball size 5
Under 16 (14 & 15)	8 players (including goaltender)	½ field	ball size 5

- As of January 1st of current year.

## Player equipment

Each player's uniform may consists of shorts, shirts, socks, shin guards, and shoes. The goalkeeper must wear colors, which distinguishes him/her from other players.

## Season length

- The season for soccer will be 8 weeks during the summer.
- Deadline for registering a team in the league will be the second Friday in June.
- Registration fees for all leagues must be paid prior to the first jamboree/tournament game.
- Jamborees will be chosen at the May meeting.

## Duration of games

Under 6

- Play in house with one scheduled jamboree.
- There will be no league schedule for this age.
- Jamboree- guaranteed 2 games with no championship play. Each child will receive a participation incentive.
- Games are two (2) fifteen minute (15) periods.
- WV Jamboree fee is \$75/team.

Under 8

- Play in house with one game every other week and one scheduled jamboree. **Thursday nights.**

# Western Valley Summer Co-ed Soccer League Policy

- Jamboree – guaranteed 2 games with no championship play. Each child will receive a participation incentive.
- Games are two (2) twenty minute (20) periods.
  - WV Jamboree fee is \$75/team.

## Under 10

- There will be two leagues set up – (Northern will include Plaster Rock, Perth-Andover, Bath and Centreville. Southern will include Florenceville-Bristol, Hartland, Woodstock and Nackawic).
- Games will be 2 – 25 minute periods.
- One game per week with a jamboree - guaranteed 2 games at the end of the season, which would include all teams with no championship play. Each child will receive a participant incentive.
- All games will be held on **Monday nights**, with no games allowed to start before 6:30pm
- WV Jamboree fee is \$75/team.

## Under 12

- The game will be 2 – 30 minute periods.
- One game per week
- Tournament at the end of the season, which will include championship play.
- All games are to be held on **Tuesday nights**, with no game allowed to start before 6:30pm.
- WV Tournament fee is \$75/team.

## Under 14

- The game will be 2 – 35 minute periods
- One game per week
- Tournament at the end of the season to include championship play.
- All games will be held on **Wednesday nights**, with no games allowed to start before 6:30pm
- WV Tournament fee is \$75/team.

## Under 16

- The game will be 2 – 40 minute periods
- One game per week
- Tournament at the end of the season to include championship play
- All games will be held on **Thursday nights**, with no games allowed to start before 6:30pm
- WV Tournament fee is \$75/team.

# Western Valley Summer Co-ed Soccer League Policy

## Rules of Play

- Fair Play concept will be promoted and adhered to.
- Soccer NB Rules and Western Valley League Rules will apply during scheduled league games and jamborees and tournaments.
- Skills shall be taught age appropriate.
- On game day, if a team has 10 players you cannot bring another child up to play.
- Provide an opportunity for all participants to be equally involved in the sport.
- No Premiership (AAA) or Division 1(AA) soccer players are eligible to play in the summer league
- All players are eligible to participate at a competitive level through the Western Valley Soccer Club.
- Any cancellations must be made by 4:00pm the day of the game.
- All teams must have at least 2 female or 2 males on the field at all times, if you have enough numbers to do so. If a team does not apply by this rule and a goal is scored the goal does not count.

League Names:

U6 & U8- Tim Bits Western Valley Soccer Program

U10 & U12- Western Valley Soccer League

U14- Western Valley Soccer League

U16- Western Valley Soccer League

## Western Valley Soccer League Registration Forms

Division	Community	Coach	Phone #	Times	Home Field	Game Day
EX: U10	Hartland	Kent Kuhn	375-4222	6:30pm	Arena Field	Mondays

# Western Valley Summer Co-ed Soccer League Policy

## Western Valley Recreation Association (WVRA) Code of Conduct

1. **DEFINITIONS.** The following terms have these meanings in this Policy:

a) “Individuals” – All categories of membership defined in the Western Valley Recreation Association (**WVRA**) Bylaws, as well as all individuals engaged in activities with (**WVRA**), including but not limited to, athletes, coaches, judges, officials, volunteers, directors, committee members, officers, managers and administrators.

b) “Social Media” – Various activities that integrate technology, social interaction and content creation via platforms which include, but are not limited to, blogs, wikis, photo and video sharing, podcasts, social networking and virtual worlds.

2. **PURPOSE.** The purpose of this Code of Conduct is to ensure a safe and positive environment within (**WVRA**) programs, activities and events, by making all individuals aware that there is an expectation of appropriate behavior, consistent with the founding principles of (**WVRA**), always.

(**WVRA**) is committed to providing an environment in which all individuals are treated with respect. Further, (**WVRA**) supports equal opportunity and prohibits discriminatory practices. Members of (**WVRA**) are expected to conduct themselves at all times in a manner consistent with the values of the (**WVRA**) that include fairness, integrity, open communication and mutual respect.

Conduct that violates this Code of Conduct may be subject to sanctions.

3. **SCOPE AND APPLICATION.** This policy applies to the Individuals defined above, relating to conduct that that may arise during (**WVRA**) business, activities and events, including but not limited to, office environment, competitions, events and meetings.

This policy may apply to conduct that occurs outside of (**WVRA**) business and events when such conduct adversely affects relationships within (**WVRA**) and its work and is detrimental to the image and reputation of the organization.

4. **RESPONSIBILITY.** All Individuals have a responsibility to:

a) Maintain and enhance the dignity and self-esteem of Individuals and other people by:

- 1) Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, color, ethnic or racial

# Western Valley Summer Co-ed Soccer League Policy

origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status;

2) Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members;

3) Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct;

4) Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;

5) Consistently treating individuals fairly and reasonably;

6) Ensuring that the rules of the sport, and the spirit of such rules, are adhered to.

b) Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious. Types of behavior that constitute harassment include, but are not limited to:

1) Written or verbal abuse, threats or outbursts;

2) The display of visual material which is offensive or which one ought to know is offensive;

3) Unwelcome remarks, jokes, comments, innuendos or taunts;

4) Leering or other suggestive or obscene gestures;

5) Condescending or patronizing behavior which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;

6) Practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance;

7) Any form of hazing;

8) Unwanted physical contact including touching, petting, pinching or kissing;

9) Unwelcome sexual flirtations, advances, requests or invitations;

10) Physical or sexual assault;

11) Behaviors such as those described above that are not directed towards individuals or groups but have the same effect of creating a negative or hostile environment; or

12) Retaliation or threats of retaliation against an individual who reports harassment.

c) Refrain from any behavior that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:

1) Sexist jokes;

2) Display of sexually offensive material;

3) Sexually degrading words used to describe a person;

4) Inquiries or comments about a person's sex life;

# Western Valley Summer Co-ed Soccer League Policy

- 5) Unwelcome sexual flirtations, advances or propositions;
  - 6) Persistent unwanted contact;
  - 7) Sexual assault.
  - d) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
  - e) Refrain from consuming alcohol or tobacco products while participating in **(WVRA)** programs or events. In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-oriented social situations associated with **(WVRA)** events.
  - f) Respect the property of others and not willfully cause damage.
  - g) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.
  - h) **Social Media - (WVRA)** understands that policing Social Media is an impediment, we do ask that your engagement through Social Media be done in a positive manner. See i, j, k and l.
  - i) Ensure comments may not be interpreted as slurs, demeaning or inflammatory, etc.
  - j) Comply with applicable privacy, confidentiality and intellectual property laws.
  - k) Refrain from the use of Social Media for the purposes of fraud and/or impersonation.
  - l) Refrain from uploading, posting, emailing or otherwise transmitting:
    - 1) Any content that is offensive, obscene, unlawful, threatening, abusive, harassing, defamatory, hateful, invasive of another's privacy or otherwise objectionable.
    - 2) Material which is designed to cause annoyance, inconvenience, or needless anxiety to others;
    - 3) Infringes the patent, trademark, trade secret, copyright or other proprietary right of any other party;
    - 4) Any unsolicited or unauthorized advertising or commercial material, "junk mail", "spam", "chain letter", "pyramid scheme" or any other form of solicitation.
    - 5) Any material that contains software viruses or any other computer code, file or program designed to interrupt, destroy or limit the functionality of any computer software or telecommunications equipment.
5. **COACHES.** In addition to SECTION 4 above, Coaches have additional responsibilities. The athlete-coach relationship is a privileged one and plays a critical role in the personal as well as athletic development of their athletes. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches will at all times:
- a) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level

# Western Valley Summer Co-ed Soccer League Policy

of athletes, including educating athletes as to their responsibilities in contributing to a safe environment. An example of this – we encourage the rule of two be applied.

- b) **(WVRA)** supports following the PSO LTAD model in its entirety.
- c) Under no circumstances provide, promote or condone the use of drugs or performance enhancing substances.
- d) Accept and promote athletes' personal goals and refer athletes to other coaches and sports specialists as appropriate and as opportunities arise.
- f) At no time engage in an intimate or sexual relationship with an athlete of under the age of 18 years and at no time engage in an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust or authority over the athlete.
- g) Where an athlete has qualified for a training camp, provincial team, national team, etc., the Coach will support the program, applicable coaching staff and the PSO.

6. **ATHLETES.** In addition to SECTION 4 above, Athletes will have additional responsibilities to:
- a) Report any medical or fitness problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete; or, in the case of carded athletes, interfere with the athlete's ability to fulfill requirements under the Athlete Assistance Program.
  - b) Participate and appear on time for all competitions, practices, training sessions, events, activities or projects.
  - c) Properly represent themselves and not attempt to enter a competition for which they are not eligible, by reason of age, classification or other reasons.
  - d) You are to always behave in a manner that shows good sportsmanship, to fellow competitors, all coaches, administrators and spectators.
7. **OFFICIALS.** In addition to SECTION 4 above, Officials will have additional responsibilities to:
- a) Conduct all events according to the rules of **(WVRA)**
  - b) Be fair and objective.
  - c) Avoid situations which a conflict of interest may arise.
  - d) Make independent judgments.
  - e) **(WVRA)** will make every effort to provide officials who are trained and certified by their host organization officiate at **(WVRA)** events.
8. **PARENTS, GUARDIANS, SPECTATORS.** In addition to SECTION 4 above, Parents/Guardians of Individuals and Spectators at events will:
- a) Encourage athletes to play by the rules and to resolve conflicts without resorting to hostility or violence;

# Western Valley Summer Co-ed Soccer League Policy

b) Never ridicule a participant for making a mistake during a performance or practice;

c) Provide positive comments that motivate and encourage participants continued effort;

d) Respect the decisions and judgments of officials, and encourage athletes to do the same; and

e) Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers who give their time to the sport.

9. **REVIEW AND APPROVAL.** This policy will be reviewed annually at (WVRA) planning sessions.

10. This Policy was approved by the Board of **(WVRA) January 23, 2020.**