

GLSA Guidelines for U-13 thru U-19 Coaches and Parents

1. The home team is the first team listed on the schedule. In case both teams have uniforms of similar colors, the home team is responsible for resolving the problem. Practice bibs are acceptable.
2. Each coach will present a filled-out GLSA score sheet and player cards to the referee or assistant referee before each game. At the end of the game, each coach must get his/her team's score sheet and player cards back. Both coaches will deposit their score sheet after each game in the locked box near one of the concession buildings. Detailed information about the score sheet can be found in each team packet issued at team assignments.
3. Teams and spectators are on opposite sidelines. **Only coaches and rostered players** are allowed on team sidelines. Home team is on the North or West bench.
4. NTSSA requires that parents, non-playing players, and spectators should be located not less than six (6) yards from outside the touchline, nor should they be closer than twenty (20) yards to the goal line. Due to the limitations of the fields at Lear Park, GLSA has set up the following policy: Parents, non-playing players, and spectators should be behind the Parents Box (approx. two (2) yards).
5. No one is allowed behind the Goal Line. No one is allowed to watch a game from a sidewalk. When games are played on Field 13 and not on Field 14, no spectators will be allowed to be around Field 14 to watch the game on Field 13. Same applies when games are on Field 14 and not on Field 13.
6. Number of players on the field: 11, one of them is a goalkeeper. All size is #5. Maximum roster size for U-13 and U-14 is 18 and for U-16 and U-19 is 22. Fields 5 and 13 are 56 x 109 yds. and Field 14 is 66 x 120 yds., each with a 24' w x 8' h goal. Each player shall play a minimum of 50% of the total playing time.
7. U-13 and U-14: The games shall be divided into two (2) equal 35-minute halves with a ten (10) minute break at halftime. U-16: The games shall be divided into two (2) equal 40-minute halves with a ten (10) minute break at halftime. U-19: The games shall be divided into two (2) equal 45-minute halves with a ten (10) minute break at halftime. After halftime, teams will switch sides.
8. Substitutions:
 - If the team in possession at a throw in makes a substitution, then the other team may also make a substitution.
 - By either team before a goal kick, after a goal is scored, at halftime and when play is stopped for an injury.
 - A player may be substituted for when he/she is given a caution.
9. All players will have shin guards. Footwear will be soft-cleated soccer shoes.
10. When a player is injured, the referee will stop play and signal the coach to enter the field. If a parent is needed to assist, then the coach may signal the parent to enter the field. **This is the only time a coach or parent is allowed on the field.** Coaches need to have a small first-aid kit at games and practices.
11. No individual is allowed to run the length of the sideline except participants of the game. Parents and spectators should not coach or instruct players during the game. Let the coach do the coaching. A coach should coach from inside the coaching box during games
12. No alcoholic beverages or tobacco products will be consumed or allowed near the playing areas. Animals or noisemakers are not allowed at the soccer complex.
13. Opposing coaches and parents should shake hands after each game.

14. Trophies or awards will be given based on league standing. The number of teams will determine the number of trophies or awards.

15. Concussion Awareness and Protocols:

- Become familiar with the GLSA Concussion Policy included in your coach's packet, also found on GLSA website www.longviewsoccer.com.
- For additional concussion training, visit the North Texas Soccer website at www.ntxsoccer.org. You will find the link to a "Concussion Awareness Training" video on the homepage and a link under the Coaches tab to the same video. We encourage all coaches, parents, and referees to watch this video.
- Distribute Concussion Fact Sheet to parents.

16. Training:

- Attend at least one (1) coach's clinic.
- Obtain at least an "F" Coaching License within one (1) year after you start coaching. The "D" License develops the core coaching competencies necessary to teach the 3-19 year old athletes and teams effectively.