



COASTAL YOUTH
SOCCER LEAGUE

Spring 2026 Coach Training

Official Pre-Season Orientation & Guidelines





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MYSA Pre-Game Sportsmanship Procedure

Procedure: Step-by-Step Guide



1. Line Up:
Teams & Referees
at Half Way Line
(Coaches Sideline)



2. Walkout:
Officials lead
walk to 5 yards
from spectators



3. Statement:
Home Team Rep
reads
Sportsmanship
Statement



4. Handshake:
Players perform
pre-game
handshake
(Home team
walks line)



5. Positions:
Return to benches,
starters assume
field positions



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MYSA Sportsmanship Language

Mission: Safe, Fun, Inclusive



Mass Youth Soccer and Coastal Youth Soccer share a mission to provide a safe, fun and inclusive soccer experience for all participants.

All participants deserve the right to play in an environment free from hostile and distracting behavior. Please do your part to create a positive soccer experience for all.

Zero Tolerance Policy



Poor sportsmanship will not be tolerated, and sanctions may be applied for violations of policy or codes of conduct.

Referee Authority



It is the referee's discretion to terminate the game if any threatening or discriminatory statements are made or for anyone entering the field of play without permission.



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Local Rules of Competition Changes - Spring 2026

Captains Only - Applies to all 11v11 games only

Captain's Identification



Captains must **wear bands** to designate their position as team captains.

Player & Referee Interaction



When the referee indicates, all players must move **4 meters away** from the referee, except for the team captains.

Substitute Captains



When captains are substitutes, a **new player** must be designated as captain by wearing the band. These are provided by your association.



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Local Rules of Competition Changes - Spring 2026

Eight Seconds on Goalie Distributions (does not apply to Goal Kicks)

When the 8-Second Count Starts



Once the goalie has control of the ball and is in position to distribute, the referee determines when the countdown starts.

*For Grade 3 & 4, count starts when the opposing team is at the build-out line.

The Countdown Procedure



8 > 7 > 6 > 5 > 4 > 3 > 2 > 1

Visible & Audible: The last five seconds must be clearly indicated by the referee.

Penalties & Restarts

Goalie Delay



Restart:
Corner Kick
(if goalie fails to distribute in 8s)

Opponent Interference



Restart:
Indirect Free Kick
from point of interference.
Persistent interference may result in a Yellow Card.



Local Rules of Competition Changes - Spring 2026

Borrowing Players - Applies to all ages and levels of competition

The Borrowing Process



24 hours prior to game:
Add borrowed players to the
"Borrowed Players Report Form"
on the website.

Your association must be
notified in advance.

Roster & Player Limits



Teams can borrow to reach:
15 players (9v9/7v7) or 18 players
(11v11). Cannot exceed original
roster size.

Individual player:

Max 3 times/season.

Team: Borrow in max 50% of
games/season.

Eligibility & Game Day Protocol



Borrow from lower or same
competition level.

Submit two approved CYSL
rosters with borrowed players
HIGHLIGHTED to the referee.

Annotate active players.



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Expectations Prior to Game



Pre-Game Administration



Lanyard visible.



Two colored rosters (and borrowed rosters) presented to referee.



Borrowed players **highlighted** on roster.



Player Safety & Equipment Inspection



ALLOWED:
Shin guards - yes.



NOT ALLOWED:
Jewelry, hard casts, earrings.



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Points of Emphasis for Spring 2026

Substitutions



CYSL only substitutes: on any goal kick, on any kick-off, one for one when substituting for an injured player, and on own possession throw-ins unless both teams are substituting. (Not on free kicks or corners!)



Players must be waiting at midfield prior to ball going out of play. Players must leave the pitch at midfield on the coach's side of the pitch.



Referees determine when substitutions may occur.





Points of Emphasis for Spring 2026

Build-out Lines for Grade 3 and 4 Teams



The defending team must retreat to midfield whenever the opposing team is taking a goal kick or the opposing goalie has the ball in their hands.



The coaches are responsible for enforcing the retreat to midfield for their teams. Referees may assist with reminders as appropriate.



An attacking team may decide to place the ball into play before the defenders fully retreat. There is no action required by the referee unless the defending team was making no effort to retreat and took advantage of their position. In this case, the referee should remind the defenders of their requirement to retreat and restart play with an IDFK for the attacking team.





What to do if...



Potential Serious Injury

If a head injury is suspected, do not allow the player to return. US Soccer & MYSA concussion protocols apply.



Inadequate Number of Players

Referee will not officiate. Play a scrimmage with coaches as referees. Do not report as a forfeit.



Lightning/Thunder Protocol

Wait 30 minutes from the last sight or sound of lightning/thunder.



MTOC Divisions & Referees

MSRC certified referee required for Div 1 & 2. Club linesmen have limited responsibilities.



Reporting Your Results



Home teams are responsible for reporting game scores in SportsPilot. Each association will have their own procedure, so know yours.



If a game is not played as scheduled, the reason must be shared with your association. The purpose of borrowed players is to avoid games not being played as scheduled.



If you disagree with how a score was reported, inform your association. Provide details of where and when game was played, what division, and the score.



Rescheduling Procedure



Should a game not be played on the scheduled date, home coaches have five days to provide three dates and times to the opposing coach to play the game. The opposing coach has five days to respond.



The days and times should offer three very different opportunities (ex: not all on a Tuesday at 4PM).



Should the coaches fail to agree on a date and time within ten days, the association representatives/presidents must step in and attempt to resolve before a forfeit can be requested.



Email messaging is the preferred method for communication, and would need to be submitted in the case of forfeit requests. (Text messaging may not be sufficient evidence).



Coach and Spectator Behavior



Poor behavior by coaches or spectators will not be tolerated. Behavior is inappropriate if the referee can hear language or see actions deemed directed at them, occurs in a public way, or is meant to make the referee feel uncomfortable.



Spectator behavior is the responsibility of the coach. The referee can issue Cautions or Send-Offs to the coach for spectator behavior.



PLAYERS PLAY, COACHES COACH, PARENTS CHEER!
Focus on positive support and the spirit of the game.



You are a Critical Part of the Game...and your time and effort are valued!



Please take advantage of training opportunities offered.



Compliance with Game Rules helps ensure safety of players and fairness of competition.



Please know the Game Rules.