



EAST BAY UNITED SOCCER CLUB

The Premier Club for Player and Coach Development

FIELD USE GUIDELINES AND RECOMMENDATIONS

EFFECTIVE PRACTICE MANAGEMENT TO MINIMIZE TURF WEAR

The goal areas take the greatest amount of wear during the season. If you want them to be in decent shape for your matches, they simply cannot be used on regular basis during weekly practice sessions. Run your practices from touch line to touch line rather than midline to goal line. Avoid setting up goals in the normal goalmouth position used for games on a regular basis. Rather, move the goals to the touchline, to the side of the goal line, or above the eighteen-yard goal box area to run your shooting drills. You can just as effectively work your crossing/shooting drills from the touchlines or goal lines. From time-to-time examine the grass, if certain areas look thin, move your team as much as practical to another area, and report the field condition back to Director of Field Operations promptly. Likewise if you notice soggy areas of the field, standing puddles, or other unsafe conditions, move to another area as much as is practical, and report the current field conditions to the Director of Field Operations.

GOAL SAFETY

JLYSSL has provided soccer goals for use on park, school and other fields throughout Oakland, Alameda and Piedmont. Therefore it is important that coaches, parents and players set a good example for use of these goals. This following describes the types of goals JLYSSL has in use that you may find throughout our parent-league's supply of fields and provides instructions on how they should be set up and handled.

Some GENERAL rules that are applicable to all soccer goals:

- ❑ Do not allow players or others to climb, swing or hang on any soccer goal. That is not the use for which they are designed. A toppling or collapsing goal can be lethal to any children or adults under it or on it.
- ❑ Goals **shall** be set-up with anchoring pins, weights or framing to minimize the risk of toppling or collapse during matches.
- ❑ It is strongly recommended that prior to game time, coaches make it a habit to check goals themselves for net integrity but most importantly, for anchoring. Should a goal not be properly anchored, it should be brought to the attention of the referees immediately. It is further highly recommended that coaches' carry with them at all times a minimum of 4- "J"-Hook anchors for securing goals. Request for anchors can be directed to the Director of Field Operations and they will be provided.



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The following is important Safety information on proper use of goals for the different types of goals typically found at JLYSSL-Associated Club Fields:

❑ **Moveable Permanent Goals**

The moveable permanent goals such as those located at AP Fields that are provided by JLYSSL are made by Score Master of large diameter, white aluminum tubing selected for ease of movement and safety. These goals are to be left assembled at the field year around. These goals are framed with a permanently attached back bar which serves a substantial counter-weight to prevent toppling. The back bar also provides structural integrity. To minimize risk of injury to people, maximize the longevity of the goals and minimize the wear and tear on our fields we should:

- Prevent players and others from climbing on, hanging from or swinging on goals or nets,
- Move the goals away from their regular game position at the end of play, or during practice if the goal line striping is not critical to the drill,
- Move a goal, whenever possible, using four adult strength individuals at a minimum, one lifting at each corner in a coordinated manner, to carry it to the new position,
- Move a goal for short distances, when necessary, with only two adult strength people, by raising the back bar just above the grass and sliding the goal straight backward only,
- One person should never move these goals alone, unless they are trained field coordinators or professional groundskeepers.
- Anticipate the needs of the groundskeeper and move the goal away from goal lines and touchlines the night before the field is mowed or re-striped.

❑ **3-piece Aluminum Goals (Typically found throughout our fields)**

These types of goals are typically used throughout our fields. They are strong and lightweight, easy to assemble and disassemble. These goals consist of two triangular shaped uprights and a top crossbar. All goals are typically secured with locks at a pre-designated storage location. coaches with practice assignments may use the goals for practices with the understanding and commitment that after their practice sessions, they are to return them to their proper designated storage location, and secure with the lock. All coaches will be provided the combo for the locks from the Director of Field Operations. In doing so the coach assumes full responsibility for on-site goal safety.



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□ Key Notes on Lifting

To avoid risk of injury, great care should be taken to observe the following procedures at all times when lifting and carrying goals:

- For our larger semi-permanent goals we are transitioning to outfit them with wheels to allow for easy movement of the goals. Until such time if goals need to be moved, it is important to follow the key points noted herein:
 - ✓ Ensure that strong lifters are at each corner of the goal frame.
 - ✓ The strongest lifters should be positioned to lift at the front corners.
 - ✓ Lift slowly and in unison with all other lifters to avoid the goal toppling over.
 - ✓ Lift with legs while keeping the back straight and erect during the lift.
 - ✓ Lift the goal only from the end frame with hands under the surface that normally rests on the ground.
 - ✓ Do not lift the back bar as doing so will shift too much weight toward the front corner lifters and possibly result in the goal toppling over.

RESPECT FOR OUR FIELDS

We honor the game by showing respect for the rules of the game; the officials who help keep the game safe and orderly, our opponents who keep the game a challenge, our own team, including teammates, coaches and parents. We also show respect to the cities, colleges and schools that make the playing fields available to us, by treating the fields with respect and care. As such it is important that everyone pledge:

- To leave our pets at home. Pets **are not** allowed ANYTIME on ANY FIELDS.
- To pick up litter after games and practices (including tiny bits of paper and cellophane, orange peels, unclaimed water bottles, clothing and shoes). It is encouraged that coaches/managers carry with them disposable trash bags and latex gloves to aide in the pickup and disposal of any refuse left on the field by our teams or others.
- To use any available specially marked containers for recycling aluminum and plastic beverage containers.
- To empty water bottles on the natural grass but seal up other unfinished drinks for disposal.
- To carry away any refuse that won't fit in the bins available at the field.
- To keep glass bottles off the fields.
- To remove rocks, sticks and other items that could trip a player or fan or that could damage field care equipment.



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- On all-weather synthetic sports turf fields:
 - Only water is permitted onto the field.
 - No pets.
 - No gum or sunflower/pumpkin seeds.
 - No food is allowed on or near the synthetic playing surface. It is important to note that food and drinks other than water deposited onto the field will develop bacteria that can pose a serious health hazards to players.
 - Players should avoid warming up on the field-perimeter rubberized tracks with their soccer boots at locations such as at College of Alameda or Merritt College, Piedmont HS (Witter), Oakland HS, Castlemont HS, etc. Warm ups on such surfaces if necessary, should be undertaken using tennis type shoes.
 - Spectators are to be seated in the designated areas as noted at each venue. Only players, coaching staff, and team managers are allowed to be on the field.

RAIN OUTS

During the various seasons of play, it may be necessary to close our league's fields due to rain. The EBUSC Director of Field Operations and the JLYSSL Field Coordinators do not take these decisions lightly. Typically their first consideration is to protect the condition of the fields for use for games throughout the season. An equally important consideration is for the immediate safety of players and others at practices or games. In no case shall any debate or dissention on announced field closures be tolerated. **ALL WEEKDAY OFFICIAL FIELD CLOSURE DECISIONS ARE MADE AND ANNOUNCED BY THE EBUSC DIRECTOR OF FIELD OPERATIONS ONLY. WEEKEND RAINOUTS ARE MADE AND ANNOUNCED BY JLYSSL.**

□ Game Days

Official Rain-outs are called by the league and will be posted both on the league's website www.jlyssl.org or on the **JLYSSL Rain Hot Line number (510) 812-6051**. In order to avoid any confusion during match game weekends, it is highly recommended that coaches and managers exclusively use the JLYSSL website or Rain-out Hot Line number as the means for communicating the official league rain out status.

Natural grass fields are closed typically based on current weather conditions, onsite inspections of a sampling of fields around the league, and regular monitoring of weather reports. On game days, if there is doubt about the status of fields, a process is implemented whereby the respective



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club's Field Coordinators perform on-site inspections of their host fields. This activity typically gets underway approximately at 6:30 AM. All club field coordinators in turn report back to the JLYSSL Administrator and Field Coordinator who then, based on all the input received, make a call for rainout closure league-wide of all grass fields. It is the league's Field Coordinator's intention to give at least a one-hour advance notice of the closing of fields. If the first game of the day were to be at 8:00 AM, the fields would be closed for that game by 7:00 AM. If the league makes a rainout call for a Saturday, it may not necessarily mean that the Sunday games are also cancelled. As such, **Coaches and Managers are strongly encouraged to regularly monitor the rain out hot line and league website for updates.** If fields are open for games, teams are expected to appear. It is important to note that when raining, all-weather sports turf fields will remain open, and will only be subject to closure by either the JLYSSL Field Coordinator or the referees officiating the match if it is deemed an unsafe condition for players. Be aware, that at any time, under inclement weather conditions, the referee may choose to cancel a game for reasons of safety that may or may not be directly related to the current weather conditions at game time. If no official referee is present, coaches may agree to cancel a game for safety reasons. It is extremely important that coaches and/or managers do not cancel games that are scheduled on all weather sports turf fields.

□ Practices

Generally during the playing season, weekday practice rain out status will be posted on the club website, for all natural grass fields. All-weather fields typically will remain open if you are scheduled to practice on such a field. The Director of Field Operations will make the official field closure call given the actual conditions of fields used. Practice field weekday rain out closures will be posted on the EBUSC website. Rain-out announcements will be made as soon as reasonably possible, **typically by 1:00 p.m.**, but in no case, not later than 2:00 p.m. that day. Should a coach find themselves out on a field when it starts to rain, the coaching staff is strongly urged to use good judgment and care to call off their practice to ensure that the fields are not damaged nor any player's safety and well-being is jeopardized. It is important to note that the field rainout announcement will not be made daily. It will only be announced when the status changes. As such, when the notice states a particular status, it will state that the status will remain in place until further notice.