



PRINCE GEORGE & REGION INDOOR SUPERSOCCER LEAGUE

PGSSL



“Work Hard - Show Respect”

Developed by Terrol Russell & Jon Lafontaine



Table of Contents	Page
Introduction	3
Types of Athletic Development	3
- <i>Athlete & Sport Specific</i>	3
- <i>Social & Mental Skills</i>	3
Maturational Stages	4
Focus	4
- <i>Grassroots</i>	4
- <i>Youth</i>	5
- <i>Adult</i>	5
Location	5
Schedules	6,7,8
- <i>Grassroots</i>	6
- <i>Youth Competitive</i>	7,8
Frequently Asked Questions	9
PGSSL Youth League Rules	10,11,12,13
Emergency Action Plan	14,15,16,17,18,
Goalpost Safety	19
Incident Report	20



Information Release

Prince George Super-Soccer League (PGSSL)

The Prince George Youth Soccer Association and the Prince George Roll-a-dome have partnered together and are thrilled to present the Prince George community with the first ever indoor youth soccer league. The **Prince George Indoor SuperSoccer League (PGSSL)** is a modified version of Futsal where the walls are live. Designed to be part of an interconnected Club development model, our partnership plays an important role in community engagement and within the PGYSA's long-term development plan and pathway.

The **PGSSL** will assist in synchronizing a development framework between local youth and Adult Indoor athletes. With a Grass Roots division located at the PGYSA Indoor facility and Youth and Adult divisions located at the Roll-a-dome facility, the groundwork for a local development pathway has been initiated.

Literature has expressed that youth athletes are more inclined to remain engaged in sport when there is strong local adult involvement. By building an interconnected Grass Roots-Youth-Adult Indoor league for the Prince George community, we can bring participants from different generations together and work to re-establish the passion our soccer community has been admired for in the past.

Competing in a safe and competitive environment, the **PGSSL** will provide league members with a brand of soccer specifically designed for different stages of growth. Challenging all league participants in a variety of ways both cognitively and physically, our Grass-Roots and Youth participants will add more tools to their individual toolbox and ultimately help strengthen the membership of our Adult Soccer League(s).

Athlete & Sport-Specific Development

Commencing dedicated Physical Literacy (Fundamental Movement Skills) development at the age of three, Youth league play in the PGYSA at the age of six, and eventually transitioning into the Adult Division at the age of 18, the PGYSA development plan takes a participant-centred approach within a Four-Sphere development model.

Throughout our pathway, dedicated training and development (physical literacy/sport-specific) are taught in a succession of stages over a period of 10-15 years. This ensures each athlete focusses on the 'process' and not just on the 'outcome', 'winning' does not come at the expense of 'development', and an individualized developmental focus is emphasized within a team context.

Social and Mental Skills Development

With today's youth expressing ever-increasing rates of loneliness, anxiety and depression, it is imperative our framework focus on providing emotional support for all our members. Therefore, not only does the **PGSSL** support athletes in reaching higher levels within sport, but the **PGSSL** methodology is concentrated on meeting youth 'assets' and ensuring the long-term health and welfare needs of our participants and our community.



PGSSL League Specifics

Presented below is an information package to provide further explanation on the structure and function of the PGSSL.

❖ PGSSL Maturational Stages (Age) – Divisions

The use of chronological structures is obsolete and disregards present-day athlete-development philosophies. Therefore, the PGSSL will be structured on 'Age-Ranges' (otherwise referred to as 'Maturational or Development' Age) and will closely align with the Canadian Sport for Life - Long Term Athlete Development Model 2.1 (<http://sportforlife.ca/resources/>)

*Age in Years (AIY)

- **Grass Roots Division**
 - Fundamentals (6-9 *AIY)
 - Learn to Train (9-11 *AIY)
- **Youth Competitive Division**
 - Training to Train (12-14/15 *AIY)
 - Training to Compete (14/15-17 *AIY)
- **Adult Division**
 - Active/Competitive for Life (18+ *AIY)

❖ PGSSL Developmental Focus

- **Grass Roots Developmental**
 - Fundamentals (6-9 *AIY)
 - Increase in mental, cognitive, and emotional engagement/development.
 - ABCs of athleticism and athletics (agility, balance, coordination, running, jumping, throwing).
 - Strength development with use of own body weight.
 - Learn to Train (9-11 *AIY)
 - Increased focus on sport skills and sport-specific development.
 - Introduction to sport science principles.
 - Integration of mental, cognitive, and emotional development.
- **Youth Competitive**
 - Training to Train (12-14/15 *AIY)
 - Higher focus on sport-specific skill development.
 - Added focus on fitness development & an integration of sport science principles.
 - Onset of growth spurt and peak height velocity in athletes.
 - Training to Compete (14/15-17 *AIY)
 - Increase in sport-specific & position-specific conditioning.
 - Standardization of Sport Science principles.
 - Increase in specialized training including the addition of participant driven game plans and halftime talks.



Prince George Youth Soccer Association

www.pgysa.ca



- **Adult Sport for Life**

- Active/Competitive for Life (18+ *AIY)
 - Embrace an active lifestyle.
 - Compete at Canadian competitions (e.g., Masters Games)
 - Engage youth participants through coaching, officiating, or mentorships.

❖ **PGSSL Training and Competition Location(s)**

- **Grass Roots**

- All training and matches will be located at the PGYSA Club Indoor facility.

- **Youth Competitive**

- Training: Located at the PGYSA Club Indoor facility.
- Matches: Located at the Roll-a Dome.

- **Adult**

- Training is scheduled by each individual team.
- Matches: Located at the Roll-a Dome.



Prince George Youth Soccer Association

www.pgysa.ca



PGSSL Grass Roots Division - Preliminary Indoor Training Schedule

Grassroots Division *Training & Matches* Located @ the PGYSA Indoor Facility. (Fee \$145)

Block	Division	Day	Time
Fundamentals (U6-U8) Learning to Train (U9-U11)	U6 – U8 Girls	Monday	5:15 PM to 6:15 PM
1. November 12th to December 15th 2018	U9 – U11 Girls	Wednesday	5:15 PM to 6:15 PM
	U6 – U8 Boys	Tuesday	5:15 PM to 6:15 PM
	U9 – U11 Boys	Thursday	5:15 PM to 6:15 PM
	U6 – U8 Girls	Monday	5:15 PM to 6:15 PM
2. January 7th to February 7th 2019	U9 – U11 Girls	Wednesday	5:15 PM to 6:15 PM
	U6 – U8 Boys	Tuesday	5:15 PM to 6:15 PM
	U9 – U11 Boys	Thursday	5:15 PM to 6:15 PM
	U6 – U8 Girls	Monday	5:15 PM to 6:15 PM
3. February 25th to March 15th 2019	U9 – U11 Girls	Wednesday	5:15 PM to 6:15 PM
	U6 – U8 Boys	Tuesday	5:15 PM to 6:15 PM
	U9 – U11 Boys	Thursday	5:15 PM to 6:15 PM
	U6 – U8 Girls	Monday	5:15 PM to 6:15 PM

PGSSL Grass Roots Division Preliminary Indoor Match Schedule

Block	Division	Day	Time
Fundamentals (U6-U8) Learning to Train (U9-U11)	U6 – U8 Girls	Saturday	10:15 AM to 11:15 PM
1. November 12th to December 15th 2018	U9 – U11 Girls	Saturday	11:15 AM to 12:15 PM
	U6 – U8 Boys	Saturday	12:15 PM to 1:15 AM
	U9 – U11 Boys	Saturday	1:15 PM to 2:15 PM
2. January 7th to February 7th 2019	U6 – U8 Girls	Saturday	10:15 AM to 11:15 PM
	U9 – U11 Girls	Saturday	11:15 AM to 12:15 PM
	U6 – U8 Boys	Saturday	12:15 PM to 1:15 AM
3. February 25th to March 15th 2019	U9 – U11 Boys	Saturday	1:15 PM to 2:15 PM
	U6 – U8 Girls	Saturday	10:15 AM to 11:15 PM
	U9 – U11 Girls	Saturday	11:15 AM to 12:15 PM
	U6 – U8 Boys	Saturday	12:15 PM to 1:15 AM
	U9 – U11 Boys	Saturday	1:15 PM to 2:15 PM



Youth Competitive Division (Cost \$185)

PGSSL Preliminary Indoor Training Schedule

*(Located at the PGYSA Indoor Facility)/*Teams will be made after registration closes (E.g., A,B,C,D)*

Block	Division	Day	Time
1.November 12 th to December 15 th 2018	T2T Females U12- U14	Wednesday	AB,6:15 PM - 7:15PM CD,7:15 PM – 8:15PM
	T2T Males U12 – U14	Mondays	AB,6:15 PM – 7:15PM CD,7:15 PM – 8:15PM
2.January 7 th to February 7 th 2019	T2T Females U12- U14	Wednesday	AB,6:15 PM - 7:15PM CD,7:15 PM – 8:15PM
	T2T Males U12 – U14	Mondays	AB,6:15 PM – 7:15PM CD,7:15 PM – 8:15PM
3.February 25 th to March 15 th 2019	T2T Females U12- U14	Wednesday	AB,6:15 PM - 7:15PM CD,7:15 PM – 8:15PM
	T2T Males U12 – U14	Mondays	AB,6:15 PM – 7:15PM CD,7:15 PM – 8:15PM

PGSSL Preliminary Indoor Match Schedule

(Located at the Prince George Dome)

Block	Division	Field	Day	Time
1.November 12 th to December 15 th 2018	T2T Females U12 – U14	II	Monday	5:15 -7:15 PM
	T2T Males U12 – U14	II	Wednesdays	5:15 -7:15 PM
2.January 7 th to February 7 th 2019	T2T Females U12 – U14	II	Monday	5:15 -7:15 PM
	T2T Males U12 – U14	II	Wednesday	5:15 -7:15 PM
3.February 25 th to March 15 th 2019	T2T Females U12 – U14	II	Monday	5:15 -7:15 PM
	T2T Males U12 – U14	II	Wednesday	5:15 -7:15 PM



2018/19 PGSSL Youth League Rules

PLAYER EQUIPMENT

- 1) All players must wear shin guards during play and players may not wear cleats on the playing surface. Only **flats** will be accepted.
- 3) All players must have a visible number on their shirt or jersey.
- 4) The goalkeeper is required to wear colors that are distinguishable from those of the field athletes.
- 5) Players must wear shorts. Exceptions:
 - The keeper is permitted to wear pants.
 - Athletes are permitted to wear leggings and under-shirts if outdoor temperature requires.
 - (This is recommended once outdoor temperature drops below -10° Celsius).
- 6) Players are not permitted to wear jewelry or hats at any time during the playing of a game, unless with the approval of the referee (i.e. taped earrings, ring).
- 8) The visiting team shall change color or wear pinnies in the event of a color conflict.
- 9) Any cast worn must be properly padded to the satisfaction of the referee.

GAMES

- 1) All games will consist of two, twenty-three min halves - with a 2 min halftime.
- 2) Teams will play 7v7 when playing on the small court and 8v8 when playing on the large court. This may be adjusted by the league Directors at any time during the season, to ensure league play stays competitive and development playing in confined space is at its maximum.
- 3) The game-clock will run continuous throughout each half. The Clock will only be reset at halftime, if a serious injury is incurred on the field-of-play, or at the referee's discretion.
- 4) Upon the referee's whistle at the conclusion of the game, each team has 2 minutes to clear the benches.
- 5) All teams are recommended to conduct a 'warm-up' prior to their match. Due to limited time between matches, said preparation may have to be conducted in an area adjacent to the court.
- 6) Forfeit: A team has 5:00 minutes with a running clock to field a team (minimum 4 players and a goalie needed to start a game) before the game is an official forfeit.
 - Example: A halve starting at 20 minutes long will be declared a forfeit at 14:59 on the clock.
 - Any team delaying the start of a game will be penalized and start the game shorthanded.
- 7) During scheduled "Super" matches, if the match is tied at the end of regulation time, the match will be decided by penalties:
 - teams will pick 3 shooters each prior to the start of the match.
 - If after three shooters the teams are still tied, the match will end in a tie.
 - The coin toss at the beginning of the match will determine the team that shoots first or second.

GENERAL RULES

- 1) No fighting or abusive behavior towards officials, opposing team members or teammates – Any suspensions resulting from a red card will be decided by the League Directors.
- 2) Suspended athletes or teams will NOT be refunded any league or team fees.
- 3) Sliding is permitted. However, sliding is only permitted when:
 - Scoring a goal, Stopping a goal, Blocking a shot, Intercepting a pass (*As long as there is no contact with an opposing player, as slide tackling is NOT allowed at any time).
 - If any contact occurs during the sliding process that player will receive at least a yellow card and a penalty will be awarded.
 - Slide tackling with intent to injure will result in an automatic red card and possible further suspension.
- 4) A player shall not touch the ball twice in a row off of a restart. If a player takes a direct kick and the ball rebounds off of the wall, that player may not touch the ball again.



5) All walls surrounding the field of play are live.

PENALTIES

- 1) A Player receiving a Yellow or Red card will result in a 2-minute penalty. If a goal is scored during the penalty that player may return and the penalty is over).
- 2) No Foul/Abusive Language is permitted at any time.
- 3) As per the rules of the game of soccer, Direct/Indirect free kicks/Penalties are awarded for the same offences as outlined in the FIFA rules of the game.
- 5) If a penalty shot has been awarded along with a yellow card and no goal is scored during the penalty, the ball is live and play will continue with a 2-minute power play.
- 6) Any player receiving 3 yellow cards during the season, will be required to sit the following game.
- 7) Two accumulated Yellow Cards in a game will result in an automatic Red Card (See Red Card rules below)
- 7) Red Card = Player Ejected – Team must pick a player that was on the floor at the time of the foul to serve a full 2-minute penalty. That player cannot return until the entire 2 minutes has been served, regardless of the total number of goals scored during this time.
- 8) If a penalty shot has been awarded along with a Red card the team will get a penalty shot and regardless if a goal is scored the ball is live and play will continue with a full 2 minute power play (multiple goals may be scored)
 - The ejected player OR COACHES must serve at least a one game suspension, possibly more.
 - The ejected player OR COACHES may not sit on any team's bench until suspension is served.
 - The ejected player OR COACHES may be suspended or permanently banned from season at the discretion of league directors.
 - Three accumulated red cards are an automatic suspension from the league.
- 9) ANY ONE FIGHTING OR THREATENING REFEREES, COACHES, OTHER PLAYERS, CUSTOMERS, EMPLOYEES OR ANYONE IN THE PREMISES, WILL BE AN AUTOMATICALLY SUSPENDED FROM PGSSL AND REQUIRED TO LEAVE THE FACILITY.

TEAM ROSTERS

- 1) All teams rosters will be determined by the PGYSA Head Office prior to the start of the season.
- 2) Players cannot be added after the first game and official list has been submitted.
- 3) Players cannot be registered on more than one team roster.
- 4) The maximum number of players permitted on a team roster is 15
- 5) Playing ineligible players will result in the forfeit of any game the said player participated in. Affected teams will be awarded a 1 to 0 score as well as three points.

GOAL KEEPERS

- 1) The goalkeeper has 6 seconds either by hands or foot to put the ball in play outside his/her own penalty box. An infraction will result in an indirect kick to the opposing team at the top of the arc of the penalty area.
- 2) The goalkeeper may possess the ball with his/her hands from his/her own teammate only if the teammate passes the ball back with his/her head or chest. An infraction will result in an indirect kick to the opposing team at the top of the arc of the penalty area.
- 3) The goalkeeper may not dropkick the ball into the playing area and may only distribute the ball into their own half with their hands. The ball may however be distributed anywhere on the field-of-play if distributed by feet.
- 4) The goalkeeper may not dribble the ball into the penalty box and pick it up with his/her hands if the ball was played by their own team. An infraction will result in an indirect kick to the opposing team at the top of the arc of the penalty area.
- 5) Goalkeepers are permitted to slide for the ball within their penalty area, permitted it is not feet first and conducted with an intent to injure a player of the opposition team or a teammate.



Prince George Youth Soccer Association

www.pgysa.ca



PROTEST

- 1) Protest of any game results will be reviewed by the League Directors.
- 2) Protest of a match result must be submitted in writing within 24 hours of the conclusion of the match.

RULES FOR SUBSTITUTIONS

- 1) Substitutions are ongoing (on the fly).
- 2) Substitutions must be made within the outlined box in front of the benches and not to give the substituting team any advantage from the substitution.
- 3) Players entering the field may not do so until the player they are replacing is off the field of play
- 4) The player leaving the field must immediately leave the field and not impede play while doing so.

POINT SYSTEM

1. Scoring will be on a 10-point system.

Six (6) points for a win, Three (3) points for a tie, Zero (0) points for a loss, One (1) point for a shutout, and One (1) point for each goal scored, with a maximum of three. A game ending with a final score of 0-0 will result in both teams being awarded 4 points (3 points for the tie and 1 point for a shutout).

A forfeit will be scored as a 1-0 win with eight (8) points awarded.

TIE BREAKING PROCEDURE

In the event two or more teams tie for the most points at the end of the season, the following criteria shall be applied in the order listed until the tie is broken:

1. Head to head competition.
2. Goal differential (Goals For (max up to 5 goals a game) - Goals Against)
3. Fewest goals allowed.
4. Goals scored, up to 5 per game.
5. Least number of cautions/ejections. Yellow = 1 point and Red = 3 points Coin toss; in the event of a three-way tie the odd man will be declared the winner.
6. Penalty kicks - to break a tie between 2 teams who are both trying to get a final spot in the Semi's will be taken thirty minutes prior to the scheduled start of the semifinals or final game. If both teams have qualified to get into the Semi's and all other tie-breakers are the same, then a coin will be flipped for seating purposes only.

Good luck to all teams



Emergency Action Plan

Although serious injuries or accidents are rare, one must be ready to deal with them if and when they occur.

As a first step:

- Develop an Emergency Action Plan and write it down so everyone involved is clear on their responsibilities.
- Designate key individuals to carry out the plan (i.e., the person in charge, and the call person).
 - An identified and designated **Person in Charge** should be an individual who is most qualified in first aid and emergency procedures. This individual will:
 - Know what emergency equipment is available at your facility
 - Secure a controlled and calm environment
 - Assess – and tend to – the injured player
 - Direct others involved until medical personnel arrive
 - An identified and designated **Call Person** should be the individual who will:
 - Keep a record of emergency phone numbers and know the location of telephones in the facility
 - Make the telephone call for assistance
 - Guide the ambulance (if required) in and out the facility
- Formal training in first aid and CPR is highly recommended for a minimum of one member of the team staff. This will give the confidence and knowledge needed to deal with emergencies effectively.
- A basic First Aid Kit should be maintained by each team to deal with minor injuries and checked regularly.

Emergency Action Plan Checklist

Access to telephones:

- _____ Cell phone (battery well charged)/ Change for pay phone
- _____ Training venues/ Home/Away venues
- _____ List of emergency phone no.'s

Directions to access the site:

- _____ Accurate directions to the sites (practice, home and away)

Participant information:

- _____ Personal profile forms
- _____ Emergency contacts
- _____ Medical profiles

Personnel information:

- _____ The person in charge is identified
- _____ The call person is identified
- _____ Assistants are identified



Emergency Action Plan

Telephone number _____

Team/Event _____ Emergency

Site _____ Ambulance

Person in charge _____ Police

Call Person _____ Fire Department

Hospital _____ Facility

Details of location: (to be read over the telephone to emergency dispatcher)

Steps to Follow When an Injury Occurs

Note: it is suggested that emergency situations be simulated during practice in order to familiarize coaches and athletes with the steps below

Step 1: Control the environment so that no further harm occurs

- Stop all the participants
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured participant from the elements and from any traffic

Step Two: Do an initial assessment of the situation. Is the participant?

- Breathing
- Have a pulse
- Bleeding
- Conscious/Unconscious
- Injury to neck or head
- Visible trauma to a limb
- Is unable to move or has lost feeling in arms or legs

***If the participant above does not show signs of any of the above move directly to step 3

Step Three: Do a second assessment of the situation

- Gather the facts by asking the injured participant as well as anyone who witnessed the incident.
- Stay with the injured participant and try to calm him/her; your tone of voice and body are critical.
- If possible, have the participant move himself/herself off the playing surface. Do not attempt to move an injured participant.



Step Four: Assess the Injury

Have somebody with first aid training complete an assessment of the injury and decide how to proceed. If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate EAP. If the assessor is sure the injury is minor, proceed to step Five.

Step Five: Control the return to activity

Allow the participant to return to activity after a minor injury only if there is no:

- Swelling
- Deformity
- Continued Bleeding
- Reduced range of motion
- Pain when using the injured Limb

Step Six: Report

Record the injury on an accident report form after contacting and informing the parent(s) or guardian(s).

Incident Report Form

(To be completed by team staff within 12 hours of incident/accident).

Incident Date: _____ Incident Time: _____

Injured Athlete/Staff name: _____

Location Injury Occurred: _____

Staff/Spectator Phone Numbers: _____

Female/Male: _____ Date of Birth: _____

Injury Type: _____

Incident Details: _____

Did the injury require an?

Ambulance. y/n

Hospital visit. y/n

Hospital Stay. y/n

Hospital Name: _____

Hospital Location: _____

Hospital Contact Number: _____

Prepared By: _____

Approved By: _____



Goalpost Safety Guidelines

The Prince George Youth Soccer Association is providing this document outlining the safe usage of goalposts within the game of soccer. Many serious injuries, including death, have occurred in the recent past due to the improper attachment and/or incorrect use of goalposts. The health and welfare of our athletes, coaches, officials, and spectators is of the utmost important and everyone participating within the game must play their part to ensure we prevent similar incidents in the future.

The PGYSA Goalpost Safety Guidelines are as follows:

1. All goalposts, regardless of size, must be anchored to the ground at all times.
 - This includes all portable goalposts of all sizes and shapes. When in use sand bags or anchors must be used at all times.
2. Under no circumstances should children be permitted to swing on, climb on, or play on, goals or goalposts.
3. Weekly inspections should be carried out to ensure the safety and structural integrity of all goalposts.
4. Goalpost that have been modified from their original form, should not be used at any time and destroyed at first opportunity.
5. All manufacturer guidelines should be followed to prevent toppling or structural failure.
6. Before initial use, team staff should:
 - Conduct a safety check of all goalposts.
 - Ensure construction of all goalposts has been done correctly as per manufacturer instructions.
 - Conduct a weekly check to ensure all goalposts have been anchored correctly to prevent toppling.
 - Exert a variety of forces on the goalposts to ensure structural integrity (backward/forward/etc). ***This should be repeated a number of times to ensure structure is secure. If said structure is not secure, alternative pitches must be used.

As a final note, it is imperative for all Club members to take responsibility and test and inspect all equipment. In addition to goalposts, this includes balls, nets, fields, agility equipment, chairs and benches, including any and all other training and playing equipment.



Prince George Youth Soccer Association

www.pgysa.ca



Diagram of Home Facility

Use the space below to draw a detailed diagram of your home facility. Mark on it the location of telephones, first aid rooms, desired routes for attending medical personnel, and anything else that might be helpful.



Prince George Youth Soccer Association

www.pgysa.ca

