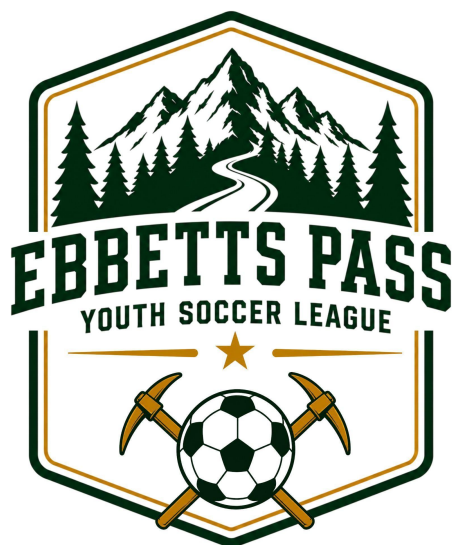




EPYSL Parent Handbook

2026 Edition

Ebbetts Pass Youth Soccer League
Murphys, California

A guide for safe, positive, and enjoyable youth soccer.

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This handbook summarizes EPYSL expectations and procedures. EPYSL bylaws, Board-approved policies, and applicable Cal North or NorCal Premier rules control if a conflict arises.

1. Welcome to EPYSL

Welcome to Ebbetts Pass Youth Soccer League (EPYSL), a volunteer-run nonprofit organization serving children and families throughout Calaveras County and nearby communities. EPYSL is committed to providing a safe, inclusive, developmentally appropriate soccer experience that builds skill, confidence, teamwork, sportsmanship, and a lasting enjoyment of the game.

Mission

To promote youth soccer in a safe, inclusive, and developmentally appropriate environment that fosters enjoyment of the game, skill development, physical fitness, teamwork, resilience, and sportsmanship.

League Programs

Recreational Program. Open to players of all abilities and generally governed by Cal North Youth Soccer Association rules. Balanced teams, participation, skill development, and enjoyment are emphasized.

Competitive Program. Tryout-based teams competing under NorCal Premier Soccer. Competitive teams require increased commitment, attendance, travel, and player responsibility.

Governing Authority

All participants are subject to EPYSL bylaws, Board-approved policies and procedures, applicable governing-body rules, and facility requirements. The Board may interpret or revise league procedures when necessary to protect players and league operations.

2. Registration & Participation

Eligibility and Registration

Players must be fully registered and rostered before participating in EPYSL practices, games, or other team activities. Age eligibility follows the current seasonal rules of Cal North or NorCal Premier, as applicable.

Team Placement

Recreational teams are formed to support balanced competition while considering age, roster size, coach availability, geographic area, sibling or coach-child placement, and other practical factors. Specific teammate, coach, or practice-location requests cannot be guaranteed.

Competitive rosters are selected through player evaluations, coach input, roster needs, available positions, and Board-approved selection procedures. Tryout participation does not guarantee placement.

Financial Assistance

Financial assistance may be available to families with demonstrated need. Applications are handled confidentially and should be submitted during the registration period whenever possible.

Registration Refund Policy

Registration fees fund uniforms, player passes, insurance, governing-body registration, field use, equipment, referee costs, and administrative expenses. Many costs are committed shortly after registration closes and cannot be recovered by the league.

Registration fees are generally non-refundable after uniforms are ordered or player registration and other committed expenses have been incurred.

A partial refund may be considered only when a late-registered player fills the withdrawing player's roster position, can use the uniform already ordered, and the substitution prevents additional league expense. Any refund is limited to costs not yet incurred. The Board may consider documented extraordinary circumstances case by case; Board decisions are final.

Final team placement, practice schedules or locations, and the absence of a volunteer coach do not, by themselves, create eligibility for a registration refund.

Volunteer Coach Availability

EPYSL relies on volunteer coaches to operate its recreational and competitive program. If a team does not have a fully registered and trained coach, the league may suspend practices, combine or adjust teams, or allow scheduled games to proceed under the supervision of a qualified league representative while continuing to recruit a coach.

3. Parent & Player Expectations

Parents and players each contribute to the success of the team. By demonstrating respect, responsibility, and sportsmanship, we create an environment where every player can learn, compete, and enjoy the game.

Parents and Guardians

- Provide positive encouragement to all players.
- Allow coaches to coach and referees to officiate.
- Model calm, respectful sportsmanship regardless of the score.
- Ensure players arrive on time, hydrated, healthy enough to participate, and properly equipped.
- Keep emergency contacts and relevant medical information current.
- Communicate concerns privately and through the league process rather than during play.
- Support volunteer coaches, referees, field crews, and Board members.

Players

- Attend practices and games prepared to participate.
- Listen to coaches and follow safety instructions.
- Treat teammates, opponents, coaches, officials, and volunteers respectfully.
- Use appropriate language and behavior.
- Give their best effort and accept that mistakes are part of learning.
- Tell an adult immediately about pain, injury, illness, bullying, or unsafe behavior.

Attendance and Commitment

Families should notify the coach as early as possible when a player will miss a practice or game. Competitive players are expected to attend all scheduled activities unless excused by the coach. Repeated unexcused absences may affect playing time or roster status in the competitive program.

4. Game Day Guide

Before Leaving Home

- Properly sized, inflated soccer ball
- Soccer cleats and uniform
- Shin guards completely covered by socks
- Full water bottle labeled with the player's name
- Required medication or medical equipment, such as an inhaler or EpiPen
- Weather-appropriate layers or sun protection

Arrival and Check-In

Players should arrive at least 15 minutes before game time, or earlier if directed by the coach. Players should check in with their coach, place water in the team area, and remain with the team unless excused.

Spectator Areas

Parents and spectators must remain on the designated spectator sideline, opposite the team area. Do not stand behind goals, between adjacent fields, within the team area, or in locations that obstruct play, referees, emergency access, or other spectators. Parents should not enter the field during a game unless directed by a referee, coach, or league official.

Team Areas

Team areas between adjacent fields U6/U8 and U10/U11 fields are solely for team benches and should not have additional parents or spectators in those spaces. Additionally, parents and spectators should not be behind the goals, or along the goal sideline on any of the fields.

Pets

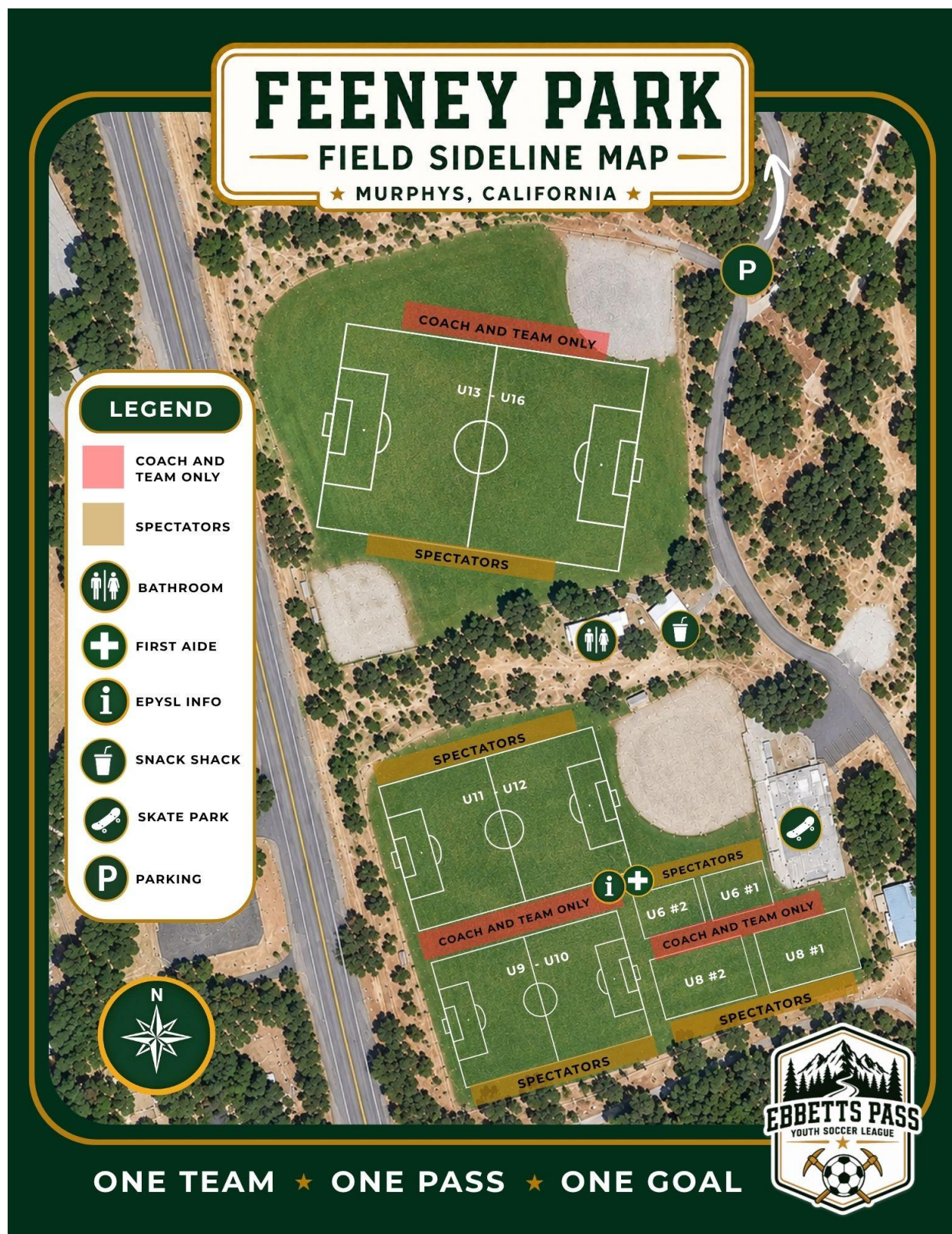
Pets are discouraged at EPYSL practices, games, and events. If pets are brought to league activities, they must remain on a leash no longer than six (6) feet, remain under the control of a responsible adult at all times, stay out of the field of play and team areas, and owners must immediately clean up after them. Any pet that becomes disruptive or poses a safety concern may be required to leave. Service animals, as defined by applicable law, are always permitted. This policy is subject to any additional rules established by the owner or operator of the facility where EPYSL activities are held.

Field Care

- Pick up bottles, food wrappers, and trash before leaving.
- Keep children away from equipment, storage and maintenance areas.
- Do not move goals, corner flags, benches, or field equipment unless directed.
- Leave spectator and team areas cleaner than you found them.

Cheer positively. Do not coach from the sideline. Multiple instructions can confuse players and undermine the coach.

Feeney Park Field Map



5. Playing Time & Recreational Rules

Recreational Playing Time

EPYSL follows a 50% playing-time standard for recreational players. Playing time may be reduced because of injury, illness, safety concerns, disciplinary action, late arrival, early departure, or a player's unwillingness to participate.

Competitive Playing Time

Competitive playing time is not guaranteed. Coaches determine playing time based on attendance, effort, attitude, readiness, development, position needs, game circumstances, and team needs.

Coaches are encouraged to communicate with families regarding attendance or disciplinary issues that may affect playing time whenever practical.

Five-Goal Rule

When a recreational team gains a five-goal advantage, coaches must use EPYSL-approved measures to reduce the imbalance and promote sportsmanship and development. Measures may include position changes, passing requirements, removing a player, mixing up the team members, or other age-appropriate adjustments. The purpose is to create a more productive game, not to embarrass either team.

Age-Appropriate Field Conduct

For U8 and older games, coaches and parents should remain off the field during active play except when authorized by the coach and referee. For younger divisions, coaches are usually the referees and are on the field to provide assistance and guide players.

If a parent is concerned with player injury, wait for the coach to invite the parent over to intervene or check on the player.

6. Conduct, Concerns & Discipline

Expected Conduct

Players, parents, spectators, and team officials must behave respectfully and refrain from intimidation, threats, profanity, discriminatory language, harassment, fighting, unsafe behavior, or persistent criticism of players, coaches, referees, or opponents.

Spectators are expected to model good sportsmanship by cheering positively, encouraging all players, and treating coaches, referees, volunteers, and opposing families with courtesy and respect. Please allow coaches to coach, referees to officiate, and players to play without sideline instruction. Remain in designated spectator areas, follow all league and facility rules, and help create a safe, welcoming, and enjoyable environment for every participant.

Unsportsmanlike Parent or Spectator Behavior

Unsportsmanlike behavior may result in removal from the field area. When appropriate, a referee will first speak with the team coach and ask the coach to intervene with the parent or spectator. If further intervention is necessary, the coach or referee may request that the Board Member of the Day direct the individual to leave the field or facility.

A parent or spectator who displays unsportsmanlike conduct may be required to complete an approved online sportsmanship course and submit a certificate of completion before attending additional EPYSL events. Serious or repeated misconduct may result in additional restrictions or discipline by the Board.

Respect for Referees

Many EPYSL referees are youth officials who are developing their skills. Spectators may not argue with, yell at, follow, threaten, or confront referees before, during, or after a match. Questions about officiating must be directed to the coach after the game; the coach may use the appropriate league channel.

Raising a Concern

1. Routine team concern: contact the coach privately and allow reasonable time for a response.
2. Game-day safety or conduct issue: speak with the coach, for immediate assistance find the Board Member of the Day.
3. Referee concern: speak with the coach
4. Unresolved or serious concern: email the league with a concise factual description, date, team, and requested follow-up.
5. Suspected abuse or immediate danger: contact law enforcement or child-protection authorities as appropriate, then notify the coach and the league, as necessary.

24-Hour Cooling-Off Guideline

Unless immediate safety is involved, families are encouraged to wait until the following day before sending a complaint about playing time, coaching decisions, or officiating. Calm, factual communication is more likely to produce a useful resolution.

7. Player Equipment

The referee has final authority to decide whether equipment is safe for a particular match. Players may not participate while wearing or using an item the referee considers dangerous.

Item	Requirement
Shin guards	Required at all practices and games; professionally manufactured, properly sized, unaltered, and completely covered by socks.
Jewelry	Not permitted, including earrings, rings, necklaces, watches, bracelets, hair clips, and bobby pins. Piercings may not be taped over. A medical-alert item may be secured as directed by the referee.
Casts and splints	Hard casts, air splints, and metal splints are not permitted. A soft cast may be allowed only at the referee's discretion.
Braces	Rigid or metal components must be adequately padded and must not present a danger. The referee may prohibit any brace.
Eyeglasses	Sports goggles with impact-resistant lenses are strongly encouraged.
Cleats	Must be appropriate for soccer and in safe condition. Metal or otherwise dangerous studs are prohibited where governing rules do not allow them.
Fingernails	Should be trimmed so they do not extend beyond the fingertips.

8. Player Health & Safety

Participation When Ill

Players should not attend or participate when they have a fever, repeated vomiting, significant contagious symptoms, or another condition that makes participation unsafe. Coaches may remove a player from activity when they reasonably believe the player is ill, injured, or unable to participate safely.

Medical Information and Medication

Parents must tell the coach about relevant allergies, asthma, cardiac conditions, seizure disorders, activity restrictions, or emergency plans. Players who may need emergency medication should have it immediately available according to family and medical-provider instructions. Coaches are not required to diagnose conditions or administer medication beyond their training and league procedures.

Injury Reporting

All injuries should be reported to the coach immediately. Significant injuries, emergency responses, suspected concussions, sudden cardiac events, or other safety incidents require an EPYSL Incident Report and notification to the appropriate league official.

Tobacco, Alcohol, Drugs, and Weapons

EPYSL activities are tobacco-free, vape-free, alcohol-free, and drug-free. Weapons are prohibited except as allowed by law for on-duty law-enforcement personnel or otherwise specifically authorized by facility rules and law.

When in doubt, sit them out. Player safety always takes priority over practices, games, standings, or tournaments.

9. Environmental Safety

League officials, coaches, and referees may delay, shorten, modify, suspend, relocate, or cancel activities whenever heat, smoke, lightning, poor field conditions, or another environmental hazard creates an unreasonable risk.

Heat Safety

EPYSL uses **Wet Bulb Globe Temperature (WBGT)** guidance when available because WBGT accounts for temperature, humidity, sunlight, and wind. Players should arrive hydrated, have unlimited access to water, and receive additional rest and cooling opportunities as conditions warrant.

WBGT	General Guidance
Below 82.1°F	Normal activity with regular hydration.
82.2-87.0°F	Increase hydration and monitor athletes closely.
87.1-90.0°F	Increase breaks and monitoring. At 89.6°F WBGT and above, provide a four-minute cooling break every 30 minutes of continuous play.
90.1-91.9°F	High risk. Reduce intensity or duration and maximize cooling.
92.0°F and above	Extreme risk. Postpone or cancel matches in accordance with governing guidance.

Air Quality

AQI	General Guidance
0-99	Normal outdoor activity.
100-149	Monitor sensitive athletes; consider reduced participation.
150-199	Reduce duration and intensity; sensitive athletes should not participate outdoors.
200-299	Postpone, relocate, or avoid prolonged or strenuous outdoor activity.
300+	Cancel or move all outdoor activity indoors.

Other Environmental Hazards

- Lightning or thunder: stop activity if lightning is seen in the area and follow facility and governing-body shelter guidance.
- Unsafe field conditions: do not use areas with holes, exposed irrigation, standing water, unstable goals, debris, or other hazards. Report conditions to coach
- Wildfire or evacuation conditions: follow local emergency instructions and league communications.
- Extreme cold, wind, or precipitation: modify or cancel activity when exposure or footing becomes unsafe.

Appendix A - Parent Emergency Guidelines

These guidelines explain what families can expect during a significant injury or medical emergency. Coaches and parents should only provide care within their training and should activate emergency medical services whenever needed. Parents should follow coach instructions in all cases.

General Emergency Response

6. Stop play and assess the situation.
7. Provide basic first aid within the responder's training.
8. Call 911 for a life-threatening condition or when emergency evaluation is needed.
9. Retrieve the nearest AED when cardiac arrest is suspected.
10. Notify the parent or guardian and Board Member of the Day.
11. Keep an adult with the player until the parent, guardian, or emergency responder assumes care.
12. Complete an EPYSL Incident Report for a significant incident.

Concussion or Head Injury

A player suspected of concussion must be removed from play immediately and may not return the same day. Warning signs include confusion, memory difficulty, headache, dizziness, nausea, vision changes, poor balance, unusual behavior, or loss of consciousness. Return requires written clearance from a licensed healthcare provider as required by California law and EPYSL policy.

Sudden Cardiac Arrest

Unexpected collapse, unresponsiveness, abnormal breathing, or collapse without significant contact may indicate sudden cardiac arrest. Call 911, begin CPR, retrieve and use the AED as soon as available, and continue care until emergency responders take over.

Heat Illness

Remove the player from activity, move them to shade or air conditioning, remove excess equipment, begin active cooling, and provide fluids only when the player is alert and able to drink. Call 911 for confusion, seizure, loss of consciousness, breathing difficulty, hot skin with altered mental status, or failure to improve rapidly.

Other Serious Injuries

For suspected fractures, dislocations, major sprains, deep wounds, or neck or back injuries, stop play, avoid moving the player unless necessary for immediate safety, and call 911 when appropriate.

Return to Play

Medical clearance may be required after concussion, sudden cardiac arrest or unexplained fainting, heat exhaustion or heat stroke, fracture, dislocation, neck or back injury, or any condition involving provider-directed activity restrictions. Families must communicate restrictions and clearance to the coach before participation resumes.

Appendix B - Quick Reference & League Contacts

Who to Contact

Issue	First Contact
Team schedule, practice, routine question	Your player's coach
Game-day safety or conduct concern	Board Member of the Day (located around the fields; usually at the pop-up tent near the refs)
Officiating concern	Your player's coach
Registration or roster question	EPYSL Registrar epyslregistrar@gmail.com
Serious unresolved concern	EPYSL Board of Directors- use league email available on EPYSL website
Immediate emergency	Call 911

League Email

epyslsoccer@gmail.com

Parent Game-Day Checklist

- Player is healthy enough to participate.
- Uniform, cleats, shin guards, ball, water, and medication are packed.
- Emergency contact and medical information are current.
- Family knows the correct field and arrival time, as well as spectator area
- Spectators understand sideline and sportsmanship expectations.
- Trash and belongings are collected before leaving.

Thank you for supporting your player, respecting our officials, and helping make EPYSL a place where every child can learn, grow, and enjoy the game. Together, we are building more than soccer players—we are building confident, respectful young people and a stronger community.

Please keep in mind, EPYSL is a Volunteer Organization

- Coaches are volunteers.
- Referees are often youth officials.
- Board members volunteer their time.
- Field setup and teardown are volunteer-driven.

If you'd like to help, we'd love to have you join us.