



Central Oregon Soccer League (COSL)

R.O.O.T.S. Framework

The COSL R.O.O.T.S. philosophy defines the expectations for all players, coaches, parents, and spectators. It promotes a positive, respectful, and development-focused environment for youth soccer.

R.O.O.T.S. stands for:

- **Rules**
- **Officials**
- **Opponents**
- **Teammates**
- **Self**

R – Rules

Honor the Rules

Rules exist to keep players safe and ensure the game is fair.

- Rules provide necessary structure in a game filled with emotion.
- True success and genuine accomplishment can only be achieved fairly.
- Do not attempt to bend or work against the rules—advantages gained unfairly are meaningless and short-lived.

O – Officials

Honor the Officials

Officials are essential to the game and deserve respect at all times.

- Referees are people first—sons, daughters, parents, and community members.
- Without officials, there is no game—value their presence.
- Many referees are young or developing; your behavior impacts their future in the game.
- Officials are fellow soccer participants who deserve patience, respect, and appreciation.
- They will make mistakes—just like players and coaches. Use those moments to teach forgiveness and growth.
- Officials are outside your control, like the weather—focus instead on effort and attitude.
- Respond to adversity, including bad calls, with resilience and composure.
- Keep perspective—you are not watching a World Cup final.

O – Opponents

Honor the Opponents

Opponents are partners in competition and development.

- Treat opponents with courtesy and respect.
- They share your love of the game, just wearing different colors.
- Without opponents, there is no opportunity to compete or improve.
- Respect others to earn respect in return.
- Recognize and appreciate the effort and accomplishments of all players.
- Strive to be both competitive and sportsmanlike.

T – Teammates

Honor Your Teammates

A strong team environment is built on encouragement and trust.

- Let coaches do the coaching—players need one clear voice of instruction.
- Focus on encouragement, not instruction.
- Support every player—team success depends on everyone, not just individuals.
- Celebrate effort and growth, not just outcomes.
- Allow players to make mistakes—this is essential to learning and development.
- Understand that each player develops at their own pace.
- Create an environment where all players feel supported and confident.

S – Self

Honor Self

Your behavior sets the standard for others.

- Represent yourself, your family, and your club with integrity.

- Be a positive role model on and off the field.
- Set high standards for your behavior and live up to them.
- Never confront or engage negatively with any player—on your team or the opposing team.

Sideline Philosophy & Player Development

Always keep in mind:

- Anxiety is the greatest barrier to player development.
- Players must feel safe and confident to take risks and improve.
- Mistakes are essential to learning—players must be free to make them.
- Sideline behavior directly impacts player confidence and performance.
- The most important play is the **next play**.
- Development takes years, patience, and consistent effort.
- Most development happens in training, through repetition and touches on the ball.
- Struggle is necessary—growth comes from effort over time.
- Players who embrace adversity and enjoy the process will succeed.

Building a Positive Sideline Culture

A healthy environment requires teamwork from all adults.

- Work together to model positive behavior.
- Support and guide others when needed—everyone can have a bad day.
- Create a sideline that reduces pressure and increases joy.
- Remember: the environment you create determines how much players grow and enjoy the game.

COSL Commitment

By participating in COSL, we commit to:

- Honoring the game and everyone involved in it
- Creating a safe, respectful, and supportive environment
- Prioritizing player development over outcomes
- Modeling the values of R.O.O.T.S. at all times

Play Hard. Play Fair. Grow the Game the Right Way.