

T E N N E S S E E   S O C C E R   A C A D E M Y

LAKELAND · ARLINGTON · ATOKA · MUNFORD · OAKLAND, TN



2026/2027 SEASON

# RECREATIONAL SOCCER HANDBOOK

Everything your family needs for the season ahead — program details, safety policies, and the expectations that keep our game positive for every player.

PROGRAMS & RULES

FACILITIES & GAME DAY

CODES OF CONDUCT

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D E V E L O P .   I N S P I R E .   B E L O N G .

## 2026/2027 RECREATIONAL SOCCER HANDBOOK

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**A note on signatures:** the Parent and Player Codes of Conduct in this handbook are acknowledged online as part of registration — no printed signature is required. This handbook is your family's reference copy for the season.

## SECTION 01

# PROGRAM OVERVIEW

A fun and educational environment for all members of the community to learn and love the game. Here's what a season with TSA Recreational looks like.

**8****GAMES PER SEASON**

U8 and younger typically play Saturday mornings; U10+ may have weeknight or weekend games.

**1****PRACTICE PER WEEK**

Held Monday–Thursday. Your coach selects the day and keeps it consistent all season.

**FREE****SKILLS CLINICS**

Development opportunities with our licensed competitive staff coaches, offered throughout the season.

**PRACTICES**

One weekly practice, held Monday through Thursday. Each coach selects their practice day and keeps it consistent for the entire season, so families can plan around it.

**GAMES**

Eight games per season. Games for U8 and younger are typically Saturday mornings; U10 and older teams may have weeknight or weekend games.

**SKILLS CLINICS**

FREE skills clinics and development opportunities with our licensed competitive staff coaches are offered throughout the season.

**COACHING**

Volunteer coaches receive ongoing training and follow a development curriculum overseen by our league director.

**No standings. No records.** We don't track wins and losses in our recreational league — our focus is player development and a love for the game.

## SECTION 02

# FACILITIES

TSA Recreational plays and trains at quality parks and sports complexes across our communities. Here's where you'll find us this season.

## OAKLAND

### OAKLAND SPORTS COMPLEX

495 Mewburn Farm Road, Oakland, TN 38060

Brand new state of the art facility with 4 full-size fields, LED lighting, walking paths, parking, restrooms, concessions, and much more.

## ATOKA

### WALKER PARK

1197 Walker Pkwy, Atoka, TN 38004

Soccer facility with 2 full-size fields, lighting, walking paths, parking, restrooms, concessions, splash pad, and much more.

## MUNFORD

### VALENTINE PARK

1020 Beaver Rd, Munford, TN 38058

Sprawling park featuring playgrounds, soccer fields, a lake and dog park, as well as a disc golf course.

## LAKELAND

### LAKELAND PREP ATHLETIC ANNEX FIELDS

9651 Old Brownsville Rd, Lakeland, TN 38002

5 full-size fields with LED lighting, walking paths, parking, restrooms, concessions, and much more.

### BRODY TOWNSEND ATHLETIC COMPLEX

9661 Memphis Arlington Rd, Lakeland, TN 38002

2 full-size fields with LED lighting, walking paths, parking, restrooms, and much more.

## SECTION 03

# RULES OF THE GAME

Our recreational formats grow with your player — from 3v3 first touches at U4 to 7v7 with goalkeepers and officials at U15. Start with the summary below, then see your age group's program and full rules on the following pages.

## SUMMARY OF AGE GROUPS

AGE GROUP	FORMAT	BALL	GAME TIME	OFFICIALS
<b>U4 COED</b> Introductory to fundamentals · fun scrimmage-style games	3v3	Size 3	Four 8-minute quarters with 3-minute breaks	No referee. Coaches manage the game and keep time.
<b>U6 COED</b>	4v4 (No Goalies)	Size 3	Four 8-minute quarters with 3-minute breaks	No referee. Coaches manage the game and keep time.
<b>U8 COED &amp; SINGLE GENDER</b>	4v4 (No Goalies)	Size 3	Four 10-minute quarters with 3-minute breaks	Official referee. The referee manages the game and keeps time.
<b>U10 &amp; U12 BOYS &amp; GIRLS</b>	7v7 gender specific (6 field players plus a goalkeeper)	Size 4	25-minute halves with a 5-minute halftime	Official referee. The referee manages the game and keeps time.
<b>U15 BOYS &amp; GIRLS</b>	7v7 gender specific (6 field players plus a goalkeeper)	Size 5	25-minute halves with a 5-minute halftime	Official referee. The referee manages the game and keeps time.

**The focus is the experience, not the result.** Across every age group, no scores or league standings are kept, every player gets a minimum of 50% playing time, and players, parents, coaches, and referees are expected to exhibit good sportsmanship at all times.

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 RULES OF THE GAME · U4 & U6

## U4 COED PROGRAM

The TSA recreational U4 program introduces young children, their parents, and coaches to the game of soccer in a family-friendly environment. With a strong emphasis on participation and fun, the program offers soccer instruction and allows the kids to enjoy practices and playful scrimmages twice a week.

## U6 COED PROGRAM

The TSA recreational U6 program builds on teaching soccer to young children, their parents, and coaches by continuing to offer instruction in a family-friendly environment that emphasizes participation and fun. Players will practice once a week as well as take part in organized weekly games.

**FORMAT****3V3 / 4V4**

U4 is 3v3 · U6 is 4v4, no goalies

**BALL****SIZE 3****GAME TIME****4-8 MIN**

3-minute breaks

**OFFICIALS****COACHES**

No referee

**SUBS****~4 MIN**

Any time

## RULES OF THE GAME

- There will be four 8-minute quarters with a continuous running clock and breaks of 3 minutes.
- Substitutions should take place approximately every 4 minutes or as needed. Substitutions are allowed at any time of the game.
- No Offsides.
- No Slide Tackling.
- No Goalkeepers.
- No Referee. Coaches Manage the Game. Both coaches may be on the field directing and refereeing.
- Teams DO NOT switch sides at halftime.
- Anytime the ball goes out of bounds, the ball will be placed at the spot it went out of bounds. The new team in possession can either kick or dribble the ball back in to restart play. No throw-ins. The opposing team must be at least 10 feet from the ball before it is played.
- Free kicks are awarded for any intentional foul or obvious handball. The ball is placed at the spot of the foul. The opposing team must be at least 10 feet from the ball before it is played. Free kicks can be kicked or dribbled to restart.
- All Free Kicks are direct. This means players can score directly from a restart.
- Goal kicks can be taken from anywhere on the goal line. They can restart with a dribble or a pass.
- Corner kicks must be taken from the corner of the field of the side the ball went out of bounds. They can restart with a dribble or a pass.
- No scores or standings are kept.
- All players should take an active part in gameplay. Each player will be allowed a minimum of 50% playing time each game. Substitutions can be made at any time during the game. One coach from each team will be allowed on the field working together to help the kids and manage the game.

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**RULES OF THE GAME · U4 & U6 · CONTINUED****START OF PLAY**

Play starts from the center mark of the field. Every player must be in his/her own half of the field and the opposing team must be at least 10 feet from the ball before it is played. The ball is “in play” when it has been touched. It can be kicked or dribbled to begin play. After a goal has been scored, the game is re-started by a player from the non-scoring team in the same way as above. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

**BALL IN AND OUT OF PLAY**

The ball is out of play when the entire ball has crossed the line, whether on the ground or in the air.

**METHODS OF SCORING**

A goal is scored when the entire ball crosses the goal line, between the goal posts, and under the crossbar.

**OFFSIDE**

There will be no offside calls during the game.

**FOULS AND MISCONDUCT**

At this age group, these include intentional use of the hands to gain an advantage — whether handling the ball or shoving another player out of the way. Intentional tripping: remember that unintentional tripping may occur when young children play a game using their feet to control the ball. Coaches will help teach the kids safe play and good sportsmanship. If a player continues to intentionally push, shove, trip, or foul other players, the coach will remove them from the game and ask the parent to talk with them.

**FREE KICKS**

All kicks (kick-offs, goal kicks, restarts) are direct, meaning a goal can be scored directly from the kick. The opposing team must be at least 10 feet from the ball before it is played.

**PENALTY KICKS**

No penalty kicks at this age.

**GOAL KICKS**

When the attacking team plays the ball over the goal line, either on the ground or in the air, the defending team is awarded a goal kick. Goal kicks can be taken anywhere along the goal line. The opposing team must be at least 10 feet from the ball before it is played.

**ZERO TOLERANCE**

TSA soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, field official, or coach. This will be enforced and may result in the removal of the offending parties from the field or suspension of the game.

Questions and additional clarification for game rules may be sought from the coach, or the director, following the completion of the game. The small-sided soccer concept of 4v4 is designed with the players in mind. Kids should be able to have fun, in a safe and positive environment. The focus is not on game results but on game experience. For this reason, scores and league standings are not kept. Parents, fans, players, coaches, and referees are expected to exhibit good sportsmanship at all times.

## RULES OF THE GAME · U8

## U8 COED, BOYS, & GIRLS PROGRAM

The TSA recreational U8 program can be coed or gender specific and continues to develop all players' love for the game in a positive and productive environment. The goal at this age is to continue to provide soccer instruction in a family-oriented atmosphere with a strong emphasis on participation and fun. Players will continue playing in the 4v4 format to maximize touches on the ball and create more engagement in the game. This format allows players to develop quicker and have more fun.

**FORMAT****4V4**

No goalies

**BALL****SIZE 3****GAME TIME****4\*10 MIN**

3-minute breaks

**OFFICIALS****REFEREE**

Official referee

**SUBS****~5 MIN**

Any stoppage

## RULES OF THE GAME

- There will be four 10-minute quarters with a continuous running clock and breaks of 3 minutes.
- Substitutions should take place approximately every 5 minutes or as needed. Substitutions are allowed at any stoppage of play no matter who has the ball.
- No Offsides.
- No Slide Tackling.
- No Goalkeepers.
- Teams switch sides at half.
- Official Referee. The referee will officiate the game according to FIFA Laws of the game. There may be some exceptions to the laws based on TSA recreational league rules.
- Throw-ins will be taken to restart the game when the ball goes out over a sideline. The opposing team must be at least 10 feet from the ball before it is played.
- Free kicks are awarded for any intentional foul or obvious handball. The ball is placed at the spot of the foul. The opposing team must be at least 10 feet from the ball before it is played. Free kicks must be kicked to restart, no dribbling.
- All Free Kicks are direct. This means players can score directly from a restart.
- Goal kicks can be taken from anywhere on the goal line. Goal kicks must be kicked to restart, no dribbling.
- Corner kicks must be taken from the corner of the field of the side the ball went out of bounds. Corner kicks must be kicked to restart, no dribbling.
- No scores or standings are kept.
- All players should take an active part in gameplay. Each player will be allowed a minimum of 50% playing time each game. Substitutions can be made at any stoppage time during the game.

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**RULES OF THE GAME · U8 · CONTINUED****START OF PLAY**

Play starts from the center mark of the field. Every player must be in his/her own half of the field and the opposing team must be at least 10 feet from the ball before it is played. The ball is “in play” when it has been touched. It can be kicked or dribbled to begin play. After a goal has been scored, the game is re-started by a player from the non-scoring team in the same way as above. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

**BALL IN AND OUT OF PLAY**

The ball is out of play when the entire ball has crossed the line, whether on the ground or in the air.

**THROW-INS**

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the sideline, on the ground, or in the air. A goal cannot be scored directly from a throw-in: if the ball enters the opponent’s goal, a goal kick is awarded; if the ball enters the thrower’s goal, a corner kick is awarded.

**PROCEDURE**

At the moment of delivering the ball, the thrower must stand facing the field of play; have part of each foot on the touchline or on the ground outside the touchline; and throw the ball with both hands from behind and over the head from the point where it left the field of play.

**METHODS OF SCORING**

A goal is scored when the entire ball crosses the goal line, between the goal posts, and under the crossbar.

**OFFSIDE**

There will be no offside calls during the game.

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**RULES OF THE GAME · U8 · CONTINUED****FOULS AND MISCONDUCT**

At this age group, these include intentional use of the hands to gain an advantage — whether handling the ball or shoving another player out of the way. Intentional tripping: remember that unintentional tripping may occur when young children play a game using their feet to control the ball. Coaches will help teach the kids safe play and good sportsmanship. If a player continues to intentionally push, shove, trip, or foul other players, the coach will remove them from the game and ask the parent to talk with them.

**FREE KICKS**

All kicks (kick-offs, goal kicks, restarts) are direct, meaning a goal can be scored directly from the kick. The opposing team must be at least 10 feet from the ball before it is played.

**CORNER KICKS**

If the ball is last touched by the defending team and goes over the goal line, NOT IN THE GOAL, play restarts with a corner kick for the opposing team attacking the goal.

**PENALTY KICKS**

No penalty kicks at this age.

**GOAL KICKS**

When the attacking team plays the ball over the goal line, either on the ground or in the air, the defending team is awarded a goal kick. Goal kicks can be taken anywhere along the goal line. The opposing team must be at least 10 feet from the ball before it is played.

**ZERO TOLERANCE**

TSA soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, field official, or coach. This will be enforced and may result in the removal of the offending parties from the field or suspension of the game.

Questions and additional clarification for game rules may be sought from the coach, or the director, following the completion of the game. The small-sided soccer concept of 4v4 is designed with the players in mind. Kids should be able to have fun, in a safe and positive environment. The focus is not on game results but on game experience. For this reason, scores and league standings are not kept. Parents, fans, players, coaches, and referees are expected to exhibit good sportsmanship at all times.

## — RULES OF THE GAME · U10

## U10 BOYS & GIRLS PROGRAM

The TSA recreational U10–U15 programs are gender specific. Players at this age are introduced to a 7v7 playing format including goalkeepers, a larger field, and official referees. The goal at this age is to still provide a safe and positive environment for all players to continue to develop their love for the game.

**FORMAT****7V7**

6 field + goalkeeper

**BALL****SIZE 4****GAME TIME****2\*25 MIN**

5-minute halftime

**OFFICIALS****REFEREE**

Offsides &amp; PKs

**HEADING****NO HEADING**

## RULES OF THE GAME

- There will be two 25-minute halves with a continuous running clock and a 5-minute halftime break.
- 7v7 Format.
- Substitutions should take place approximately every 10–12 minutes or as needed. Substitutions are allowed at any stoppage of play no matter who has the ball.
- Teams switch sides at half.
- There is Offsides. With only 1 official, they will do their best to make the correct call but will not be able to see every instance. Be supportive and understanding of the official.
- There are Penalty Kicks.
- No Heading.
- Throw-ins will be taken to restart the game when the ball goes out over a sideline.
- Goal kicks can be taken from anywhere inside the goal box.
- Corner kicks must be taken from the corner of the field of the side the ball went out of bounds.
- No build-out line.
- No scores or standings are kept.
- All players should take an active part in gameplay. Each player will be allowed a minimum of 50% playing time each game. Substitutions can be made at any stoppage time during the game. One coach from each team will be allowed on the field working together to help the kids and manage the game.

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**— RULES OF THE GAME · U10 · CONTINUED****START OF PLAY**

Play starts from the center mark of the field. Every player must be in his/her own half of the field and the opposing team must be outside the center circle before it is played. The ball is "in play" when it has been touched. Kickoffs can not start with a dribble. The kicker cannot touch the ball a second time until it has been touched by another player. After a goal has been scored, the game is re-started by a player from the non-scoring team in the same way as above. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

**BALL IN AND OUT OF PLAY**

The ball is out of play when the entire ball has crossed the line, whether on the ground or in the air.

**THROW-INS**

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the sideline, on the ground, or in the air. A goal cannot be scored directly from a throw-in: if the ball enters the opponent's goal, a goal kick is awarded; if the ball enters the thrower's goal, a corner kick is awarded.

**PROCEDURE**

At the moment of delivering the ball, the thrower must stand facing the field of play; have part of each foot on the touchline or on the ground outside the touchline; and throw the ball with both hands from behind and over the head from the point where it left the field of play.

**METHODS OF SCORING**

A goal is scored when the entire ball crosses the goal line, between the goal posts, and under the crossbar.

**OFFSIDE**

Offsides will be called when obvious. At this age, there is only 1 referee, and we do not use assistant referees to help with offside calls. Please be supportive.

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**RULES OF THE GAME · U10 · CONTINUED****FOULS AND MISCONDUCT**

The referee will call fouls and may ask for help to manage misconduct. Coaches should teach the kids safe play and good sportsmanship during these games. If a player continues to intentionally push, shove, trip, or foul other players, that player may be removed from the game, cautioned, with the possibility of not returning.

**FREE KICKS**

All kicks (kick-offs, goal kicks, corner kicks, restarts) are direct, meaning a goal can be scored directly from the kick. The opposing team must be at least 12 feet from the ball before it is played.

**PENALTY KICKS**

Penalty kicks may be awarded if there is a foul or handball in the penalty box. All penalty kicks are taken from the spot, 8 yards from the goal line. The kicker cannot touch the ball a second time until it has been touched by another player. The goalkeeper can move back and forth across the goal line before the ball is kicked, but can not have 2 feet forward across the line before the ball is played.

**GOAL KICK**

When the attacking team plays the ball over the goal line, either on the ground or in the air, the defending team is awarded a goal kick. Goal kicks can be taken from anywhere inside the goal box. The opposing team must be outside the penalty box before it is played. The ball is in play once touched.

**ZERO TOLERANCE**

TSA soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, field official, or coach. This will be enforced and may result in the removal of the offending parties from the field or suspension of the game.

Questions and additional clarification for game rules may be sought from the coach, or the director, following the completion of the game. The focus at these age groups continues to be on developing a love for the game and not results. For this reason, scores and league standings are not kept. Parents, fans, players, coaches, and referees are expected to exhibit good sportsmanship at all times.

## — RULES OF THE GAME · U12

## U12 BOYS & GIRLS PROGRAM

The TSA recreational U10–U15 programs are gender specific. Players at this age are introduced to a 7v7 playing format including goalkeepers, a larger field, and official referees. The goal at this age is to still provide a safe and positive environment for all players to continue to develop their love for the game.

**FORMAT****7V7**

6 field + goalkeeper

**BALL****SIZE 4****GAME TIME****2\*25 MIN**

5-minute halftime

**OFFICIALS****REFEREE**

Offsides &amp; PKs

**HEADING****ALLOWED**

## RULES OF THE GAME

- There will be two 25-minute halves with a continuous running clock and a 5-minute halftime break.
- 7v7 Format.
- Substitutions should take place approximately every 10–12 minutes or as needed. Substitutions are allowed at any stoppage of play no matter who has the ball.
- Teams switch sides at half.
- There is Offsides. With only 1 official, they will do their best to make the correct call but will not be able to see every instance. Be supportive and understanding of the official.
- There are Penalty Kicks.
- Heading is Allowed.
- Throw-ins will be taken to restart the game when the ball goes out over a sideline.
- Goal kicks can be taken from anywhere inside the goal box.
- Corner kicks must be taken from the corner of the field of the side the ball went out of bounds.
- No build-out line.
- No scores or standings are kept.
- All players should take an active part in gameplay. Each player will be allowed a minimum of 50% playing time each game. Substitutions can be made at any stoppage time during the game. One coach from each team will be allowed on the field working together to help the kids and manage the game.

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**— RULES OF THE GAME · U12 · CONTINUED****START OF PLAY**

Play starts from the center mark of the field. Every player must be in his/her own half of the field and the opposing team must be outside the center circle before it is played. The ball is "in play" when it has been touched. Kickoffs can not start with a dribble. The kicker cannot touch the ball a second time until it has been touched by another player. After a goal has been scored, the game is re-started by a player from the non-scoring team in the same way as above. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

**BALL IN AND OUT OF PLAY**

The ball is out of play when the entire ball has crossed the line, whether on the ground or in the air.

**THROW-INS**

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the sideline, on the ground, or in the air. A goal cannot be scored directly from a throw-in: if the ball enters the opponent's goal, a goal kick is awarded; if the ball enters the thrower's goal, a corner kick is awarded.

**PROCEDURE**

At the moment of delivering the ball, the thrower must stand facing the field of play; have part of each foot on the touchline or on the ground outside the touchline; and throw the ball with both hands from behind and over the head from the point where it left the field of play.

**METHODS OF SCORING**

A goal is scored when the entire ball crosses the goal line, between the goal posts, and under the crossbar.

**OFFSIDE**

Offsides will be called when obvious. At this age, there is only 1 referee, and we do not use assistant referees to help with offside calls. Please be supportive.

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**RULES OF THE GAME · U12 · CONTINUED****FOULS AND MISCONDUCT**

The referee will call fouls and may ask for help to manage misconduct. Coaches should teach the kids safe play and good sportsmanship during these games. If a player continues to intentionally push, shove, trip, or foul other players, that player may be removed from the game, cautioned, with the possibility of not returning.

**FREE KICKS**

All kicks (kick-offs, goal kicks, corner kicks, restarts) are direct, meaning a goal can be scored directly from the kick. The opposing team must be at least 12 feet from the ball before it is played.

**PENALTY KICKS**

Penalty kicks may be awarded if there is a foul or handball in the penalty box. All penalty kicks are taken from the spot, 8 yards from the goal line. The kicker cannot touch the ball a second time until it has been touched by another player. The goalkeeper can move back and forth across the goal line before the ball is kicked, but can not have 2 feet forward across the line before the ball is played.

**GOAL KICK**

When the attacking team plays the ball over the goal line, either on the ground or in the air, the defending team is awarded a goal kick. Goal kicks can be taken from anywhere inside the goal box. The opposing team must be outside the penalty box before it is played. The ball is in play once touched.

**ZERO TOLERANCE**

TSA soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, field official, or coach. This will be enforced and may result in the removal of the offending parties from the field or suspension of the game.

Questions and additional clarification for game rules may be sought from the coach, or the director, following the completion of the game. The focus at these age groups continues to be on developing a love for the game and not results. For this reason, scores and league standings are not kept. Parents, fans, players, coaches, and referees are expected to exhibit good sportsmanship at all times.

## — RULES OF THE GAME · U15

## U15 BOYS & GIRLS PROGRAM

The TSA recreational U10–U15 programs are gender specific. Players at this age are introduced to a 7v7 playing format including goalkeepers, a larger field, and official referees. The goal at this age is to still provide a safe and positive environment for all players to continue to develop their love for the game.

**FORMAT****7V7**

6 field + goalkeeper

**BALL****SIZE 5****GAME TIME****2\*25 MIN**

5-minute halftime

**OFFICIALS****REFEREE**

Offsides &amp; PKs

**HEADING****ALLOWED**

## RULES OF THE GAME

- There will be two 25-minute halves with a continuous running clock and a 5-minute halftime break.
- 7v7 Format.
- Substitutions should take place approximately every 10–12 minutes or as needed. Substitutions are allowed at any stoppage of play no matter who has the ball.
- Teams switch sides at half.
- There is Offsides. With only 1 official, they will do their best to make the correct call but will not be able to see every instance. Be supportive and understanding of the official.
- There are Penalty Kicks.
- Heading is Allowed.
- Throw-ins will be taken to restart the game when the ball goes out over a sideline.
- Goal kicks can be taken from anywhere inside the goal box.
- Corner kicks must be taken from the corner of the field of the side the ball went out of bounds.
- No build-out line.
- No scores or standings are kept.
- All players should take an active part in gameplay. Each player will be allowed a minimum of 50% playing time each game. Substitutions can be made at any stoppage time during the game. One coach from each team will be allowed on the field working together to help the kids and manage the game.

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**— RULES OF THE GAME · U15 · CONTINUED****START OF PLAY**

Play starts from the center mark of the field. Every player must be in his/her own half of the field and the opposing team must be outside the center circle before it is played. The ball is "in play" when it has been touched. Kickoffs can not start with a dribble. The kicker cannot touch the ball a second time until it has been touched by another player. After a goal has been scored, the game is re-started by a player from the non-scoring team in the same way as above. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

**BALL IN AND OUT OF PLAY**

The ball is out of play when the entire ball has crossed the line, whether on the ground or in the air.

**THROW-INS**

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the sideline, on the ground, or in the air. A goal cannot be scored directly from a throw-in: if the ball enters the opponent's goal, a goal kick is awarded; if the ball enters the thrower's goal, a corner kick is awarded.

**PROCEDURE**

At the moment of delivering the ball, the thrower must stand facing the field of play; have part of each foot on the touchline or on the ground outside the touchline; and throw the ball with both hands from behind and over the head from the point where it left the field of play.

**METHODS OF SCORING**

A goal is scored when the entire ball crosses the goal line, between the goal posts, and under the crossbar.

**OFFSIDE**

Offsides will be called when obvious. At this age, there is only 1 referee, and we do not use assistant referees to help with offside calls. Please be supportive.

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**— RULES OF THE GAME · U15 · CONTINUED****FOULS AND MISCONDUCT**

The referee will call fouls and may ask for help to manage misconduct. Coaches should teach the kids safe play and good sportsmanship during these games. If a player continues to intentionally push, shove, trip, or foul other players, that player may be removed from the game, cautioned, with the possibility of not returning.

**FREE KICKS**

All kicks (kick-offs, goal kicks, corner kicks, restarts) are direct, meaning a goal can be scored directly from the kick. The opposing team must be at least 12 feet from the ball before it is played.

**PENALTY KICKS**

Penalty kicks may be awarded if there is a foul or handball in the penalty box. All penalty kicks are taken from the spot, 8 yards from the goal line. The kicker cannot touch the ball a second time until it has been touched by another player. The goalkeeper can move back and forth across the goal line before the ball is kicked, but can not have 2 feet forward across the line before the ball is played.

**GOAL KICK**

When the attacking team plays the ball over the goal line, either on the ground or in the air, the defending team is awarded a goal kick. Goal kicks can be taken from anywhere inside the goal box. The opposing team must be outside the penalty box before it is played. The ball is in play once touched.

**ZERO TOLERANCE**

TSA soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, field official, or coach. This will be enforced and may result in the removal of the offending parties from the field or suspension of the game.

Questions and additional clarification for game rules may be sought from the coach, or the director, following the completion of the game. The focus at these age groups continues to be on developing a love for the game and not results. For this reason, scores and league standings are not kept. Parents, fans, players, coaches, and referees are expected to exhibit good sportsmanship at all times.

## SECTION 04

# UNIFORMS & EQUIPMENT

All recreational soccer players are outfitted in quality apparel. Here's the complete kit, where to order it, and what your player needs to bring to practices and games.

## HOME

## RED KIT

RED Jersey · BLACK Shorts · RED Socks

## AWAY

## NAVY KIT

NAVY Jersey · BLACK Shorts · NAVY Socks

The complete kit includes (1) Dri-Fit RED Jersey, (1) Dri-Fit NAVY Jersey, (1) BLACK Adidas Short, (1) RED Adidas sock, and (1) NAVY Adidas sock. The cost for the entire kit is **\$49.00 plus tax and shipping**. Uniforms can be worn multiple seasons. This cost is in addition to the registration fee.

All uniforms are ordered online through Soccer.com, the official provider for all Tennessee Soccer Academy Recreational uniforms, equipment, fan wear, and more. All items are available to purchase online through our club store and shipped directly to your doorstep ready to go. The Club Store is always open and available to place orders anytime throughout the season. Soccer.com stands behind all of its products and guarantees your satisfaction. All uniform matters such as sizing, delivery, returns, exchanges, and backorders are handled exclusively by Soccer.com.

## EQUIPMENT

We recommend that all players wear soccer cleats and shinguards (**REQUIRED**) for practices and games, bring water and snacks, and have the appropriate size soccer ball for their age group (see ball sizes below). Tennis shoes may be worn if needed. Please note that the league does not provide player equipment, so families are responsible for these items. Uniforms are required for games but not for practices, although many players choose to wear them during training. All clothing worn to practice should be appropriate for activity, and we encourage gloves, hats, underlayers, sweatshirts, and pants during colder temperatures.

## BALL SIZES

### SIZE 3

U8, U6, U4 — born Aug 1st, 2018 – July 31st, 2023

### SIZE 4

U10 & U12 — born Aug 1st, 2014 – July 31st, 2017

### SIZE 5

U15 — born Aug 1st, 2011 – July 31st, 2014

## SECTION 05

# GAME DAY EXPECTATIONS & FAQ

Game days are special. This is the opportunity for your child to learn life lessons in teamwork and sportsmanship, while building relationships and making new friends on the soccer field. Most importantly, it is the opportunity for them to play the game freely in an environment that is positive and supportive without any unnecessary pressures. This is one of the most exciting times for your child, and the environment you create as parents will have a tremendous effect on your child's performance and enjoyment of the game. Thank you in advance for your support.

## Q WHERE DO I FIND THE GAME SCHEDULE?

The most up to date schedule will be on our website or TeamSnap.

## Q WHAT UNIFORM DOES MY CHILD WEAR TO THE GAME?

**Home:** RED Jersey, BLACK Shorts, and RED Socks. **Away:** NAVY Jersey, BLACK Shorts, and NAVY Socks.

## Q WHAT IF I DON'T HAVE MY UNIFORM YET?

No problem. Do not stress. Just wear any shirt that is the correct color, and do your best with the shorts and socks, but if they don't match it is okay. You will need taller socks though that will cover the shinguards.

## Q DOES MY CHILD HAVE TO WEAR SOCCER CLEATS? SHIN GUARDS?

Those are the preferred shoes, but a running shoe will be fine. We suggest not wearing a higher cut basketball shoe or a casual softer shoe. No open toe shoes or bare feet are allowed. Shin guards are required.

## Q HOW EARLY SHOULD WE ARRIVE FOR OUR GAME?

10 minutes before your game starts is ideal. That way the coach can get everyone ready for the game.

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**— GAME DAY EXPECTATIONS & FAQ · CONTINUED****Q WHAT DOES MY CHILD NEED TO BRING TO THE GAME?**

All players will need their ball, wear shin guards and proper shoes, wear the correct uniform/colors, bring water, and a small snack if needed. Water fountains and bathrooms are open as well.

**Q WHERE DO PLAYERS AND FAMILY MEMBERS SIT DURING THE GAME?**

**U4–U8 games:** Players and coaches from both the Home and Away teams sit on one side of the field, while family members from both teams sit on the opposite side of the field.

**U10–U14 games:** Players and coaches from both the Home and Away teams sit on one side of the field, while family members from both teams sit on the opposite side of the field.

We ask that all family members sit a minimum of 6 feet away from the sidelines for the players' safety during the games. No family members are allowed to sit or stand on the end lines or behind the goals.

**Q CAN WE BRING OUR OWN FOOD AND DRINKS TO THE GAMES?**

Absolutely. Keep in mind though, the use of alcohol & tobacco are prohibited at the complex.

**Q WHAT IF IT IS RAINING ON GAME DAY? DO WE STILL PLAY?**

Field conditions will be updated through TeamSnap prior to the start of the first scheduled game that day. All field decisions are made by Parks and Rec.

**Q WHAT IF THERE IS LIGHTNING OR THUNDER DURING THE GAME?**

Following our inclement weather policy, if lightning is detected within 10 miles or thunder is heard, the game is stopped, and EVERYONE must immediately leave the field and seek shelter in their cars. A whistle will sound to alert everyone off the fields. Play may not resume until 30 minutes from the last detection of lightning. If lightning continues after 30 minutes, all games will be canceled that day.

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**— GAME DAY EXPECTATIONS & FAQ · CONTINUED****Q SHOULD I YELL AT MY KID FROM THE SIDELINES WHEN THEY MAKE A MISTAKE, OR TELL THEM TO WORK HARDER, RUN, OR GET TO THE BALL?**

No. This is an opportunity for them to have fun. Being yelled at is not fun.

**Q SHOULD I ENCOURAGE MY KID TO HAVE FUN AND CHEER FOR THEM?**

Absolutely! If your child sees you having fun while being supportive and cheering them on, they will enjoy the game even more and I promise they will play even better.

**Q DO WE HAVE REFEREES?**

U4/U6 games do not have a referee. Instead, both teams' coaches referee and manage the game. Both teams' coaches should be on the field to help instruct and assist with the kids.

U8-U15 games do have a referee. Coaches are not allowed on the field unless the referee asks for assistance. In the situation a referee is not available, both coaches will work together to referee the game.

**Q IS IT OKAY TO YELL AT THE REFEREE WHEN THEY MAKE A BAD CALL OR MISS SOMETHING?**

Absolutely not. We have a zero tolerance with regard to negative behavior or speech toward any player, parent, referee, or coach. All of our referees will be licensed, and most will be grassroots beginner referees. This is a great opportunity for them to gain experience, while learning how to manage a game in a supportive environment. They are going to make lots of mistakes, as we all do, but that is just part of the process. These younger referees need your support, especially if we want to see the game progress in the future.

I ask that if you have a game with a beginner referee, to imagine them as your son or daughter, how you would want them to be treated, and how it would make you feel if other parents were yelling or screaming at them during the game. Again, there will be zero tolerance for any negative behavior or speech towards a referee.

**Q WHAT IS THE ZERO TOLERANCE POLICY?**

TSA Soccer maintains zero tolerance with regard to any negative behavior or speech toward any player, parent, referee, or coach during the game. This will be enforced, and will result in removal of the offending parties and/or suspension of the game.

Tennessee Soccer Academy has a zero-tolerance for abuse in all youth soccer teams, programs, or activities. It is the responsibility of every coach, volunteer, and parent to participate in the effort to create a safe environment for all soccer participants.

## SECTION 06

# STAFF REQUIREMENTS & SAFETY

In an effort to provide the safest and most productive learning environment for your child, we require all of our staff and volunteer coaches to complete the following training and safety courses.

These courses are not only required by our organization, but are also required by the Tennessee State Soccer Association and US Soccer for safe play. All volunteer coaches will also attend our provided coaching clinics and/or complete their grassroots diploma through US Soccer, and follow the academy-provided curriculum that is overseen by our recreational director.

## REQUIRED OF EVERY COACH AND TRAINER

- All coaches/trainers are required to take **Abuse Awareness Training**.
- All coaches/trainers are required to take **Concussion Training**.
- All coaches/trainers are required to take **Cardiac Arrest Training**.
- All coaches/trainers must pass a **background check**.
- All coaches/trainers are required to follow our **Code of Conduct**.
- All coaches/trainers are required to **report any and all suspected forms of abuse within 24 hours** as stated by the policy.

**Coaching education.** Volunteer coaches must follow the Academy-provided curriculum and are overseen by our recreational director. Coaches attend our provided coaching courses and/or complete their grassroots diploma through US Soccer Coaching Education.

## SECTION 07

# INCLEMENT WEATHER POLICY

Weather conditions can cause potentially dangerous situations for our players and participants. This policy is in place to keep all involved as safe as possible. TSA coaches, players, and members work together by following US Soccer's Environmental Conditions Guidelines to create a safe environment for our participants at all times.

## LIGHTNING & SEVERE WEATHER

Lightning is one of the top ten causes of sudden death in sport. As the majority of soccer is played outdoors, lightning and severe weather pose a threat to player health and safety. When it comes to making decisions to suspend or cancel play due to weather conditions, coaches, officials, athletic trainers, and administrators all share responsibility.

- **No place outside is safe when thunderstorms are in the area.** All activity should be suspended, even if lightning or thunder has not yet been observed, and everyone should get indoors.
- **Consult the National Weather Service**, the Storm Prediction Center, or local media outlets for severe weather watches and warnings. Alerts can be sent directly to your mobile device while you are on the field.
- **Know your safe locations.** A primary location is a fully enclosed building with wiring and plumbing. A fully enclosed vehicle with a solid metal roof is a safe secondary option. Open fields and open-sided shelters are not safe.
- **If it's been half an hour since thunder, it's safe to go outdoors.** Outdoor activity may resume 30 minutes after the last sound of thunder or flash of lightning. The 30-minute clock restarts every time lightning flashes or thunder sounds.

If a severe storm is approaching the area, has been spotted on radar, or is visibly in close proximity, activities will be suspended until the area is determined safe to play. All participants must seek immediate shelter in their automobiles or a permanent structure such as bathroom/concession buildings. Avoid any open structures, trees, tents, metal or other conducting materials, and unprotected open areas.

If lightning has been detected within 10 miles or any thunder has been heard, all games and practices will be suspended and all participants will need to seek shelter immediately. Play will not restart for at least 30 minutes after the last lightning strike has been detected or thunder has been heard. If lightning and thunder continue for longer periods of time, all games and practices will be canceled. **The coach will notify the team/manager when it is safe to return to the fields, or when activity has been canceled.**

## — INCLEMENT WEATHER POLICY · CONTINUED

## HOT WEATHER

Heat-related illnesses, such as heat stroke and heat exhaustion, can be serious and potentially life-threatening conditions. US Soccer's Recognize to Recover program provides guidance for coaches, referees, and players when training or playing in warmer climates, outlining recommendations for hydration breaks and participant safety during extreme temperature conditions.

When the body cannot continue to cool itself, dangerous situations arise. Symptoms caused by the body overheating can include fatigue, nausea, headaches, cramps, dry mouth, and a decrease in sweating. By monitoring and limiting outdoor exposure during extremely hot conditions and properly hydrating our participants, we can create a much safer playing environment.

## COLD WEATHER

The effects of cold weather can impact health and safety during practices and games. The mix of cold air and hard playing surfaces can cause difficulty breathing, muscle pulls, loss of feeling in extremities, frostbite to exposed skin, and a greater risk of injury coming in contact with a harder, cold surface. By monitoring and limiting outdoor exposure during extremely cold conditions, we can create a much safer playing environment.

TSA follows guidelines for temperature (air temperature or wind-chill factor), amount of exposure, and suggested clothing during cold weather activities.

**Resources.** For full details, see US Soccer's Environmental Conditions Guidelines and Recognize to Recover materials, along with the TSA Hot Weather Guidelines and TSA Cold Weather Guidelines, all linked from the Inclement Weather Policy page at [tennesseesocceracademy.com](https://tennesseesocceracademy.com).

The information provided here is not a substitute for medical or professional care. For specific questions and concerns, please consult your healthcare provider or physician.

## SECTION 08

# WINNING VS DEVELOPMENT

Ultimately, every player, parent, and coach shares the desire to win, recognizing its significance. While fostering a winning attitude remains crucial, our emphasis lies in player development through effective training and the provision of a positive yet challenging environment. We believe that this approach creates a more constructive pathway to success, both on and off the field.

Throughout the evaluation process, all players will be assessed on their developmental progress and accomplishments. They will be motivated to compete at their highest level while indulging in their passion for the game. Grounded in a philosophy that prioritizes sound technical, tactical, physical, and psychological skills within a developmental process-oriented framework, we aim to equip players with the essential tools to maximize their potential and ultimately achieve success in various aspects of life.

**“OUR EMPHASIS LIES IN PLAYER DEVELOPMENT  
– A MORE CONSTRUCTIVE PATHWAY TO  
SUCCESS, BOTH ON AND OFF THE FIELD.”**

**What this means on Saturday morning:** in our recreational league there are no standings and no records. Coaches are asked to develop every player, give meaningful playing time, and keep the game fun — and we ask families to measure the season by growth, not the scoreboard.

## SECTION 09

# REFEREE ABUSE PREVENTION

TSA follows the US Soccer Referee Abuse Prevention Policy (Policy 531-9), effective March 2025 and updated May 15, 2026, designed to make youth and amateur matches safer, more fun, and more empowering for everyone involved. Referee abuse will not be tolerated.

## KEY TAKEAWAYS

- **Both physical and non-physical abuse have no place in our game.** The policy includes stronger sanctions for any form of physical or non-physical abuse toward referees.
- **Suspensions** will be for a number of games or time-based (or sometimes both), depending on severity and circumstance.
- **Players, coaches, and spectators are all encouraged to report abuse.** Everyone deserves the opportunity to experience soccer without risking his or her well-being.

## WE ALL HAVE A ROLE TO PLAY

### COACHES

Lead by example. Set the tone for good sportsmanship with your players.

### PLAYERS

Respect your referees, whether you agree with their calls or not.

### PARENTS & SPECTATORS

Cheer for your team, not against the referee.  
Help create a positive environment.

### REFEREES

Know that your voice matters. Report abuse and keep the game safe.

**Where to find the full policy.** Policy documents, penalty summaries, and the one-sheeter are available in English and Spanish at [ussoccer.com](https://ussoccer.com) (search "Referee Abuse Prevention"), and linked from the US Soccer Referee Abuse Prevention page at [tennesseesocceracademy.com](https://tennesseesocceracademy.com).

## SECTION 10

# TSA CODE OF CONDUCT

Portions of this Code of Conduct have been adapted from the US Youth Soccer Association Code of Conduct and Tennessee State Soccer Association and will be in effect for all Tennessee Soccer Academy activities.

**Zero tolerance for abuse.** Tennessee Soccer Academy "TSA" has a zero-tolerance for abuse in all youth soccer teams, programs, or activities. It is the responsibility of every coach and volunteer to participate in the effort to create a safe environment for all soccer participants.

## DEFINITIONS

### TSA ACTIVITY

"TSA Activity" includes State Associations and their registered members registered through their State Association. US Youth Soccer activities include but are not limited to, the National Championship Series (State, Regional, and National), National President Cup Series (State, Regional, and National), TOPSoccer, Programs, Soccer Across America Programs as well as regional competitions/leagues, National League, Olympic Development Programs and State Association soccer-related activities that qualify any coach, assistant coach, team training, team manager, referee, league president, league delegate, labor employee, or any other individual over the age of 18 seeking affiliation with the State Association or affiliated leagues within the State Association who has direct or indirect contact or influence on a youth player who seeks risk management certification within the State Association shall qualify as an activity.

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**— TSA CODE OF CONDUCT · CONTINUED****1. REPORTING ABUSE OR SUSPICIONS OF ABUSE****REPORTING RESPONSIBILITIES**

Given United States Youth Soccer's zero tolerance for abuse, TSA encourages a culture of communication regarding matters that place athletes at risk. TSA supports and encourages a culture of communication related to abuse or suspected abuse of athletes. If you see or suspect inappropriate interaction with or between athletes, it is your responsibility to report the inappropriate interaction to a coach, supervisor, team official, league official, Risk Management Chair for TSA, or other designated state TSA representative. Because sexual abusers 'groom' athletes for abuse, it is possible that a coach or volunteer may witness behavior intended to 'groom' a child for sexual abuse. Coaches and volunteers are asked to report 'grooming' behavior, any policy violations, or any suspicious behaviors to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative. All reports of inappropriate behaviors or suspicions of abuse will be taken seriously and will be reported, in accordance with this Code of Conduct and state law, to law enforcement, Child Protective Services, or other appropriate agency.

**2. HOW TO REPORT SUSPECTED CHILD ABUSE OR NEGLECT****WHO IS REQUIRED TO REPORT CHILD ABUSE?**

All TSA staff, coaches, and any other adults who are authorized to interact with minor athletes at a facility under the jurisdiction of TSA **must report** any suspected child abuse/neglect, including sexual abuse, **within 24 hours** of being made aware of the suspected abuse. Failure to report suspected child abuse is subject to criminal penalties.

**WHAT IS REQUIRED?**

All individuals who are required to report must report suspected child abuse to **each and every** entity listed on the next page.

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**TSA CODE OF CONDUCT · CONTINUED****REPORT SUSPECTED ABUSE TO EACH AND EVERY ENTITY BELOW**

**1 LOCAL LAW ENFORCEMENT**  
Shelby County Sheriff's Office: 901-379-7625

**2 TENNESSEE CHILD ABUSE HOTLINE**  
1-877-237-0004 · [www.memphiscac.org/report-abuse/](http://www.memphiscac.org/report-abuse/)

**3 TENNESSEE SOCCER ACADEMY DIRECTOR**  
Sean Andre: 901-603-1119 / [sean@tnocceracademy.com](mailto:sean@tnocceracademy.com)

**4 TENNESSEE STATE SOCCER ASSOCIATION RISK MANAGER**  
Hans Hobson – [hhobson@tnsoccer.org](mailto:hhobson@tnsoccer.org) / (615) 590-2200

**5 U.S. SOCCER**  
U.S. Soccer Integrity Hotline Number – (312) 528-7004  
U.S. Soccer Integrity Hotline website – [www.ussoccer.com/integrity-hotline](http://www.ussoccer.com/integrity-hotline)

**6 U.S. CENTER FOR SAFESPORT**  
[www.safesport.org/report-a-concern](http://www.safesport.org/report-a-concern)

### **3. ENFORCEMENT OF POLICIES**

Coaches and volunteers who supervise other leaders are charged with the diligent enforcement of all athlete safety policies contained in this Code of Conduct. A violation of these policies can be grounds for immediate dismissal from TSA Activities. Final decisions related to policy violations will be the responsibility of TSA and/or the state association's Risk Management Chair or designated state soccer association representative.

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**— TSA CODE OF CONDUCT · CONTINUED****4. REPORTING VIOLATION OF POLICY**

In order to maintain a safe environment for athletes, coaches, and volunteers must be aware of their individual responsibility to report any questionable circumstance, observation, act, omission, or situation that is a violation of these policies. All questions or concerns related to abuse should be directed to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative.

**5. CONSEQUENCES OF VIOLATION**

Any person accused of committing a prohibited act or any act considered to be harmful to a child will be immediately suspended from all TSA activities. This suspension will continue during any investigation by law enforcement or child protective agencies. Any person found to have committed a prohibited act may be prohibited from any future TSA Activity. Failure to report a prohibited act as designated in this policy is a violation of this policy and grounds for dismissal or removal. Coaches or volunteers who fail to report a prohibited act may be restricted from participation in any TSA Activity.

**6. REPORTING SUSPICIONS OF ABUSE TO AUTHORITIES**

TSA, and organizations and individuals related to TSA, do not investigate suspicions or allegations of physical or sexual abuse, or attempt to evaluate the credibility or validity of such allegations, as a condition of reporting suspicions or allegations to appropriate law enforcement authorities. TSA, and organizations and individuals affiliated with TSA, will comply with all laws requiring a person to make a report to the appropriate law enforcement agency if that person has cause to believe a child's physical or mental health or welfare has been or may be adversely affected by abuse or neglect. If a coach or volunteer has cause to believe a child's physical or mental health or welfare has been or may be adversely affected by abuse or neglect, that coach or volunteer can make a report directly to the appropriate reporting authorities or may report to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative who in turn will report the abuse or neglect. In the event relevant state law requires the individual with the cause to believe that a child may have been abused or neglected to report rather than delegate the responsibility, the individual will comply with the applicable reporting laws. When a report is made, the state association Risk Management Chair or designated state soccer association representative will be notified as soon as possible. In no way does any provision in this policy discourage any coach or volunteer from reporting a suspicion of abuse or neglect to the appropriate authorities.

**7. RESPONSE TO REPORT OF ABUSE**

When a report of abuse or neglect occurs, team or league representatives will take the necessary and appropriate action to ensure a safe environment for the person at risk. **TSA will not retaliate against anyone who reports an abuse issue.**

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**— TSA CODE OF CONDUCT · CONTINUED****8. PROHIBITED SUBSTANCES AND ACTIVITIES****INTOXICANTS**

Coaches and volunteers are prohibited from being under the influence of alcohol or any illegal drugs while participating in any TSA Activity. Coaches and volunteers are prohibited from providing alcohol or illegal drugs to minor athletes or any other program participant.

**TOBACCO**

TSA programs and activities are tobacco-free. TSA requires coaches and volunteers to refrain from the use or possession of tobacco products while in the presence of minor athletes or their parents. Coaches and volunteers are prohibited from providing tobacco products to minor athletes.

**NUDITY**

Coaches and volunteers that participate in TSA Activities should never be nude in the presence of minor athletes.

**9. SEXUALLY ORIENTED CONVERSATIONS**

Coaches and volunteers that participate in TSA Activities are prohibited from engaging in any sexually-oriented conversations with minor athletes. Coaches and volunteers are not permitted to discuss any inappropriate or explicit information about their own personal relationships, dating, or sexual activities with any minor athlete in the program. This provision includes the use of cellular phones, text messages, e-mail, instant messaging, Facebook, and online chat rooms or other social media. See also Electronic Communication and Social Media, below.

**10. POSSESSION OF SEXUALLY ORIENTED MATERIALS**

Coaches and volunteers that participate in TSA Activities are prohibited from possessing any sexually oriented materials (magazines, videos, etc.) while in the presence of minor athletes.

**11. APPROPRIATE PHYSICAL CONTACT WITH ATHLETES**

Appropriate physical contact between minor athletes and coaches or volunteers is a productive and inevitable part of the sport. Athletes are more likely to acquire advanced physical skills and enjoy their sport participation through appropriate physical contact. However, guidelines for appropriate physical contact reduce the potential for abuse and misconduct in athletics — as well as false allegations of abuse. TSA, and organizations and individuals affiliated with TSA, acknowledge and adhere to the following principles and guidelines regarding physical contact with minor athletes.

**COMMON CRITERIA FOR APPROPRIATE PHYSICAL CONTACT**

Physical contact with minor athletes — for safety, consolation, and celebration — has multiple criteria that make it both safe and appropriate. These include:

- The physical contact takes place in public;
- There is no potential for (or actual) physical or sexual intimacies during the physical contact;
- Physical contact is for the benefit of the athlete, not to meet an emotional or other needs of an adult.

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**— TSA CODE OF CONDUCT · CONTINUED****SAFETY**

The safety of minor athletes is paramount, and in many instances, athletic activity is made safer through appropriate physical contact. Examples include:

- Spotting an athlete so that he or she will not be injured by a fall or piece of equipment;
- Positioning an athlete's body so that he or she more quickly acquires an athletic skill, gets a better sense of where his or her body is in space, or improves balance and coordination;
- Making athletes aware that he or she may be in harm's way due to other practicing athletes or equipment use;
- Releasing muscle cramps.

**CELEBRATION**

Sports are physical by definition. TSA recognizes that participants often express joy in participation, competition, achievement, and victory through physical acts. TSA encourages these public expressions of celebration, which include:

- Greeting gestures such as high-fives, fist bumps, and brief side hugs;
- Congratulatory gestures such as celebratory hugs, "jump-around" and pats on the back for any form of athletic or personal accomplishment.

**CONSOLATION**

It may be appropriate to console an emotionally distressed athlete (e.g., an athlete who has been injured or has just lost a competition). Appropriate consolation includes, publicly:

- Embracing a crying athlete — in a public place or circumstance;
- Putting an arm around an athlete while verbally engaging them in an effort to calm them down ("side hugs");
- Lifting a fallen athlete off the playing surface and "dusting them off" to encourage them to continue competition.

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**TSA CODE OF CONDUCT · CONTINUED****12. PROHIBITED PHYSICAL CONTACT WITH ATHLETES**

Prohibited forms of physical contact include, without limitation:

- Asking or having a minor athlete sit in the lap of a coach or volunteer;
- Lingering or repeated embrace of a minor athlete that goes beyond the criteria set forth for acceptable physical contact;
- Slapping, hitting, punching, kicking or any other physical contact meant to discipline, punish or achieve compliance from a minor athlete;
- "Cuddling" or maintaining prolonged physical contact of a minor athlete during any aspect of training, travel, or overnight stay;
- Playful, yet inappropriate contact that is not a part of regular training, (e.g., buttpats, tickling, or wrestling-type "horseplay");
- Continued physical contact that makes a minor athlete obviously uncomfortable, whether expressed or not;
- Any contact that is contrary to a previously expressed personal desire by the minor athlete for decreased or no physical contact, where such decreased contact is feasible in a competitive training environment.

The above physical contact is prohibited between adult and minor athletes **and** between minor athletes. Coaches and volunteers must model the behavior expected from minor athletes. The above forms of Prohibited Physical Contact will be immediately reported to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative. Some forms of physical contact may constitute physical or sexual abuse that must be reported to appropriate law enforcement authorities. When appropriate, the Prohibited Physical Contact will be reported to the appropriate law enforcement authority.

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**TSA CODE OF CONDUCT · CONTINUED****13. MISCONDUCT****BULLYING**

Bullying of any kind is unacceptable at any TSA Activity, and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to the victim. TSA is committed to providing a safe, caring, and friendly environment for all participants. If bullying does occur, incidents will be dealt with promptly and effectively. Anyone who is aware of bullying behavior is expected to tell a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative.

Objectives of TSA's Bullying Policy and Action Plan:

- To clearly communicate that TSA will not tolerate bullying in any form.
- To define bullying and give minor athletes, coaches, volunteers, and parents a suitable understanding of those behaviors that constitute 'bullying'.
- To make it known to minor athletes, coaches, and volunteers that a policy and protocol exist should a bullying issue arise.
- To clearly communicate how to report bullying behavior.
- To communicate to minor athletes, coaches, volunteers, and parents that TSA takes bullying seriously, and will immediately investigate and address all reports of bullying.

**HARASSMENT**

Harassment is the repeated pattern of physical and/or non-physical behaviors that:

- Are intended to cause fear, humiliation, or annoyance;
- Offend or degrade;
- Create a hostile environment;
- Reflect discriminatory bias in an attempt to establish dominance, superiority, or power over an individual athlete or group based on gender, race, ethnicity, culture, religion, or mental or physical disability;
- or act or conduct described as harassment under federal or state law.

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**TSA CODE OF CONDUCT · CONTINUED**

Examples of harassment prohibited in TSA Activities include, without limitation:

**Physical offenses.** Behaviors that include:

- Hitting, pushing, punching, beating, biting, striking, kicking, choking, or slapping a minor athlete or participant;
- Throwing at or hitting a minor athlete with objects including sporting equipment.

**Non-physical offenses.** Behaviors that include:

- Making any negative or disparaging comments about an athlete including comments made about an athlete's disability, religion, skin color, or ethnic traits;
- Displaying offensive materials, gestures, or symbols;
- Withholding or reducing playing time to an athlete based on his or her disability, religion, skin color, or ethnic traits.

**HAZING**

Hazing is defined as coercing, requiring, forcing, or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for:

- An athlete joining a group;
- An athlete being socially accepted by a group's members; or
- Any act or conduct described as hazing under federal or state law.

Hazing does not include group or team activities that are meant to establish normative team behaviors or promote team cohesion. Examples of hazing prohibited in TSA Activities include, without limitation:

- Requiring, forcing, or otherwise requiring an athlete to consume alcohol or illegal drugs;
- Tying, taping, or otherwise physically restraining an athlete;
- Sexual simulations or sexual acts of any nature;
- Sleep deprivation, otherwise unnecessary schedule disruption or the withholding of water and/or food;
- Social actions (e.g. grossly inappropriate or provocative clothing) or public displays (e.g. public nudity) that are illegal or meant to draw ridicule;
- Beating, paddling, or other forms of physical assault;
- Excessive training requirements directed at a particular athlete or a group of athletes.

Activities that fit the definition of hazing are considered to be hazing regardless of an athlete's willingness to cooperate or participate.

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**— TSA CODE OF CONDUCT · CONTINUED****WILLFULLY TOLERATING MISCONDUCT**

It is a violation of this Code of Conduct if a coach, volunteer, or participant knows of misconduct, but takes no action to intervene on behalf of the minor athlete(s). All forms of misconduct should be reported to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative.

**PEER-TO-PEER SEXUAL ABUSE**

Approximately 1/3 of all reported sexual abuse occurs at the hands of other children or minors. Coaches and volunteers have an obligation to report peer-to-peer sexual abuse in accord with state mandatory reporting requirements. Whether sexual interaction between athletes constitutes 'sexual abuse' depends on the existence of an aggressor and whether there is an imbalance of power between the parties (e.g., an age difference between the athletes, disparity in size, or the existence of a physical or intellectual disability). If you have concern that interaction between minor athletes may constitute sexual abuse, report the interaction to a supervisor, team official, league official, Risk Management Chair for TSA, or other designated TSA representative.

Peer-to-peer sexual abuse risk is highest:

- Any location that is less easily seen;
- Any time minor athletes are unclothed or changing clothes, for any reason.

Due to this risk, coaches and volunteers will be aware of locations and facilities that are less easily seen or supervised. These locations and facilities vary per team and activity and can include practice and competition locations, restrooms, changing areas, locker rooms, dorms, and hotels. These areas will be supervised regularly by coaches and volunteers, where possible and appropriate.

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**TSA CODE OF CONDUCT · CONTINUED****14. COACH AND VOLUNTEER RESPONSIBILITIES**

During team travel, coaches and volunteers will help athletes, fellow coaches, and volunteers adhere to policy guidelines, including travel policies and reporting policies. When not practicing, training, competing, or preparing for competition, coaches and volunteers will monitor the activities of athletes, fellow coaches, and volunteers during team travel. Coaches and managers will:

- Prepare athletes for team travel and make athletes aware of all expectations;
- Familiarize themselves with all travel itineraries and schedules before the initiation of team travel;
- Conform to, and monitor others' adherence to, the policies of the Code of Conduct and all other team policies during team travel;
- Encourage minor athletes to participate in regular communication with their parents/guardians;
- Help athletes to be on time for all team commitments (as possible);
- Assist with team travel logistical needs (as possible);
- Support chaperones and/or participate in the monitoring of athletes for adherence to curfew restrictions based on age and competition schedule, as listed in the travel itinerary;
- Ensure athletes are complying with hotel room restrictions based on gender or age requirements;
- Make certain that athletes are not alone in a hotel room with any adult apart from a family member, including coaches, volunteers, and chaperones;
- Refrain from using drugs or alcohol in the presence of minors or be under the influence of alcohol or drugs while performing any program or coaching duty;
- Immediately report any concerns about physical or sexual abuse, misconduct, or policy violations;
- Notify parents before taking any significant disciplinary action against a minor athlete if the athlete is traveling without his or her parents.

**CHAPERONE RESPONSIBILITIES**

Chaperones accompany team travel to ensure that the athletes, coaches, and volunteers adhere to schedules and guidelines, including the travel policy and all other relevant policies contained in the Code of Conduct. Each chaperone must undergo a background check screening with the appropriate State Association and follow all State Association and TSA Bylaws, Rules & Policies (e.g. including Code of Conduct).

## — TSA CODE OF CONDUCT · CONTINUED

## 15. ELECTRONIC COMMUNICATIONS & SOCIAL MEDIA

All electronic communications between a coach and minor athlete must be professional in nature and for the purpose of communicating information about program activities only. As with any communication, the content of any electronic communication should be readily available to share with the athlete's family. Any email, text, or similar communication will include at minimum another athlete, the team manager, the athlete's parents, or guardian.

**We use TeamSnap.** All TSA team communication runs through TeamSnap, our official team management app. Schedules, practice and game reminders, availability, and team messaging live in one place — visible to coaches, managers, and parents alike — keeping communication transparent, organized, and consistent with the policies in this section. Download the TeamSnap app and accept your team invitation at the start of the season.

### FACEBOOK, INSTAGRAM, TWITTER, SNAPCHAT, TIKTOK, AND SIMILAR SITES

Coaches or volunteers can only communicate with minor athletes under the age of 18 in a public forum (no private communication) only if the purpose of communicating the information is related to program activities. If a Facebook page is used, all coaches and parents must be included. Coaches and volunteers may not have any minor athletes under the age of 18 join their personal social media and can not join theirs. Coaches may not "follow" a minor athlete. Coaches cannot "retweet" athlete message posts. Coaches and volunteers are not permitted to "direct message" minor athletes through Twitter, Facebook, Instagram (or similar media). Coaches and volunteers are not permitted to post inappropriate off-color content or comment on inappropriate off-color posts. All posts, messages, texts, or media of any kind shared among athletes or between coach and athlete must be professional and public.

### EMAIL AND SIMILAR ELECTRONIC COMMUNICATIONS

Athletes and coaches may use email to communicate if the athlete is at least 14 years of age. All email content between coach and athlete must be professional in nature and for the purpose of communicating information about program activities. The minor athlete's parents **must** be copied on email communications.

### TEXTING AND SIMILAR ELECTRONIC COMMUNICATIONS

Texts between a coach and an athlete must be in a group text format — the text **must** include another athlete, volunteer, parent, or another coach/assistant. All texts between a coach and an athlete must be professional and for the purpose of communicating information about team activities. No texting is allowed between a coach and an athlete before 8 am or after 8 pm unless there is a specific soccer activity that requires immediate attention.

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**— TSA CODE OF CONDUCT · CONTINUED****ELECTRONIC IMAGERY**

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the minor athlete — individually or in groups — may be taken. These photos and/or videos may be used for athlete instruction (i.e. practice and game films), team videos, team websites, or offered to the athletes' families. The use of photos/videos is permissible as long as the athlete or athletes are in public view and such imagery is both appropriate and in the best interest of the athlete and the program. Photo or video imagery must not be contrary to any rules or guidance outlined in this Code of Conduct.

**REQUEST TO DISCONTINUE**

The parent or guardian of a minor athlete may request in writing that their athlete not be contacted by coaches through any electronic communication; that request must be honored. Additionally, a parent or guardian of a minor athlete may request in writing that photographs or videography of their athlete not be posted on program or team websites, understanding that group photography or videography may render this impracticable; to the extent this request is practicable, it should be honored.

**SOCIAL MEDIA MISCONDUCT**

Social media and electronic communication can be used inappropriately (e.g., emotional abuse, sexual abuse, bullying, harassment, and hazing). Such communication by coaches, volunteers, officials, administrators, parents, or other athletes will not be tolerated. Electronic communication should not contain or relate to any of the following:

- Drugs or alcohol use;
- Sexually oriented conversation, sexually explicit language or sexual activity;
- An adult's personal life, social activities, relationship or family issues, or personal problems; and
- Inappropriate or sexually explicit pictures.

Any communication concerning a minor athlete's personal life, social activities, relationships, family issues, or personal problems must be transparent, accessible, and professional.

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**TSA CODE OF CONDUCT · CONTINUED****16. TSA SOCIAL MEDIA POLICY**

Tennessee Soccer Academy (“TSA”) recognizes the importance of the Internet in shaping the public’s perception of our organization. TSA also recognizes the importance of our Board members, executive directors, sports coordinators, sports committee members, coaches, employees, and volunteers in leading and setting the tone of social media interactions in a manner that advances TSA’s mission and goals.

**APPLICABILITY**

This Social Media Policy applies to all Board members, executive directors, sports coordinators, sport committee members, coaches, employees, and volunteers (“TSA Members”). This Social Media Policy applies to all social media content posted by TSA Members in their professional and personal capacity to the extent such content is related to TSA.

**GUIDELINES**

All TSA Members shall abide by the following guidelines when using social media:

- Be positive and respectful, and always take the high road. When disagreeing with others’ opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask the TSA Board of Directors or your sport coordinator for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on TSA.
- Do not post content that would harm TSA or damage TSA’s reputation. Remember that even while you are on your own personal time, you are a representative of TSA, and people may interpret your online postings or social interactions as though they were official TSA statements.
- Use good judgment when posting comments on any official TSA sites. Bear in mind that your comments can create liability for TSA. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the Board of Directors.
- Be smart about what you publish. Once something is posted, it exists online forever. Ask yourself, “would I want to see this published in the newspaper or posted on a billboard tomorrow or ten years from now?” If the answer is “no,” do not post.
- Encourage others to engage in positive interactions on social media. If you are concerned about any TSA Member’s use of social media, please bring your concerns to the attention of the TSA Executive Director.

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**TSA CODE OF CONDUCT · CONTINUED**

- TSA members shall take full responsibility for their online profile, including their posts and any photos, videos or other recordings posted by others in which he/she appears.
- TSA members shall not degrade their opponents before, during, or after games.
- TSA members shall post only positive things about his/her teammates, coaches, opponents, and officials.
- Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be disclosed in any manner on official TSA social networking sites without the approval of the TSA Executive Director or Board of Directors.
- TSA members shall not comment, like/dislike, friend, tag, or engage in any other means of contact through social media with any TSA minor athlete under the age of 18 unless the purpose of communicating the information is related to the program activities and is made public.

**VIOLATIONS OF THE SOCIAL MEDIA POLICY**

The TSA Board of Directors shall have the authority to monitor and enforce this Social Media Policy. The TSA Board of Directors, and any individual appointed by the Board of Directors, shall have the authority to remove any inappropriate or offensive comments from official TSA sites and to block any individual or organization from posting on any official TSA social media platform if they determine, in their sole discretion, that such removal or block is in the best interests of TSA.

The failure of any TSA Member to adhere to this Social Media Policy shall be considered a violation of the TSA Code of Conduct, and any TSA Member who fails to adhere to this Social Media Policy shall be subject to disciplinary action, up to and including termination of such individual's involvement in TSA, in accordance with the TSA Disciplinary Procedures.

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**— TSA CODE OF CONDUCT · CONTINUED****17. PARENTAL CONTACT AND INVOLVEMENT**

Parents of minor athletes will be contacted immediately if their athlete becomes ill, injured, or has a severe disciplinary problem while participating in a TSA Activity.

**18. NON-DISCRIMINATION POLICY**

TSA is committed to creating and maintaining a safe, nurturing, and fair environment for all its members. The organization's primary emphasis is to provide the best opportunity for all of its members to maximize their full potential.

TSA does not discriminate against any member, player, coach, parent, or referee on the basis of race, color, national origin, age, disability, genetic information, sex, sexual orientation, gender identity, religion, political beliefs, marital status, parental status, or financial status.

**19. SPORTING BEHAVIOR**

Any non-consensual physical contact, obscene or profane language or gesture, or other threatening language or conduct directed towards any player, official, parent, or TSA personnel having any connection to TSA is strictly prohibited.

Officials, coaches, and players will be treated with respect during all TSA events. While coaches are permitted to question an official regarding a call, coaches, parents, players, and spectators are not permitted to disparage, ridicule, or otherwise engage in threatening or harassing conduct toward an official, coach, or player. Only coaches or their designees are permitted to give direction to players during games and/or practices.

**20. SUPERVISION**

TSA players shall not be left unsupervised. In addition, TSA players shall not be dropped off and left at any field before that player is under adult supervision. Coaches and staff will not leave any child unsupervised until the child is picked up. Accordingly, parents should be on time to pick up their children and notify the child's coach if running late.

**21. PHYSICAL RESTRAINT**

Physical restraint will be used only when necessary to protect the child or other children from harm. When physical restraint is administered, the situation must be immediately documented in writing to the Executive Director.

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**TSA CODE OF CONDUCT · CONTINUED****22. TSA PARENT EXPECTATIONS**

- Parents are expected to conduct themselves at all times in a manner that is in keeping with representing TSA and not bring discredit upon the organization. Parents shall maintain the highest standard of conduct and good sportsmanship while representing TSA.
- Parents are expected to be positive about the program and all players, parents, and coaches involved. Any negativity on the sideline, in the car, towards the team, coach, or other players will certainly affect your child's ability to develop in our program. Any concerns about your child should be addressed to the program director.
- Parents shall refrain from using profanity during games or practices toward any coach, child, adult, or referee. This type of behavior is subject to disciplinary review and may lead to suspension or expulsion from the program.
- Parents will show respect toward referees, opposing players, coaches, and fans. They will not yell, scream, harass, abuse, or berate a referee, player, coach, or any other individual for any reason. This is unnecessary and simply embarrassing for all players and families trying to enjoy the game. This type of behavior is subject to disciplinary review and may lead to suspension or expulsion from the program. We ask that all parents set a good example for their children.
- Parents are expected to respect and follow all facility rules and regulations at every location where TSA teams play or train. This includes, but is not limited to, policies regarding sideline behavior, prohibited substances, pets, and general spectator conduct. Parents should always conduct themselves in a manner that reflects positively on TSA and upholds the values of sportsmanship and respect.
- Parents engaging in physical violence/conduct or threatening actions towards any player, parent, referee, or coach, will be immediately suspended, along with their child, from all organizational activities. A disciplinary report will be submitted for review and hearing to decide the next steps.
- No instructing your child from the sidelines. Your instruction may differ from the coach which can cause confusion and unneeded stress on your child. Your coach is following the Academy's guidelines to help your child develop properly within our program while having fun.

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**— TSA CODE OF CONDUCT · CONTINUED**

- Try to motivate your child with positive words and actions, not material items. We feel offering money or prizes for scoring goals, working hard, etc., does not help develop the self-motivational skills needed to become a successful player on and off the field in the future. We also recognize a special treat here and there for a great day of soccer is always nice!
- Support your child unconditionally. Do not withdraw love when your child performs poorly. Trust us, they are trying to do their best.
- The bench area is for players and coaches only. Please respect this area. Parents should not stand by or behind the bench during games unless the coach has requested help.
- We ask that you do not confront your coach concerning an issue until 24 hours have passed after the game or practice. You may then feel free to contact the coach and discuss the issue. Our experience shows that issues are much easier to resolve after this 24-hour window. Any issue that needs immediate attention, may be addressed with the program director.
- Encourage your child to talk to the coach. "Taking responsibility" as a player — whether about missing a game or training session, things to improve on, etc. — is a huge part of developing skills on and off the field.
- Pass the reality test. If your child's team loses but plays their best and is learning the game of soccer, help them see this as a win. Focus on the process, not the final score.
- The game should not be larger than your life. If your child's performance produces strong emotions in you, just remember you are here for them. Keep your own goals and needs separate from your child's. Your relationship with your child and the people around you is more important and will last longer than the game your child just played.

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**TSA CODE OF CONDUCT · CONTINUED****23. TSA PLAYER EXPECTATIONS**

- Players are expected to conduct themselves at all times in a manner that is in keeping with representing TSA and not bring discredit upon the organization. Players shall maintain the highest standard of conduct and good sportsmanship.
- Players shall refrain from using profanity during games and practices.
- Players will show respect toward referees, opposing teams, and fans. They will not harass, abuse, or berate a referee for any reason.
- Players shall not participate in physical violence or threats thereof during games or practice.
- Attendance at training and games is important for development. Failure to attend may impact playing time and opportunities to improve and develop as a player.
- Players must bring cleats, running shoes, shin guards, water, and a properly inflated soccer ball to practice.
- Players are expected to show respect for all coaches and adhere to all instructions.
- Players shall be on time and prepared for all practices and games as outlined by their coach. All team practices, meetings, and activities are essential for player development; the coach must be notified in each instance in which a player is unable to attend a scheduled team activity.
- Players will play within the Spirit and Laws of the Game.
- Players must wear the approved club attire during practices and games.
- Playing time is not automatic, it is earned. The coach will determine playing time based on commitment, skill level, mentality, and attitude. Playing time may not be equal in a game or weekend.
- Players should strive constantly for high academic achievement and scholastic standing. Players need to know that to participate in high school athletics, TSSAA requirements state that five (5) subjects must be passed in the semester prior to player participation in any high school sport. Also, academic achievement will be the athlete's best ally or worst enemy when pursuing the college of his/her choice. Coaches may periodically ask players for a copy of his/her report cards.
- Player use of alcohol, tobacco, or drugs is strictly prohibited and will result in disciplinary action — which could include dismissal from the team.

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**TSA CODE OF CONDUCT · CONTINUED****24. TSA COACH EXPECTATIONS**

- Conduct yourself in a manner that always reflects positively on TSA and never brings discredit to the organization.
- Maintain the highest standards of sportsmanship, ethics, and respect toward players, parents, referees, opponents, and coaches.
- Refrain from profanity, harassment, intimidation, or any negative behavior.
- Attend all training sessions, games, tournaments, tryouts, and coaching meetings unless excused in advance.
- Lead all sessions in a positive, structured, and professional manner with a focus on player and team development.
- Provide a seasonal training plan aligned with TSA curriculum and hold monthly team meetings with players and families.
- Wear TSA-issued apparel at all club events, training, and games — no exceptions.
- Create an environment centered on learning, growth, and enjoyment, not solely on winning.
- Encourage players to take responsibility for attendance, communication, and improvement.
- Motivate players with encouragement and positive reinforcement, not material rewards.
- Complete all required risk-management certifications mandated by TSA, TSSA, and U.S. Soccer, including SafeSport, concussion training, and background checks.
- Communicate player injuries promptly to parents and TSA leadership.
- Comply with TSA rules, policies, and expectations, as well as those of Tennessee State Soccer Association and U.S. Soccer.
- Maintain confidentiality of player and family information.
- Never solicit or attempt to influence TSA players to join another club — violation results in immediate termination.
- Model composure and respect in all interactions; never yell at referees or engage in unsportsmanlike conduct.
- Respond to parent inquiries professionally, following the 24-hour rule after games or practices.
- Maintain open, respectful communication with TSA directors, parents, and players.

Any violation of these expectations will be subject to review by TSA, the Tennessee State Soccer Association (TSSA), or the United States Youth Soccer Association (USYSA), and may result in disciplinary action.

## SECTION 11 · 2026/27

# PARENT CODE OF CONDUCT

Parents are expected to uphold the values of Tennessee Soccer Academy at all times and represent the organization with positive behavior, respect, and good sportsmanship.

Parents should maintain a positive attitude toward the program, coaches, players, and teams. Negative comments or behavior on the sidelines or elsewhere can negatively impact a child's development. Any concerns regarding your child should be directed to the team coach or club director.

Parents are expected to show respect toward referees, opposing players, coaches, spectators, and all participants at all times. Verbal abuse, harassment, profanity, threatening behavior, intimidation, or unsportsmanlike conduct during games or practices will not be tolerated and may result in disciplinary action or suspension. Any parent engaging in physical violence or threats toward anyone involved with the organization may face immediate suspension, along with their child, pending club review.

Sideline coaching is not permitted. It can create confusion for players and interfere with coaching instruction. Parents should trust the coaching staff and discuss any concerns regarding player development directly with the coach or club director.

Parents are not permitted on the field during training or games unless authorized by club staff. Parents who choose to observe training sessions are encouraged to do so from an appropriate distance to allow players to remain focused, engaged with their teammates and coaches, and develop confidence and independence within the training environment.

The bench area, including the surrounding 10 feet, is reserved for players and coaches only to minimize distractions. Parents should avoid standing near the bench area or communicating with players during games unless there is an injury or emergency.

Concerns may not be addressed with coaches until at least 24 hours after a game, tournament, or practice. Discussions during games or training sessions should only occur if a meeting has been arranged in advance.

Parents are encouraged to allow their child to communicate directly with coaches whenever appropriate. This helps develop accountability, confidence, communication skills, and personal growth.

Parents are encouraged to help children develop internal motivation rather than relying on external rewards or incentives tied to performance. Parents should focus on player growth, effort, attitude, and learning rather than solely on wins, losses, or results. Children should feel supported unconditionally regardless of performance or playing time.

Above all, parents should keep the game in perspective and prioritize their relationship with their child over the outcome of any game or competition. Emotions surrounding sports should never outweigh the importance of family support, encouragement, and positive experiences.

This Parent Code of Conduct is acknowledged online as part of registration — no printed signature is required. Parents are also encouraged to read and review the **US Soccer Referee Abuse Prevention Policy** at [ussoccer.com/rap](https://ussoccer.com/rap).

## SECTION 12 · 2026/27

# PLAYER CODE OF CONDUCT

Players are expected to represent Tennessee Soccer Academy with positive behavior, respect, effort, and good sportsmanship at all practices, games, tournaments, and team events.

Players should show respect toward coaches, teammates, opponents, referees, parents, and spectators at all times. Profanity, bullying, harassment, arguing, or unsportsmanlike behavior will not be tolerated and may result in disciplinary action.

Players are expected to attend all practices and games prepared, on time, focused, and ready to give their best effort. Cell phones and other electronic devices are not permitted during training, games, team meetings, or on the bench unless approved by the coach or club staff.

Players should listen to and trust their coaches. Disrespectful behavior, refusing instruction, or negative body language toward coaches or teammates may result in disciplinary action.

Players are expected to encourage and support their teammates. TSA is committed to creating a positive team environment built on teamwork, accountability, and respect.

Players should take responsibility for their actions, attitude, and development. Growth comes through hard work, coachability, and a willingness to learn from mistakes.

Players must maintain self-control during games and practices. Fighting, threatening behavior, or intentional attempts to injure another player will result in immediate disciplinary action.

The use of alcohol, tobacco, vaping products, or illegal drugs is strictly prohibited and may result in disciplinary action, including suspension or dismissal from the team.

Players should focus on development, learning, and competing the right way rather than only the outcome of games. Effort, attitude, and improvement are valued just as much as results.

Players are expected to care for club facilities, equipment, and uniforms while representing TSA in a professional manner both on and off the field.

Keep the game in perspective and remember why you play. Soccer should be an opportunity to grow as a player, teammate, and person while enjoying the experience and love of the game.

This Player Code of Conduct is acknowledged online as part of registration — no printed signature is required.

## SECTION 13

# REFUND POLICY

Registering your child reserves their spot and starts our season-long commitment to them. Please review our refund policy before registering so expectations are clear for everyone.

Once you have registered your child to play with TSA Recreational Soccer, the organization immediately incurs costs. We do a lot of work and incur many expenses weeks before the first day of the season. By registering your child, you have signed a contract with us to prepare a spot for your child in our program, and by doing so, means that we incur a significant financial obligation as well. We sign contracts and lease agreements with the city, purchase supplies and equipment, pay for administrative, organizational, planning, and preparatory work, pay city and state registration fees, and take out insurance policies on your child.

If it turns out your plans change and your child is unable to participate, you will need to notify the Director immediately through email at [denin@tnsocceracademy.com](mailto:denin@tnsocceracademy.com).

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<b>BEFORE REGISTRATION CLOSSES</b>	If notified before the final date of open registration, you will receive a <b>full refund</b> .
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<b>MORE THAN 14 DAYS OUT</b>	Prior to 14 days before the first official day of the season, we will refund the registration fee <b>minus \$50.00</b> . The \$50.00 is a recovery fee to pay for the time that has already been spent on your child's behalf, as well as the time spent taking the child out of the league and replacing, rearranging, and scheduling their assigned team.
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<b>LESS THAN 14 DAYS OUT</b>	Less than 14 days to the first official day of league practice, <b>no refunds are issued</b> .
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<b>AGE GROUP DOES NOT FORM</b>	In the case that an age group does not form due to not enough players, a <b>full refund will be issued</b> .
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## SECTION 14

# QUESTIONS

We're here to help your family have the best possible season. For questions about registration, refunds, programs, or anything in this handbook, reach out to our Director directly.

RECREATIONAL DIRECTOR

## GET IN TOUCH

[denin@tnsocceracademy.com](mailto:denin@tnsocceracademy.com)

Email is the fastest way to reach us with questions.

**More resources online.** Schedules, facility maps, the club store, and policy documents are all available at [tennesseesocceracademy.com](https://tennesseesocceracademy.com). Your coach and team manager are also great first points of contact for day-to-day team questions through TeamSnap.

OUR PURPOSE

**“INSPIRING PLAYERS AND THEIR LOVE FOR THE GAME”**

OUR MISSION

To inspire through innovative and progressive programs driven by an unparalleled leadership team dedicated to the promotion of the players and community.

OUR CORE VALUES

**INTEGRITY · INCLUSION · EMPATHY · COMMUNITY**

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[tennesseesocceracademy.com](http://tennesseesocceracademy.com)

Lakeland · Arlington · Atoka · Munford · Oakland, TN

DEVELOP. INSPIRE. BELONG.