



1. BOARD MEETINGS

Club board meetings are held monthly on the third Monday of each month in the upstairs meeting room of Bobbio's in Central Point. Dates and times can vary due to circumstances. Members are allowed at these meeting however a request to be on the agenda is recommended. Members who have a specific issue to present must adhere to the [Public Statement Process](#) as outlined on the form.

2. BOARD OF DIRECTORS POSITIONS

Board members are required at monthly meetings. More than three unexcused absences in a calendar year is subject for possible removal.

2.1 Board Members with players at Table Rock SC shall receive a credit in the amount of the regular registration fee, to be used towards their player's registration.

3. FIELDS AND EQUIPMENT

3.1 Field Prep. Fields should be painted a minimum of thirty (30) days prior to the first game for trainings, and touched up within ten (10) days prior to the first game. Following the first season game fields shall be touched-up bi-weekly, or as directed by the President.

3.2 Field & Equipment Usage. Park or field usage permits are in the Club's name and any use of the fields other than soccer training and games for Table Rock SC should be approved by the Club President and communicated to the field coordinator prior to event.

Field rules must be followed at all times, including:

- No kicking balls against buildings, walls, or fences
- Goals and nets are expensive – don't abuse them. Tell others not to hang from them, pull on them or abuse them in any way.
- Pick up all trash after every game.

If the fields are not properly maintained, usage rights may be revoked.

4. ACCOUNT PAYABLES / RECEIVABLES

4.1 Accounts payables shall be discussed monthly with the Board for all non-budgeted payables that exceed \$500.00 prior to being paid.

4.2 Account receivables are to be reviewed with the Board monthly to ensure correct line item entry.

4.3 If a player's registration is not paid in full before the first game the player will be suspended until payment is received. Payment arrangements can be made under approved terms and circumstances.

4.4 Refunds. Under normal circumstances Table Rock SC does not give refunds. Parents may request a refund if a player is not placed on a team.

5. SANCTIONING BODY AND LEAGUE RULES

All players that participate in the Club are expected to follow the rules handed down from the Sanctioning bodies and league rules.

6. WEATHER

Trainings and games are cancelled at the discretion of the referees and/or Table Rock SC, typically only in the case of lightning and/or thunder, or extreme field conditions.

Coaches may elect to cancel a training if the smoke index is too high.

7. COACH SELECTION

All coaches must complete the registration and background check process. If a background check is not approved the Registrar shall review the report with the President who has the authority to approve or deny based on the severity and date of the offense.

7.1 Education & Licensing. Coaches who are interested in taking licensing courses may submit a request for class tuition expenses to the board for review. If approved, coaches will be reimbursed by the Club upon passing the course.

The Board reserves the right to require licensing of coaches at all levels.

7.2 Reign Coaches. Reign coaches must have previous coaching experience, proper licensing, as defined by the Board, and be approved by the President. Reign coaches have the opportunity to earn a stipend based on the season performance:

- 5/10 Wins \$10/each = \$50.00

- 6/10 Wins \$20/each = \$120.00

- 7/10 Wins \$30/each = \$210.00

- 8/10 Wins \$40/each = \$320.00

- 9/10 Wins \$50/each = \$450.00

- 10/10 Wins = \$600.00

\$50 Bonus Opps:

- 1+ Clean Sheet, but being shut-out negates a clean sheet.

- Team +/- Team scores more goals than the number of goals scored against them.

7.3 Coaches Mileage. All Head Coaches for 11U+ who travel more than 30 miles one-way for a game or tournament during the season shall receive a flat \$50.00 for mileage.

7.4 Coaches and Board Members without children on their team or in the program, shall be reimbursed mileage that is 10+ miles, one-way for trainings, meetings, club work, functions, and games. Mileage reimbursement is based on IRS standards upon

the conclusion of each season. Mileage should be tracked on the Mileage Tracking form and must be submitted within 30 days of the final season game or tournament.

[<Click Here for Mileage Form>](#)

7.5 Coaching Agreements. All coaches must complete the appropriate Coach's letter of agreement outlining the expectations and requirements of his/her agreement.

8. REGISTRATION

8.1 Registration Deadlines. All registration deadlines are to follow the dates set by the Table Rock SC board, however players may be added after the deadline, provided there is an opening on a roster for the player. Parents are subject to a club late fee and the additional league costs for late add ins.

After the registration deadline passes parents may fill out the registration form to have their player placed on a waiting list.

8.2 Registration Fees. We expend a lot of effort keeping our fees as low as we can. Registration fees cover; field usage, insurance, equipment, software, league fees, charges assessed by the club's sanctioning bodies, coaching, and club events.

We are a non-profit organization and need volunteers, donations, and sponsorships. Certain costs are not included in the registration fees. Players are expected to pay these costs:

- Travel costs to and from games, tournaments, and other events
- Required uniform and other equipment costs
- Optional warm-ups and backpacks.
- Applicable tournament entry fees
- Coach travel expenses (typically hotel and meals for overnight team trips. This is split with the coach's other teams if they are at the same tournament.)

Non-payment of team fees is equivalent to non-payment of Club fees and the Club's options are the same. Players who do not pay the registration fee in full will be suspended from training and games.

8.3 Scholarships. Table Rock SC offers scholarships to players who would be unable to play otherwise. Scholarships are granted based on the terms and conditions outlined on the Scholarship Request form and the availability of funds within the Club.

9. TEAMS

9.1 Team Forming. The goal for individual teams within Table Rock SC is to keep the difference in level of the most accomplished player to the least accomplished to a minimum. Table Rock sees training, more so than games, as a tool to foster long-term development. At Table Rock SC, our Board of Directors and coaching staff understand that it's natural for players to develop at different times and stages. While in the Club's system players are evaluated based on their Technical ability, Soccer Intelligence, Personality, and Speed (TIPS), to allow the pace of their development to be up to them.

Teams are formed by skill-level, gender and during league play, the mandated age-appropriate division. Teams may be co-ed if there are not enough boys or girls registered to form gender specific teams. Divisions may be combined if not enough players register to form a specific age division team.

9.2 Team/Coach Requests. Requests for specific coaches and/or placement with friends on the same team are not accepted. Exceptions may be made for immediate family.

9.3 Player Placement. Performance evaluation dates and times must be approved by the Club and will be held for new team formation. They are open to all players who are eligible to play in the 10U – 18U age groups. Players will be evaluated by the appropriate coaches and Board members.

At the time of player evaluations or try-outs, the Club may require that the registration fee or a portion of the registration fee is due.

Performance Evaluations and/or tryouts are the first part of the placement process for Table Rock SC's teams. If a player is asked to attend the trial trainings this does not guarantee placement on a particular team. It is a trial period that all players must complete. Table Rock SC performs these trials to encourage continuous commitment and competitive play from all of our players and to fully assess player skills. It enables coaches to take a closer look each individual player and identify their strengths as well as areas that need improvement. This process provides both the player and the coach the best opportunity for success and player development.

9.4 Trials. If a player misses a performance evaluation or tryout they may participate in trials, upon proper notice to the team Head Coach and the Registrar. Coaches who have players trialing must submit the required information to the Registrar prior to proceeding to ensure the proper paperwork is completed.

At any time, a player can trial for another team within the Club. A trial is similar to a tryout, but the core team has already been formed. Players who feel they are good enough to trial for a Reign team can do so at any time upon Board approval and may attend up to three (3) team training sessions. After the 2nd training session, the coaching staff of the team should be able to identify whether or not the player in question is capable of making the team. If a team has a full roster of 18 players and accepts a player that recently went on trial for their team, a player on that team must be relegated off to make room for the new player.

Players are evaluated throughout the season during trainings, scrimmages, and games. The Club will initially place players on a team that is best suited to their performance based upon the evaluation factors above. Players may be moved from one team to another during the season based on what the coaches determine is best for the teams and the player.

9.5 Player Expectations Players are expected to remain on their team through the end of the season. If a player quits or is suspended during the season the player is not eligible to play for the remainder of that soccer year (Fall and Spring), and may extend beyond that timeframe, based on the reason for not completing the season. Refer to *Consequences of Violating Club Policies* for additional information regarding disciplinary actions.

If a player does not intend to return to the Club after the season, he or she should inform the coach as soon as that decision has been made.

10. REIGN TEAMS

Table Rock Soccer Club's goal is to form Reign teams at all age groups. However, team formation is dependent upon the number, quality and commitment of players who attend tryouts or performance evaluations, and subsequent trial trainings. Players are evaluated based on their TIPS. Fit within a particular age group or team may also be taken into consideration. Players selected to be on a Reign team are committed to that team and are no longer eligible to play on another Club team, unless it is determined otherwise by the Board. Friend and coach requests are not considered in team formation.

Table Rock SC is a boutique club and unlike larger clubs, we don't have a large pool of experienced players and therefore, have the advantage of looking for characteristics and skills that fit our philosophy and standards at the all ages of development. That standard ensures our players are teachable.

10.1 Promotion and Relegation. The process by which a player moves from one roster to another, based upon the player's individual abilities, performance, and head coach evaluations is Promotion and Relegation. These transfers are made at the discretion of the coaches. If/when a player is experiencing difficulty with game speed, consistently not match-fit, or having difficulty absorbing the curriculum at a particular level of play, for the sake of the player's development and the ongoing progress of our Club and Team development, a player may be relegated to a team that is a better fit. A player may also be relegated for insubordination and/or continued missed trainings, games, or other team events.

A player may be promoted to a team at a higher level if their Technical ability, soccer Intelligence, Personality, and Speed (TIPS), is advanced for the team they are on. In either case, if a player is moved during the season the cost of the player's registration fee will reflect the pro-rated amount, based on the number of games played at each level.

10.2 Probation. Players may be placed on probation if deemed necessary by coaches. The length of a probationary period will be determined by the coaches and provides the player and coaches the opportunity to work together towards what's in the best interest of the player's development. However, if the issue is not resolved in a satisfactory manner the coaches reserve the right to relegate accordingly and possibly suspend that player.

10.3 Player Cards. Player cards are the property of Table Rock SC and will not be released until after May 31st of the soccer year, unless otherwise determined by the Board.

11. PLAYER POSITION

Table Rock SC believes that under the age of 11, every player should have the opportunity to experience all positions on the field. Players should not be locked into specific positions because of speed, size or other qualities, but should experience the emotion and functions of all positions on the field at the discretion of the Head Coach.

The development of a goalkeeper also requires varied playing opportunities. While this position has become highly specialized at early ages, these players also need to experience playing on the field. These experiences allow them to advance their soccer knowledge, raise their technical ability, and gives them opportunities to think as a field player, all of which raise the level of their position specific demands.

12. UNIFORMS

Players will receive information on the uniforms at the beginning of each season. Uniforms that have not been approved by Table Rock SC Board may not be worn. Uniforms are representative of the Club and therefore the Board shall approve all custom uniforms.

13. TOURNAMENTS

Tournaments are encouraged by the Club for Reign teams that have won at least 50% of their regular season games. Club teams should also have played up a division for the majority of their season. Each team is responsible for requesting the Board's approval to participate in a tournament and all fees, including travel expenses, associated with it. Fundraisers for the fees are permitted with Board's approval. Refer to Section 8.2 for typical expenses associated with tournaments.

Teams participating in a tournament shall pay \$25.00 to Table Rock SC to cover the administrative fees for tournament preparation.

Every player on a team is expected to participate in tournaments and games if invited.

Expectations For Players

- Make soccer your #1 priority – outside of family and school – during the soccer year. If this is not possible or it is apparent to your coach that this is not the case, it may affect playing time.
 - Make yourself a better player
 - Focus on soccer, and soccer only, during training and games
 - Do not miss training. You cannot miss training, or train poorly, and expect to improve
 - Listen to your coach's constructive criticism and use it to make yourself a better player.
 - Be mature enough to get proper rest before games, eat well, and hydrate.
 - Know the rules of the game
- Respect your coach's and your teammates' time
 - When you are given a time for games or training, that is when you are expected to be on the field, dressed and equipped, and ready to go.
 - Contact your coach at the earliest possible time if you will be late or absent from training, game, or other team activity.
 - If you miss a game or training this will likely affect your play time in subsequent games.
- Be prepared
 - Players are expected to be on time and ready to train. Proper gear should be worn and water should be brought to every training.
 - Games: you should have all necessary game items in your bag, which will stay in the technical area during games. This includes uniform(s), water or sports drinks, and sunblock.
- Stay with your team during training and games
 - Remain with your coach and team from the start of training sessions or games until you are released by the coach. This includes half-time. Do not visit your parents, friends, family, or pets. If you are subbed during a game, remain in the technical area with the coach – the coach may need to make a quick substitution or an important coaching point.
 - If there is an important need to leave the area, you should ask the coach for permission.
 - If you are in between games, you should assume that the coach wants the team to stay together unless he or she tells you that you are free to do what you want.
- Represent your team and Club positively
 - Have a positive and supportive attitude within the team, regardless of playing time or position. Put the team ahead of yourself.
 - Demonstrate sportsmanship and fair play in your words and actions. Keep your emotions under control and do not treat opponents, referees, or anyone else disrespectfully.
 - Excessive red cards will be grounds for disciplinary action.
- Help the Club and the community

- Leave the field and sidelines cleaner that you found it at all training sessions and games. That means that you clean up after yourself, your team, and, if necessary, other teams.

Disregarding any of the above may result in discipline by the coach. Serious or recurring problems will be referred to the Board of Table Rock SC and you may be suspended from the Club.

Playing as a guest player on another team:

- Within the Club: Players may be asked to be a guest player at a league game or tournament. Coaches must check with each other before asking the player. The player or parents should confirm with their own coach that this is OK and ensure the guest play does not create any problems for the player's "home" team.
- Outside the Club: If you are asked to be a guest player by a team at another club for non-league play such as a tournament, approval from your Head Coach is required.

Expectations for Parents

As a parent, your commitment to your player's participation in team and Club functions is imperative. Please familiarize yourself with the expectations the Club has for the players as well as the parents.

- “Expectations For Players”– please be sure you and your child understand it.
- “Communicating and Resolving Issues With Your Coach”
- “Game Day Behavior By Players, Parents, and Spectators”.

Travel

- The parent / guardian is responsible for arranging player transportation to and from training, games, and other team or Club events. Please note that missing any of these may affect your child’s play time.
- During overnight trips, all team members may be required to stay at a designated hotel and eat meals as a team. Players' family members will always be invited to stay at the designated hotel and may be invited to join the team during team meals. Final decisions regarding team travel, including timing of arrival and departure to and from locations (hotels, restaurants, game fields, etc.) are the responsibility of the team manager or coach.

Volunteering and Fundraising

- Without fundraising and the efforts of team and Club volunteers, the cost at Table Rock SC would be significantly higher. While the Club charges registration fees, these do not cover all of the expenses associated with the play and management of the Club. There is a significant amount of work that keeps the Club running. We expect all parents to help with Club functions where possible. We need to have an actively engaged group of players and parents to avoid increasing our registration fees or impose a fee to those who elect not to volunteer, as many other clubs within our area do.
- Almost all teams in the Club also run their own fundraising efforts in order to lower parents' out-of-pocket costs and to assist families who need financial assistance. You should expect this as part of your child’s participation in the Club.

Other

- Contact your coach immediately of an upcoming scheduling conflict that will prevent your child from attending trainings, games, or other team events.
- Please help your child maintain a healthy lifestyle, including proper nutrition and rest
- Familiarize yourself with the rules, especially off-sides and illegal contact.

Communicating and Resolving Issues With Your Coach

- Parents should feel free to arrange meetings with their child’s coach to discuss their son or daughter. As one of our experienced coaches explains to her parents every year, “at some point this season, you are going to disagree with me.”

Sometimes you should communicate a perceived problem to the coach, and sometimes you should not. As players mature, they are expected to try to resolve issues between themselves and their coach without parental intervention.

Guidelines and Recommendations Regarding Discussions with the Coach:

1. Keep the meeting focused on the player
2. Ask what a player might, or should do differently to earn more playing time (keeping in mind that, as noted in the “evaluation and selection” section, there are no guarantees with respect to position or game play time).
3. Discuss problems that may affect the player’s training or game performance
4. Inform the coach of issues or concerns that their player may have with teammates
5. Discuss player injuries or other health concerns

Immediately before, during or after a game, or during training, is not the appropriate time to discuss concerns with the coach. Contact the coach directly to schedule a time to discuss concerns regarding your player.

The coach has a limited amount of time to allocate to each of their players and each of their teams. Parents are asked to respect their coach’s time and not take up a disproportionate amount of it compared to other parents and players, or to keep revisiting the same topics. While the Club expects coaches to respond promptly and professionally to a reasonable level of parent communication, a coach may limit their responses or take other action if they feel that a parent is placing undue requirements on their time.

If you have an issue that should be discussed with the coach, bring it to them – and not other parents or the team manager. Players and parents should recognize that it is always best to resolve issues directly with the coach. However, if they feel they cannot discuss a sensitive topic with their coach, they should communicate with the Club President or Vice President. Keep in mind that just because you or your player may not like a coach’s coaching style, that does not mean they are not a successful coach. It just may not be the right fit for your player.

Escalation process

- If the problem is not resolved by the coach, the parent should then contact the Club President or Vice President.
- In most cases you will be able to resolve your issues/ questions by speaking with the coach and/or Club President. If not, a formal complaint may be filed with the Board for review. The Board’s decisions are final and players and parents must abide by them.
- Parents should recognize that the Board of Table Rock SC will place the interests of the Club ahead of any one team, and the interests of a team ahead of any individual player. By joining Table Rock SC you agree that you will abide by the Club's priorities.

Game Day Behavior by Players, Parents, and Spectators

Game days can be exciting, but we expect parents and other spectators to:

1. Provide a positive environment for teaching the game
2. Understand that team and player development will be given a greater priority than winning
3. **There will be no coaching by parents and/or spectators. Be supportive, but do NOT provide any type of instruction** ("pressure," "shoot," "wide," and so on). Although you may think you are helping, it is counter-productive to the players and is definitely disrespectful to the coach. Your coach may be looking for a more composed choice in that moment and wants the player to learn by making their own decisions, or use choices taught in training. Trust the coach.
4. Never direct a disparaging comment at a player, coach, referee, parent or supporter. The best policy is to acknowledge positive play and otherwise keep quiet.
5. Do not get into a confrontation with anyone.
6. Do not complain to officials. Our players need to learn to overcome adverse calls and foul play or poor sportsmanship by other teams – they are part of soccer – and we expect our parents to do the same. Parents yelling at referees or other players set a poor example and can swing calls against our teams.
7. Only players and coaches are allowed in the "technical area," which extends ten yards in both directions from the midfield line. Players should stay with their teammates inside the technical area (or on the field) and spectators should be outside that area. This gives the coach room to do their job and focus on the game and the players.
8. The coaches are teachers and the field is their classroom and their workplace. If you have a question/concern about playing time, game decisions, etc, please do not approach the coach during a tournament, game, or training. Refer to the "Communicating and Resolving Issues With Your Coach" section.

Any parent who is disruptive and / or abusive to players, coaches, spectators, field staff, or referees, or who in any way bring dishonor to Table Rock SC, may be prohibited from attending future games.

All Club members - both players and parents - must conduct themselves in a manner that is consistent with a healthy team and game environment.

We know other clubs may not have or observe these standards for their players, coaches, parents or supporters, but we should be different.

Expectations for Coaches

Coaches must adhere to the Coach's Code of Conduct and Coaching Agreement. These outline the expectations and requirements of his/her position as a Coach for Table Rock SC. Additionally, Coaches are expected to adhere to the following:

Coach Duties Include:

1. Game day player selection
2. Play time for each player
3. Game tactics and strategy
4. Team behavior
5. Consistently measure and promote player development.

The coach's decisions about the above are final.

Coaches are Expected to:

1. Communicate openly and honestly with players and parents
2. Be consistent in their treatment of players
3. Not use foul language or act abusively
4. Be prepared for all trainings and games, and arrange a substitute when there is a conflict
5. Return phone calls and emails within a timely manner
6. Review policies involving players and parents
7. Discuss expectations of players, parents and themselves
 - o Review the Code of Conduct
8. Inform parents how best to communicate with them
9. Outline the schedule
10. Report information to the Board as requested

Team Management

Each Coach should designate a Team Manager to handle administration. Typical tasks include:

1. Collect necessary paperwork (Birth certificate, player photo, etc.) for league registration.
2. Collect team fees
3. Communicate information to the coach and team, i.e. information from the Club, schedule changes, etc.
4. Organize team fundraising, if applicable
5. Handle game-day player check-in
6. Report scores as required

7. Assist with uniform orders / information
8. Organize team volunteers for Club events
9. The manager is NOT a go-between for concerns that need to be discussed between parent and coach.
10. Managers are nominated by the team coach and approved by the Registrar.
11. Managers must register and pass a background check.

Consequences of Violating Club Policies

1. Failure to fulfill financial commitments (to the Club or to the team)
 - The player may be suspended from training and/or games until their account is current or acceptable payment arrangements are made.
 - Excessive default may result in suspension from the Club and future seasons.
2. Parents who are disruptive, disrespectful, abusive and/or do not support the overall mission of the Club may be:
 - Banned from fields during training.
 - Banned from fields during warm-ups, games, and post-game activities.
 - Subject to other reasonable rules that minimize or prevent the problematic parent behavior for a period of time that may include permanent suspension from all Club activities.
3. Players who commit violations of team or Club policies, including but not limited to; tardiness to Club events, unfocused training, demonstrating disruptive behavior that is detrimental to the development of other players, etc., may be subject to the following:
 - Be required to meet with the Coach and discuss the reason for the violation. The player may have to run laps, have playing time withheld, or may experience other disciplinary action as deemed necessary and fair by the Coach.
 - Game suspension, Club/Community service, probation, etc.

Major violations of Club or league policies, i.e. verbal abuse or physical assault on a teammate, coach, opponent, referee, or spectator; ongoing insubordination by player; recurring sideline behavior problems; excessive red cards; etc. The coach or the Board may suspend the player from club activities for a period of time, which may be for an entire soccer-year.

This list is NOT comprehensive and some situations will require the Club to craft a unique sanction.

If a player or parent feels that a punishment is unjust, they should discuss it with their coach. If there is not a satisfactory resolution, they should contact the Board President or Vice President.

Disciplinary Actions by Other Organizations

Different leagues that our teams play in have their own disciplinary processes for significant problems such as assault on a referee or major problems between spectators. The Club may support the player or team in such hearings, or abstain, depending on the results of our investigation of the incident and the severity of the proposed sanction. Any discipline handed down by those bodies is separate from any sanctions that the Club imposes.