



Rancho Soccer

Rancho Cordova Youth Soccer Club

Player Safety & Coaching Policies

Players' Equipment Policy

Equipment consists of a jersey with a number on the back, shorts, shin guards, socks, and cleats.

- **Shin guards must be worn** and properly covered with socks while on the field.
- If teams have similar colored jerseys, the **home team must change** to a different color.
- Pinnies worn over numbered jerseys are acceptable.

Goalkeepers

Goalkeepers must wear colors that distinguish them from:

- Other players
- The opposing goalkeeper
- The referee

Prohibited Items

Any item that may pose a danger must be removed, including:

- Jewelry
- Earrings
- Watches
- Barrettes
- Chains
- Belts
- Head coverings with visors or protrusions

Uniform Requirements

- Players must keep shirts **tucked in**.

- Players with improper equipment or duplicate numbers will be sent to the **touchline until the next stoppage in play**.
- The team plays short-handed until the player is cleared by the referee.

Medical Restrictions

Players with plaster casts or hard splints cannot participate in games or practice — even with parental or medical approval.

Players with orthopedic braces containing exposed metal parts are also not allowed to play.

Player Injury During Game Play

- Call for your team to **take a knee**.
- Determine whether assistance is required.
- If the player cannot return independently, they must **sit out one round of uninterrupted play**.
- If a head injury is suspected, follow **CDC concussion safety guidelines**.
- Report serious injuries to the **RCSC Board**.

Playing Time Policy

All players must participate in at least **50% of total playing time**.

Coaches may reduce playing time if a player has **not attended enough practices**.

Excess Heat Policy (Updated 08/15/2023)

- **Above 95°F** – Coaches must reduce physical activity.
- **Above 103°F** – All practices are cancelled.

Temperature should be determined at the start of practice using weather data for Rancho Cordova.

Suggested Practice Modifications

- Limit running and focus on technical drills
- Use shaded areas whenever possible
- Increase water breaks
- Encourage players to drink water anytime
- Consider indoor training videos or match analysis
- Plan shorter practices with fun cooling activities

Unhealthy Air Conditions Policy

Air quality is measured using the **Air Quality Index (AQI)**.

- **AQI above 127** – Take precautions and modify practice.
- **AQI above 150** – Strongly recommended to cancel practice.

Check forecasts at:

www.sparetheair.com

Inclement Weather Policy

Soccer is generally played in all weather conditions.

- CRPD rarely closes fields due to rain.
- Field closures will be posted on the club website and emailed to coaches.
- When visiting other clubs, confirm conditions with the host coach.
- Referees may suspend games if lightning is present.

Game Air Quality & Weather Guidelines

Air Quality

- **AQI 201+** – All outdoor games cancelled
- **AQI 101–200** – Add rest breaks and increase substitutions

Temperature

- **108°F+** – Games cancelled
- **100–107°F** – Add rest breaks and substitutions

Lightning

If lightning is visible, games are suspended until officials determine play can resume.

Practice Air Quality & Weather Guidelines

Air Quality

- **AQI 201+** – Cancel all outdoor practices
- **AQI 151–200** – Reduce intensity for U9–U19
- **AQI 151–200** – Cancel U5–U8 practices
- **AQI 101–150** – Reduce intensity for U5–U8

Temperature

- **105°F+** – Cancel all outdoor practices
- **100–104°F** – Reduce intensity for U9–U19
- **102°F+** – Cancel U5–U8 practices

- **95–101°F** – Reduce intensity for U5–U8