



Welcome & Thank You

Welcome to our annual coaches meeting.

Thank you, Coaches!



Meet The Board & Volunteers

President - Silas Lindenstein
Vice President - Jim Shea
Secretary - Dierdre Spellman
Treasurer - Lauren Paulhamus
Fields Coordinator - Jeff Timmons
Coaches Rep - Kim Huntamer
SYSA Representative - Jimmy Hammonds
Social Media Manager - Renee Garcia
Equipment Manager - Jeremy Doane
Registrar - Melissa Coulson
JR. Referee Coordinator - Julie Bathke
JR Referee Trainer - Jimmy Hammonds
Disciplinary Rep - Douglas Haub

Open Positions - Micro Game Scheduler



Why We Do This

Purpose of youth recreational soccer

Our job isn't to win games

Our job is to create environments where players want to come back the next season.

1. Have Fun
 - a. Every child should leave smiling.
2. Learn to love the game
 - a. Develop a life-long passion for the game.
3. Develop player Skills
 - a. Confidence, decision-making, and teamwork matter more than the score.
4. Play With Friends
 - a. Create friendships, community, and sense of belonging.



How Teams Are Formed

1. We try to honor requests.
2. This is not select soccer. We get who we get.
3. We have to balance teams.



Team Names

Process. Choose 3 Choices of names to Submit. Put them in order. We get back to you with approved name.

No FC or SC in name

No Colors

Moratorium on the names:

Rainbow

Unicorn

Thunder

All U-5 - U9 Names need to be unique. This is mostly because it causes administrative problems.

Current List of names - <https://hillwoodsoccer.org/2026teams/>



What We Avoid

Avoid focus on winning

Avoid lines

Lines = Boredom and are anti-learning.

Joy Sticking Players

Running For Punishment

1. Running for punishment teaches kids that running is bad. That's what we do.
Running isn't bad
2. Safesport violation.
3. Reminder, that goofing-off is often feedback. Not interesting drill/game, set up poorly, and/or not hard enough.



Coaches

RMA CLEARANCE

All coaches, everyone helping with practices, helping with games. Needs to be RMA cleared. That means Safesport, Background check and signed up as a volunteer with Hillwood.

You cannot have a parent substitute in for a game you are missing. The person coaching needs to be registered with us as a coach or team manager.

TRAINING

We reimburse online training for Coaches for many grassroots courses.



Parent Meeting

Have a Parent Meeting as soon as possible. Definitely before first game.

Go over expectations, league rules, behavior.

Assign or request roles, snack coordinator, manager, End of year party person, game day photographer, backup ref.



Schedules

Saturdays for Micros

Will have longer time frame for games than in the past
Flexibility of because of Hillwood Park Closure

Games start Saturday September 12th. 8 Games.

Strike and Setup. One team per age group will be striking all the their fields. That team will setup their age group the following week. They should set up no later than by 8:45am on that. Get parents involved with it.

Cancellations -

If you have to cancel a game, we need 24 hour notice minimum.

Micro teams - Notify - Other Team Coaches, Julie (Ref Coordinator), & Silas. U10+ - Contact SYSA

Makeup Games -

Micro - Often Not Possible.

COMMUNICATION - Need to be Approved For Micro .

Citywide, Will not be allowed



Practices Fields

Jeff Timmins to Speak

-

No pets on Any Field at practice



Uniforms

Micro - League: We take care of it

U10+ -

1. Should have received email on this.
2. Order by the Sunday, August 16th.
3. Intended for people who need new ones.



PETS

No Pets.

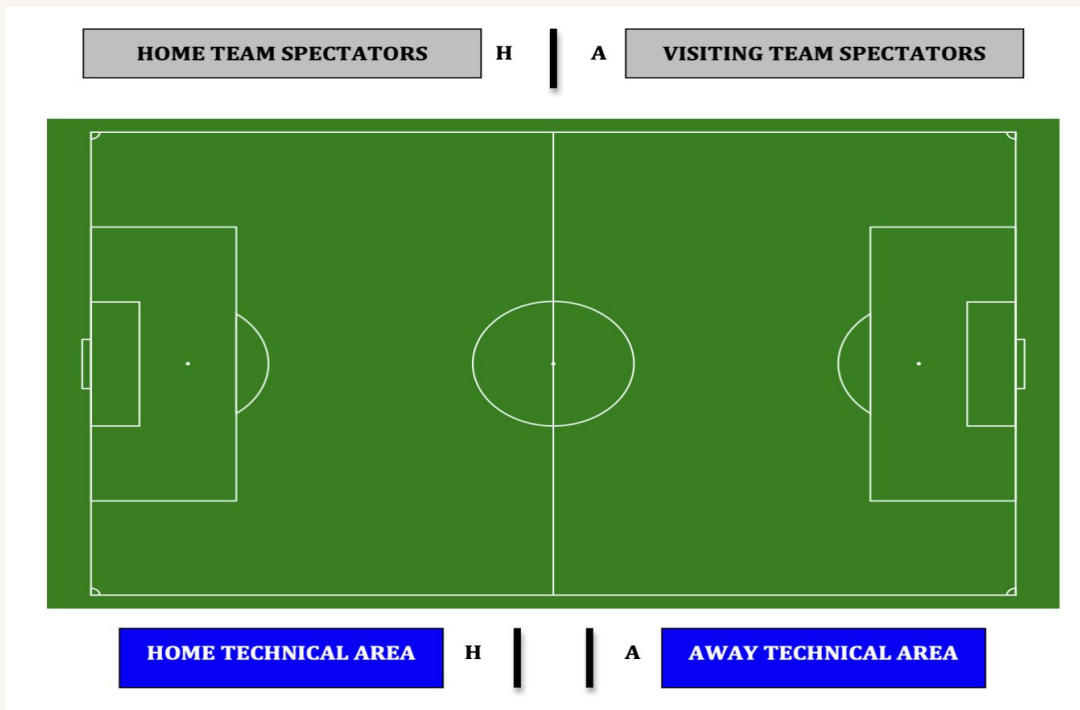
No, not even ***your*** dog.





Game Day

Parents on Opposite Side of Field than team





Game Day

Sunset Park usage

Will likely be main usage for Micros
Neighborhood

Bathrooms

Non Existent or minimal in some locations.
Prepare kids



Game Day

U10+

Rosters. Game Day Roster. Must be printed. 3 Copies.

No Roster, No Game. Be prepared for it.

Automatic Forfeit.

ONLY RMA CLEARED STAFF WITH TEAM



Game Day

U10-U13 teams. You will be getting a lot of younger refs.

**Bring pennies for when you play other Hillwood teams.
Everyone, always have a penny of some sort for the
Referee.**



Day of Game Problems

Team won't leave field for game time. (permit is expired)

Text me.

Silas: 206-351- 9230



After The Game

Enter Game Score Same Evening As Game

Very important for U10 coaches as you are new to this. It helps determine your placement in U11



Changes to Law of The Game

Time limit for:

Goal kicks - 5 Seconds

Throw ins - 5 Seconds

Goalkeeper releases - 8 Seconds

Jewelry = Accessories

Secure

Safe

Ref has final decisions



OTHER CHANGES · LAW 4

ACCESSORIES · SAFETY, NOT TERMINOLOGY



PREVIOUS

"JEWELRY" PROHIBITED

- Term focused on the item rather than the risk.
- All jewelry had to be removed, with limited room for judgment.



NEW · 2026/27

"ACCESSORIES" · RISK BASED

- Term "jewelry" replaced by "accessories".
- Permitted if not dangerous AND safely / securely covered.
- Dangerous items must be removed entirely – no covering option.
- Applies to all match participants, including match officials.
- Referee's judgment is final.

OFFICIAL PROPERTY OF U.S. SOCCER



OTHER CHANGES · LAW 4 ACCESSORIES – EXAMPLES



PERMITTED EXAMPLES

Not dangerous, and safely and securely covered.

- ✓ Medical alert bracelet, taped flat to the skin
- ✓ Religious item worn under the kit and secured
- ✓ Soft fabric or rubber wristband, no hard edges
- ✓ Smooth wedding band, taped over
- ✓ Fitness trackers worn during play secured via a vest under the playing shirt



PROHIBITED EXAMPLES

Dangerous, or cannot be made safe.

- × Earrings or studs, including taped-over earrings
- × Rings or bracelets with stones, prongs, or hard edges
- × Necklaces or chains that cannot be safely covered
- × Smartwatches or watches

THE TEST Is it dangerous? Can it be safely and securely covered? If it stays a risk, it comes off. Same standard for players and officials, grassroots to national – referee's judgment is final.



Picture Day

First two weeks of October

Sign Ups will be sent out. Working on where to have the photos as Hillwood Park will be closed.



Cleat Shed

Bring a Cleat, Grab a Cleat

Silas' House

19626 1st Ave NW



Select Rule

No more than 3 Select Players, Regional Level

Zero Premiere Levels Allowed

Last year a known violation led to 1 year suspension of Coach.

It is coach's responsibility.



About Referees

Doug Haub, Vice President Seattle Referee Association
Hillwood Soccer Club Disciplinary Committee Rep

GREEN BADGES



PENALTY OVERVIEW

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **"minor multiplier" resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please follow your current reporting structure - updated reporting procedure will be a part of Phase 3..

(*) **Disclaimer:** These are only a few examples of abuse – other actions or statements may also fall into this category.

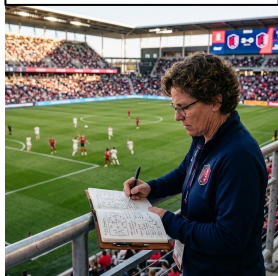
© 2025 U.S. SOCCER | NOT TO BE MODIFIED WITHOUT U.S. SOCCER APPROVAL



Providing Feedback to the Referees

Save it for the evaluation

Write it
down



Find your game, select the evaluation

therefereegroup.org/evaluation



Evaluation

Fields

Please select the SSRA Match® you personally observed during the previous 15 days by setting the appropriate Criteria and clicking "Show". Click on the Match Number in the "Key" column to see the details associated with the Match or you can initiate an Evaluation of an individual Referee directly by clicking on the appropriate symbol in the proper row and column intersection.

Get Paid

Information

Calendar

Directors

Documents

Evaluation

Locations

Match Inquiry

Match Results

Results

Registration

Search

Stands

Logon

New Referee

Key	Date	Time	League	Gender	Level	Field	Teams	Ref	ART1	ART2
185000	6/14/2026	1:00 pm	Youth Rec	G	U12	Eckstein MS West	LVR - Blue Unicorns ...			
185002	6/14/2026	12:00 pm	Youth Rec	G	U12	Interbay Stadium E	WD - Unique Unicorns...			
184965	6/7/2026	2:00 pm	Youth Rec	G	U12	Eckstein MS East	LVR - Blue Unicorns...			
184971	6/7/2026	1:00 pm	Youth Rec	G	U12	Franklin HS North	McG - Stormy Stars v...			
184992	6/7/2026	11:00 am	Youth Rec	G	U12	Whitman MS West	WD - Unique Unicorns...			
184909	5/31/2026	5:00 pm	Youth Rec	G	U11	Franklin HS South	RVSC - Emerald			
184900	5/31/2026	4:00 pm	Youth Rec	G	U12	Franklin HS North	RVSC - Teal Tigers v...			
184921	5/31/2026	4:00 pm	Youth Rec	G	U12	Interbay Stadium W	WD - Tigers United v...			
184937	5/31/2026	4:00 pm	Youth Rec	G	U10	Salmon Bay School	WD - Tigers vs Bal ...			
184920	5/31/2026	3:00 pm	Youth Rec	B	U11	Interbay Stadium W	Bal - Tricky Tigers ...			
184884	5/31/2026	2:00 pm	Youth Rec	B	U13	Eckstein MS East	LVR - Bears (Stanley) ...			
184906	5/31/2026	2:00 pm	Youth Rec	B	U11	Franklin HS South	BH - Mandos vs CH ...			
184934	5/31/2026	1:00 pm	Youth Rec	B	U10	Ridgecrest Elementary W	WD - Dragons vs HW ...			
184959	5/31/2026	12:00 pm	Youth Rec	G	U13	Whitman MS West	WD - Fast Flying Tig...			
184876	5/17/2026	4:00 pm	Youth Rec	B	U11	Whitman MS East	Bal - Tricky Tigers ...			
184822	5/17/2026	4:00 pm	Youth Rec	G	U11	Franklin HS South	BH - Hot Tamales vs ...			
184864	5/17/2026	3:30 pm	Youth Rec	G	U12	Shoreline B (West)	HW - Golden Tigers v...			
184815	5/17/2026	3:00 pm	Youth Rec	G	U12	Franklin HS North	RVSC - Teal Tigers v...			

Evaluation

Fields

Please provide all the following information to the best of your ability and only if you personally observed the Match:

Match information for #184849			
Date, Time	5/17/2026@	Field	Ridgecrest Elementary W
Gender	B	Level	U10
Home	HW - Soccer Tigers	Division	Rec Spring
Away	WD - Dragons	Goals	
Your name ²		Email ²	
Relationship ²		Affiliation ²	Away

REQUIRED - evaluator name and contact info will NOT be provided to the Referee but will be available to the Assigner for followup if needed.

Specific observations associated with the Match:

Evaluation	1=poor, 5=average, 10=excellent
Match difficulty, 1 - easy, 10 - difficult	0 1 2 3 4 5 6 7 8 9 10
On Time (15 min minimum)	0 1 2 3 4 5 6 7 8 9 10
Correct Team Given Ball When Out	0 1 2 3 4 5 6 7 8 9 10
Calling Offside	0 1 2 3 4 5 6 7 8 9 10
Recognizing Fouls	0 1 2 3 4 5 6 7 8 9 10
Fairness and Impartiality	0 1 2 3 4 5 6 7 8 9 10
Attitude Toward Participants	0 1 2 3 4 5 6 7 8 9 10
Fitness	0 1 2 3 4 5 6 7 8 9 10
Control of Game	0 1 2 3 4 5 6 7 8 9 10
Professionalism	0 1 2 3 4 5 6 7 8 9 10
Overall Referee Rating	0 1 2 3 4 5 6 7 8 9 10
Additional Comments/Compliments/Concerns	

Action

File

Anyone (coaches, managers, players, parents, monitors, observers)... can file an evaluation



Pro Tip

How to see if a referee is assigned to your game

Find your game, check the Crew status

therefereegroup.org/matchinquiry

 **Match Inquiry**  Calendar

 Fields

Inquiry Criteria

Match ☒		Date ☒	>=today	Time ☒	All
Client ☐	All	League ☐	All	Level ☐	All
Division ☐	All	Gender ☐	All	Season ☐	All
Home ☒		Away ☒		Field ☒	All
ClientMID ☐		Crew ☒		Action	Show 50  

We show the following **Matches** scheduled as of Monday, August 3rd, 2026 at 5:46pm PDT. Note that this list IS subject to change as additional Matches are received by SSRA from requesting Clients.

Match	Date	Time	Field	Home	Away	Crew
191667	8/5/2026	8:00 pm	Magnuson Turf 7 North	Causing RUQUS FC	Friends of friends of friends	Ref: 
191668	8/5/2026	8:00 pm	Magnuson Turf 7 South	Baker Tilly	Fish Out of Water	Ref: 
191651	8/5/2026	7:00 pm	Delridge South	Footy Seattle	Unathletico de Madrid	Ref: 
191663	8/5/2026	7:00 pm	Lower Woodland #7	Silly Goose University	Gnarwhals FC	Ref: 
191671	8/5/2026	8:15 pm	Walt Hundley	Beasts F.C.	Marcelo's Amigos	Ref: 

Ref: 

Ref: 

Ref: 



Laws of the Game

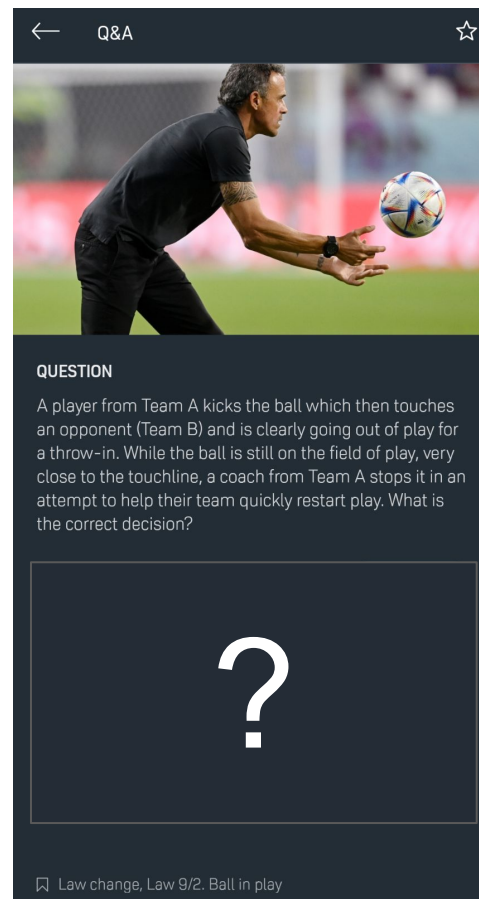
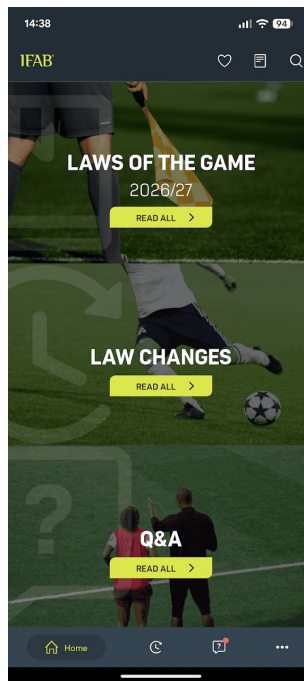
Challenge your soccer knowledge

ALL THE LAWS OF
FOOTBALL – NOW
AVAILABLE IN ONE APP

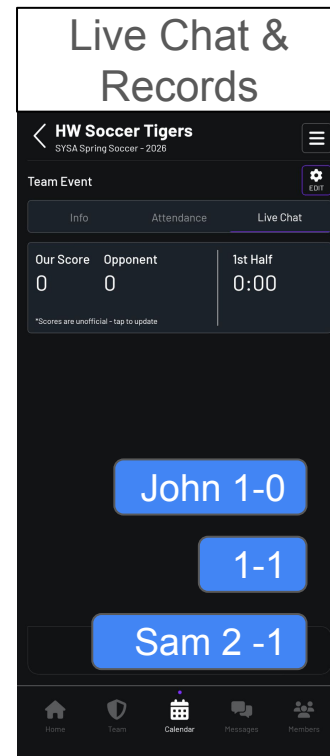
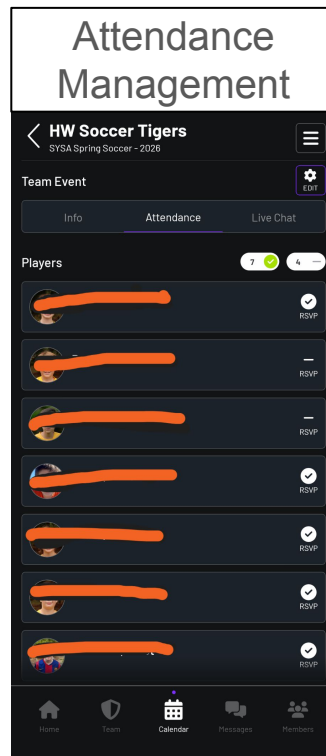
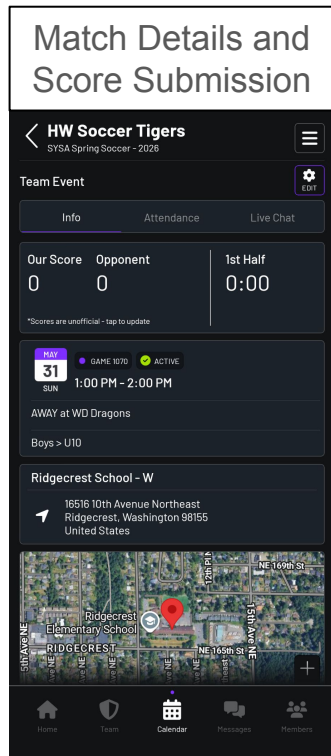
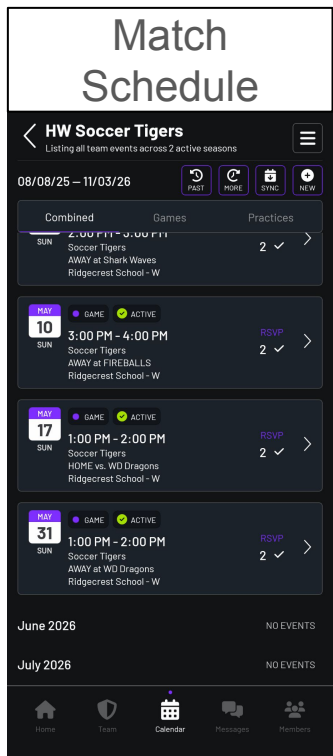
WITH THE OFFICIAL APP OF THE IFAB, YOU CAN ALWAYS ACCESS THE LAWS OF THE GAME WHEREVER YOU ARE – **ONLINE AND OFFLINE!**



IFAB®
THE INTERNATIONAL FOOTBALL ASSOCIATION BOARD



OTTO SPORT with your team





Skills Day

Skills Day Invite the team

August 22nd, 10-12:30



Got Questions?

Q&A



Thank You, Coaches!