

Olean Adult Soccer League

Player Information Guide

Rev 2024.07

General

- **Shirts.** Bring BOTH, a white shirt AND a color "obviously not white" shirt (no grey, no white stripes or shirts that are partly color and partly white). Color shirt can be anything that is very different from white, and can't be confused with white.
- **Bring:** Balls. If you have: cones, small goals. Plenty of water. Shin guards recommended.
- **For pickup games,** if one team seems much stronger, we can make adjustments to the teams. If you arrive late and we're already playing, count the number of players on each team and join the team that needs players. Take breaks if you need to. We stop for a halftime water break as well.
- **Liability & Waiver.** It's up to everyone to play courteously and keep the game safe so no one gets injured. You assume all risks involved in playing, and hold organizers, field providers, and other parties involved harmless, and waive any and all rights, claims, or causes of action of any kind arising out of your participation in this Activity. If we're playing on a field that requires it, a full liability waiver form will be provided, and may be required for use of some fields. Either one will be emailed to you (please print it, sign it, and bring it with you), or fill out a blank form at the field BEFORE starting to play.

Self-Referee

- **Referee & Safety.** There are no referees, we make the obvious calls, err on the side of safety, and keep it safe and fun. Don't slide tackle, don't do challenges that have a higher chance of hurting someone. If a player gets hurt, even if it may not be a foul, stop the game, make sure they're ok, then start again. Avoid risky or dangerous challenges that could hurt the other player--If you get the ball first, but end up punching or kicking the other player too, it's still a foul!
- Don't take hard shots into a crowd or other players. If a player gets past you, don't attempt for the ball and kick them from behind—this is dangerous and used to be an automatic red card. If you find yourself fouling more, either adjust your timing, or if you're tired, take a break; don't risk getting hurt or hurting others.
- **Offsides.** Smaller games, usually no offsides, but don't camp out in offsides position. Full field, call it only if it's obviously offsides--if it's less than a foot off, just keep playing. Respect the calls, and be ok with the fact that some calls may be incorrect, and adjust your calls if you're making too many incorrect ones (or just to keep the game going).
- Captains, if the same player keeps fouling or playing dangerously, let them know and ask them to tone it down a little. Often, the player is unaware that they're playing "too hard". It should not be necessary, but you can send your player off for 5 minutes if they seem too wound up.

Field Usage & Cancellations

- We must take care of the fields so we will continue to have free use of the fields. Don't leave trash, and pickup after other players if they forget or drop things, leave it cleaner than we found it, don't tear up field if it's wet and soft.
- Game cancellation: if it's dangerous, like lightning or ice. Or heavy rain and/or field is too wet and will be torn up if we play. Light drizzle is ok. Cold weather is ok. Very hot days, we'll try to play early mornings or late afternoon, and will take more water breaks.
- To use the school fields, each player must sign a liability waiver form. If you haven't signed one already, please ask Adam for the form and sign it before playing, if we're playing on a school field.

For Pickup Games: Mix of Player Skill Levels

- There are players of various fitness levels, athletic abilities, and soccer skills. Some can trap and pass, but don't know positioning as well, etc. Be patient with others, don't give up after one game if it didn't seem fun, it's a different mix every time. If there are vastly different skill levels, we will form two groups.
- If you're not getting passes, don't get discouraged. It could be you're not going to open spots that are easy to pass to. If you're open at a decent angle, your teammate can pass to you. If you're hiding behind a player or if the pass has to be super super accurate to get to you, they probably won't pass to you (if they try to pass to you, they might as well give it to the other team!).
- You'll figure out which players are less experienced, less skilled, or slower, and give them a little more space, let them get the ball sometimes, don't be as aggressive. They'll learn faster and will enjoy the game, too.
- If you're out of shape, start out playing more gently, take more breaks if you need to, and pace yourself. You'll get in better shape as you play more.