



AYSO Region 153 Handbook 2008-2009

www.region153.com

33rd Anniversary

AYSO Region 153 is proud to promote a smoke/drug free environment

Board of Directors 2008-2009

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Commissioner's Letter

With the 2008 season vastly approaching, we find ourselves in a whirlwind of excitement. Lots of preparation goes into each and every aspect of our soccer season. Children are trying on cleats and wondering what color their uniform might be, so they know which color socks or pony tails to buy. Parents are rearranging work schedules or finding carpools to get their kids to practices and games just in the nick of time. Coaches are writing up practice drills and adjusting their game day plans because someone got sick at the last minute. Referees are searching for their Laws of the Game book so they are ready to make that once in a lifetime call. Last, but certainly not least, our regional volunteers are busy organizing every last detail so the season can start without a hitch, until that last minute rainout causes everything to go back to square one.

Everyone plays a part in the success of our region as we strive to promote a safe, fair, and fun environment for all. No matter how things go, win or lose, the focus is on providing a positive environment for the kids. In reality, the kids are not really going to be worried about the score of the game. They are wondering more about what player #10 brought for a snack.

Children learn best by example, and they count on all of the adults to set a positive example. So as we all get ready to step onto the pitch, let us remember for whom we are there — the kids. If we all just remember three simple things, soccer will be a positive, life altering experience for all: kids play, coaches coach, and parents cheer.

I look forward to working with each and every one of you in this upcoming season. If you ever have any questions, concerns, or suggestions, please do not hesitate to contact me. If you ever find yourself with a little extra free time, please consider joining our board. There are many exciting ideas in the works, big or small, just waiting for the right friendly face to come and conquer them.

Lastly, I am proud to announce AYSO has partnered with Herbalife. Herbalife is one of our national sponsors and our nutrition advisor for this year. The uniform logo will include the Herbalife name, and Herbalife will give our region some money back for each jersey purchased. Our region will be working with our own Herbalife associate, Cindy Woosley. She will also be a sponsor for our region. She will offer healthy snack alternatives for purchase after game time. She will donate 20% of all proceeds straight back to our region. Look for her contact information in the August newsletter.

I am looking forward to a great season. Good luck to all the players. Please be safe, fun, and fair. See you all out on the pitch.

Sincerely,

Kim Anglin
AYSO Region 153 Regional Commissioner
rc@region153.com

Mission Statement: American Youth Soccer Organization's mission is to develop and deliver quality youth soccer programs which promote a safe, fun, and fair family environment based on the AYSO philosophies.

AYSO Philosophies

Everybody Plays: AYSO National mandates that every player must play at least half of the game. AYSO Region 153 established a policy that no child can play the entire game until every other child has played $\frac{3}{4}$ of that same game during the regular season.

Balanced Teams: Players are rated by their coaches, at the end of each season, on their skill level compared to the overall abilities of the players in their division. The computer takes these ratings into account and balances the teams according to age and skill ability. Ratings are subjective.

Open Registration: Any player that fits the age requirements can register regardless of skill level, experience, or location.

Positive Coaching: By using positive reinforcement, coaches provide a more enhanced learning environment where children can increase their skill level at a faster rate.

Good Sportsmanship: We always remain supportive and encourage others no matter what the situation, win or lose.

2008-2009 Season

Registration: Region 153 offers an open registration where any child can register to play regardless of ability or area of town they live in. Our region offers gender specific teams. If there are a low number of players in a division, the board may elect to have a coed team. This is a board specific decision, and the decision of the board is final.

Refund Policy: All refunds must be in writing to the registrar at registrar@region153.com. All refund requests received prior to August 26th will receive a full refund. Any refund requests received between August 27th and September 1st will receive a refund minus \$25. Any refund requests received between September 1st and September 11th will receive a refund minus \$35. There will be no refunds after September 11th. Any exceptions to the refund policy must be approved by the regional commissioner. Refunds require 14 days to process. In cases where a refund is requested and a sibling is still playing, the refund price will be granted at the sibling discount rate minus any late date drop fees.

Team Assignments: Teams are balanced by the computer based on the ratings turned in by coaches from the prior season. New players and players returning from a season prior to the previous season are given an average rating. Ratings are subjective. The priority of the region is to provide balanced teams, and we will

not guarantee buddy requests. The only exception is that siblings of the same gender and age division or new players may be placed with their sibling/buddy if at all possible. A new player is considered to be a brand new player to our region, not a returning player that has played with us before. We do not honor coach requests.

All team assignments are under the discretion of the board and are final. We cannot guarantee practice days, times, field locations, or team assignment. There will be no player movement once the teams have been finalized and approved by the board.

Regular Season Play: U6-U12 will begin regular season play September 12th or 13th. U14-U17 schedules are set by the Area and may start or end at a time other than the region's season. The regular season ends November 22nd. Please note that U10-U12 will then enter the playoff season which will end December 17th. U14-U17 will have post season play determined by the area.

Playoffs: U10-U12 will begin playoffs December 1st. Teams play until they are eliminated. The championship games will be held either on or before December 17th which is the last day of the playoff season. Please plan your vacation accordingly. It can be disappointing for teams to work hard and get to the championship game and not have all their teammates there for the final match.

Games/Schedules: All game schedules are final. Any changes that need to be made must have approval by the Game Scheduler or Regional Commissioner.

Games: U6-U8 will have one game each Saturday, with a stretch of several weeks of two games per week. This second game will be played during the week in the evening. This allows this age group to get a similar number of games as the teams that participate in playoffs. If there are an odd number of teams, some teams may have more games per week at times with a "bye" or no game at other times.

U10 will have one game per week on either Friday night or Saturday morning. If there are an odd number of teams, some teams may have more games per week at times with a "bye" or no game at other times.

U12 will have one game per week on Saturday. If there are an odd number of teams, some teams may have more games per week at times with a "bye" or no game at other times. A small number of teams may require games to be scheduled against a neighboring region and travel to that region for games would be required.

Game Locations: Current game locations listed below, subject to change without notice.

- U6: Udall soccer field C (SW field) .
- U8: Jesse Owens north fields 1-6.
- U10: Gollob (Friday night only), Jesse Owens east or west on the south side of the park (Saturday only)
- U12: McDonald field, Jesse Owens field just west of U8 fields
- U14-U17: games scheduled by Area at various fields across Tucson

Practice Field Locations: Practice field locations and times are chosen by the coaches. Coaches will have a set practice schedule and will practice any combination of days Mon-Thurs in the time range of 4pm-9pm.

Practice Recommendations: These are guidelines. The coach will decide their own practice schedule.

- U6: Once per week for 45 min-1 hr. This can be done prior to a game or at another time during the week. If you have two games scheduled per week on opposite days, practice should be dropped.
- U8: Twice per week for about 1 hour on days other than game day. If you have two games on opposite days, then practice should be dropped to once per week.
- U10: Twice per week for 1 hr-1 ½ hrs.
- U12-U17: Twice per week for 1 ½-1 ¾ hrs.

Post Season Play: Guidelines for post season play for U10 and above are as follows:

Postseason Play

Tournament Teams: Players U10 and above that have played more than half of the regular season are eligible to tryout out for tournament teams. Approved coaches will choose players from the group that has tried out to participate on their tournament team. Players that did not attend tryouts are not eligible to participate on a tournament team without approval from the regional commissioner. All players that attended tryouts will be notified of their playing status within 14 days of the tryout. All tournament teams must participate in the AYSO OPI tournament. This includes any field duty assignments and minimum referee coverage per team.

All Star Teams: All star teams are chosen by the board from the all star recommendations received from each coach. The board's decision is final. All of the All Star teams must participate in the AYSO OPI tournament. This includes any field duty assignments and minimum referee coverage per team.

Coaches: Coaches wishing to coach a post season team must submit an application by the deadline of October 1st. The board will review each application and make its decision at the October board meeting and inform each coach in writing within five business days. All board decisions are final. All coaches must be intermediate certified to coach a post season team. Exceptions must be approved by the regional commissioner.

Regional Guidelines

Uniforms: Each player will receive one uniform which consists of a soccer jersey, shorts, and a pair of socks. Uniforms may NOT be worn to practice and should be reserved for game days. All three pieces are considered the team designated uniform. Any player not in full uniform may not play. Any exceptions shall be determined by the referee on game day. If a uniform is lost, the player must pay for a replacement uniform prior to receiving a new one.

Shoes: Players are not required to have soccer cleats, but soccer cleats are highly recommended for the safety of the child. For the additional safety of the child, cleats must be soccer cleats and not

baseball/softball cleats. These other cleats have a toe cleat which is prohibited, and those cleats are made to be used on a different kind of surface.

Shin guards: Players are required to wear shin guards to all practices and games. Players without shin guards may not participate until the situation is rectified. Shin guards must be worn under the socks, and the socks must completely cover the shin guard for the safety of all children playing.

Ball: A child is not required to purchase their own ball, however having a ball aides in player development so they can practice at home if they wish. Bringing a ball to practice allows for each child to have their own ball during drills as coaches do not receive a ball for each player on the team.

Practices: Players are required to attend each practice. Players should arrive on time, dressed and ready to play. If players miss practice on a regular basis, this can affect playing time. If a player has to miss a practice, then please notify the coach that you will be absent.

Games: Players should try to attend every game. A team practices as a team and plays a game as a team. Missing games can affect the balance of the teams and cause lopsided scoring. If a player has to miss a game, please inform the coach no later than the day prior to the game as late notice may require them to redo their game plan.

Field Equipment: All equipment in the game day boxes, including nets, is property of the region. All equipment should only be used by approved people and only on game days. Nets may not be used during practices. If you find you feel you need a net at practice, please contact the region as we may have older nets for sale at a discounted price. All game boxes should be locked after the last game of the day. It is the responsibility of both coaches to check the boxes to see if they are secure regardless of whether or not they put away the equipment. If you find any equipment in need of replacement or repair, please contact the region right away.

Playing Time: AYSO National mandates that every child play at least half of the game, as long as they arrive on time ready to play, are not under any disciplinary sanctions, and are healthy enough to participate. AYSO Region 153 further mandates that, during the regular season, no child may play the entire game unless everyone else on the team has played $\frac{3}{4}$ of the game. On teams where the number of players does not allow enough space for a player to play $\frac{3}{4}$ of the game, the players playing only half the game should be rotated so the same children are not always sitting out half the game. Players should also be encouraged to play all positions to enhance player development. Any adjustments in playing time must be approved by the Regional Commissioner prior to game time. The Regional Commissioner will notify the referee for that game.

Sideline Etiquette

Home/Visitor Sidelines: The home team will be designated by being listed first on the game schedule. The home team will occupy the north or east side of the field and is required to set up the field prior to each game. The visiting team will occupy the south or west side of the field. Under no circumstance may the teams both occupy the same sideline unless it is determined by the referee as an issue of safety (i.e. a baseball game going on right next to the soccer field). Following the last game of the day, the winning team

will put all the game equipment away and secure the lock. It is the responsibility of both coaches to make sure the equipment box is secure before they leave the field regardless of whether or not they put the equipment away.

Zero Tolerance Policy: AYSO Region 153 has a zero tolerance policy that all members must sign. Any player, coach, spectator, or board member must adhere to this policy both on and off the field. The zero tolerance policy will be strictly enforced during games. The zero tolerance policy dictated that no person shall show any disrespect to any referee, coach, player, spectator, or board member at any time or that person may be banned from the field.

A referee's call may not be challenged at any time. Please wait until halftime or after the game to ask questions about a call. Sometimes it may appear that a referee misses a call, but in reality no advantage was obtained. To allow for the flow of the game, no whistle is blown because the other team had gotten control of the ball anyway. There is also the infamous "hand ball". The rule there is, "did the ball play the hand or did the hand play the ball", and was an advantage gained. If the ball goes to the other team, no whistle is blown, and no whistle is blown if the ball plays the hand, regardless of which team maintains possession.

It is also not illegal to be in an offside position. Please do not attempt to help the referee determine the offside call. Please view the Laws of the Game for further clarification on the law.

U6 Division Game Rules

A. Field

- i. Dimensions: Approximately 35 yards long by 17 yards wide
- ii. Markings: Distinctive lines no more than five inches wide
 1. Halfway line marked the width of the field
 2. Center mark marked in the center of the halfway line with a five yard radius center circle
 3. Goal area marked three yards from goal line into the field and three yards from each goal post for width
 4. Coach area is not marked but is considered the length of the center circle and three yards back from the touchline. Coaches must remain in this area during the game and are not to coach from the playing field.
- iii. Goal: Approximately three feet high by four feet wide pop up goal.

B. Ball: Size 3

C. Uniform

- i. Shin guards are mandatory
- ii. Region-supplied uniform must be worn with socks on the outside of shin guards. A player in violation of this may not enter the game until the situation is corrected.

D. Teams

- i. Maximum roster is 8 (exceptions by RC only).
- ii. Separate boys and girls teams.
- iii. Five players on field at one time.
- iv. No goal keeper. Defenders may not play in front of the goal
- v. If fewer than five players are available, the opposing team must field the same number of players
- vi. Substitutions are made at quarter breaks, halftime, and for injuries. If an injured player is substituted for, he/she may not return until that playing period is over. If an injured player comes off the field but was not replaced, he/she may return to the playing field at any time after receiving permission from the referee.
- vii. Playing time entitles every player to play at least half of the game. No player may play an entire game until every other player on the team has played three quarters. In situations where the amount of players only allows for some players to play only half of the game, the coach should rotate which players play two quarters.

E. Games: Played once or twice weekly as the schedule allows.

F. Practice: Players are to attend every practice and notify the coach if they cannot attend. Practice should be 45 minutes to one hour one time per week. This can be done prior to a game or at another designated time during the week.

G. Duration of Game

- i. Games are 32 minutes long with each half consisting of 16 minutes. A quarter break should be taken approximately halfway through each half for substitution purposes.
- ii. Quarter breaks are for substitution purposes only and do not allow adequate time for coaching plans. Quarter breaks are 1-2 minutes in duration.
- iii. Half time has a maximum break of five minutes.

H. Referees

- i. Each coach will referee $\frac{1}{2}$ of the game unless a designated AYSO official is assigned to that game.
- ii. A designated parent, sibling, or spectator may referee the game only if they have attended the mandatory referee training and are approved to do so by the Referee Administrator or RC.
- iii. A youth mentoring program will be in effect this year and a youth referee may be assigned to call the game. Please give them the same courtesy as any referee. Any abuse toward a youth referee will result in a discipline hearing of the board.
- iv. The referee is the official time keeper of the game and the clock is not stopped for injuries.

I. Laws of Soccer

- i. No slide tackling
- ii. Minimum distance from the ball on restarts is five yards
- iii. No offside law
- iv. No penalty kicks
- v. Indirect kicks for all fouls
- vi. Cards are not required for this age level. The referee will work with the player and coach regarding any cautions or send offs.

J. Ball In and Out of Play

- i. Throw-in: A throw-in is awarded to the opposing team when the ball **completely** crosses the touch line whether on the ground or in the air. If an incorrect throw-in is performed, allow the team to try again, offering an explanation of the correct mechanics. If an incorrect throw-in is still performed, let play continue.
- ii. Goal Kick: If the ball **completely** crosses the goal line and was last touched by an attacking player and no goal was scored, a goal kick is awarded. The opposing team places the ball on the goal line between the goal post and the corner and returns the ball in play. Five yards must be observed in front of the kicker.
- iii. Corner Kick: If the ball **completely** crosses the goal line and was last touched by a defending player and no goal was scored, the opposing team is awarded a corner kick. The kick is taken from the corner. Five yards must be observed in front of the kicker.

K. Methods of Scoring

- i. The ball must completely cross the goal line in the area of the goal
- ii. No score is kept

L. Fouls and Misconducts

- i. Indirect free kicks will be awarded for all fouls and misconducts.

- ii. Five yards must be observed in front of the person kicking the ball.
- iii. The referee should explain all infractions

M. Spectators

- i. Spectators must sit on their own team's sidelines.
- ii. Spectators may offer encouragement but not instruction during the game
- iii. Spectators may not run the length of the sideline with the play.
- iv. The area behind the goal must be free from spectators.
- v. Spectators must remain three yards behind the touchline.

N. Sportsmanship

- i. All players should promote good sportsmanship.
- ii. Players should participate in a cheer for the other team following the game regardless of the score
- iii. Players should congratulate the other team for a game well-played following each game regardless of the score.

U8 Division Game Rules

A. Field

- i. Dimensions: Approximately 50 yards long by 30 yards wide
- ii. Markings: Distinctive lines no more than five inches wide
 1. Halfway line marked the width of the field
 2. Center mark marked in the center of the halfway line with a six yard radius center circle
 3. Goal area marked six yards from goal line into the field and six yards from each goal post for width
 4. Corner arches are a half radius of one yard from the corner.
 5. Coach area is not marked but is considered the length of the center circle and three yards back from the touchline. Coaches must remain in this area during the game and are not to coach from the playing field.
- iii. Goal: Approximately five feet high by eight feet wide.

B. Ball: Size 3

C. Uniform

- i. Shin guards are mandatory
- ii. Region-supplied uniform must be worn with socks on the outside of shin guards. A player in violation of this must be removed from the game until the situation is corrected.

D. Teams

- i. Maximum roster is 9 (exceptions by RC only)
- ii. Separate boys and girls teams.
- iii. Maximum six players on field at one time
- iv. Goal Keeper is permitted but should be changed every quarter.
- v. If fewer than six players are available, the opposing team must field the same number of players
- vi. Substitutions are made at quarter breaks, halftime, and for injuries. If an injured player is substituted for, he/she may not return until that playing period is over. If an injured player comes off the field but was not replaced, he/she may return to the playing field at any time after receiving permission from the referee.
- vii. Playing time entitles every player to play at least half of the game. No player may play an entire game until every other player on the team has played three quarters. In situations where the amount of players only allows for some players to play only half of the game, the coach should rotate which players play two quarters.

E. Games: Played once or twice weekly as the schedule allows.

F. Practice: Players are to attend every practice and notify the coach if they cannot attend. Practice should be one hour in duration and two times per week. If the team has two games scheduled that week, then practice should be dropped to one day that week.

G. Duration of Game

- i. Games are 40 minutes long with each half consisting of 20 minutes. A quarter break should be taken approximately halfway through each half for substitution purposes.
- ii. Quarter breaks are for substitution purposes only and do not allow adequate time for coaching plans. Quarter breaks are 1-2 minutes in duration.
- iii. Half time has a maximum break of five minutes.

H. Referees

- i. Each coach will referee $\frac{1}{2}$ of the game unless a designated AYSO official is assigned to that game.
- ii. A designated parent, sibling, or spectator may referee the game only if they have attended the mandatory referee training and are approved to do so by the Referee Administrator or RC.
- iii. A youth mentoring program will be in effect this year and a youth referee may be assigned to call the game. Please give them the same courtesy as any referee. Any abuse toward a youth referee will result in a discipline hearing of the board.
- iv. The referee is the official time keeper of the game and the clock is not stopped for injuries.

I. Laws of Soccer

- i. No slide tackling
- ii. Minimum distance from the ball on restarts is six yards
- iii. No offside law
- iv. No penalty kicks
- v. Indirect kicks for all fouls
- vi. Cards are not required for this age level. The referee will work with the player and coach regarding any cautions or send offs.

J. Ball In and Out of Play

- i. Throw-in: A throw-in is awarded to the opposing team when the ball **completely** crosses the touch line whether on the ground or in the air. If an incorrect throw-in is performed, allow the team to try again, offering an explanation of the correct mechanics. If an incorrect throw-in is still performed, let play continue.
- ii. Goal Kick: If the ball **completely** crosses the goal line and was last touched by an attacking player and no goal was scored, a goal kick is awarded. The opposing team places anywhere in the goal area and returns the ball in play. Six yards must be observed in front of the kicker.
- iii. Corner Kick: If the ball **completely** crosses the goal line and was last touched by a defending player and no goal was scored, the opposing team is awarded a corner kick. The kick is taken from the corner arch. The ball can be anywhere inside the corner arch or touching the outer line of the arch. Six yards must be observed in front of the kicker.

K. Methods of Scoring

- i. The ball must completely cross the goal line in the area of the goal
- ii. No score is kept

L. Fouls and Misconducts

- i. Indirect free kicks will be awarded for all fouls and misconducts.
- ii. Six yards must be observed in front of the person kicking the ball.
- iii. The referee should explain all infractions

M. Spectators

- i. Spectators must sit on their own team's sidelines.
- ii. Spectators may offer encouragement but not instruction during the game
- iii. Spectators may not run the length of the sideline with the play.
- iv. The area behind the goal must be free from spectators.
- v. Spectators must remain three yards behind the touchline.

N. Sportsmanship

- i. All players should promote good sportsmanship.
- ii. Players should participate in a cheer for the other team following the game regardless of the score
- iii. Players should congratulate the other team for a game well-played following each game regardless of the score.

U10 Division Game Rules

A. Field

- i. Dimensions: Approximately 60-70 yards long by 40 yards wide
- ii. Markings: Distinctive lines no more than five inches wide
 1. Halfway line marked the width of the field
 2. Center mark marked in the center of the halfway line with a eight yard radius center circle
 3. Goal area is marked six yards from goal line into the field and 19 yards in width.
 4. Penalty area is 15 yards from the goal line and 37 yards in width
 5. Penalty mark is 10 yards from the goal line.
 6. Penalty arc is marked and extends in an eight yard radius from the penalty mark.
 7. Corner arches are a half radius of one yard from the corner.
 8. Coach area is marked and coaches must remain inside this technical area at all times. If no marks are present, the coach's area is considered to be the length of the center circle and three yards back from the touchline.
- iii. Goal: Approximately seven feet high by twenty one feet wide.

B. Ball: Size 4

C. Uniform

- i. Shin guards are mandatory
- ii. Region-supplied uniform must be worn with socks on the outside of shin guards. A player in violation of this must be removed from the game until the situation is corrected.

D. Teams

- i. Maximum roster is 10 (exceptions by RC only).
- ii. Separate boys and girls teams.
- iii. Maximum seven players on field at one time with a five player minimum to play.
- iv. Goal Keeper is permitted but should be changed every quarter. No player should play keeper more than half the game during regular season.
- v. If fewer than seven players are available, the opposing team must field the same number of players
- vi. Substitutions are made at quarter breaks, halftime, and for injuries. If an injured player is substituted for, he/she may not return until that playing period is over. If an injured player comes off the field but was not replaced, he/she may return to the playing field at any time after receiving permission from the referee.
- vii. Playing time entitles every player to play at least half of the game. No player may play an entire game until every other player on the team has played three quarters. In situations where the amount of players only allows for some players to play only half of the game, the coach should rotate which players play two quarters.

E. Games: Played once per week as the schedule allows during regular season.

F. Practice: Players are to attend every practice and notify the coach if they cannot attend. Practice should be 1- 1 ½ hours in duration and two times per week.

G. Duration of Game

- i. Games are 50 minutes long with each half consisting of 25 minutes. A quarter break should be taken approximately halfway through each half for substitution purposes.
- ii. Quarter breaks are for substitution purposes only and do not allow adequate time for coaching plans. Quarter breaks are 1-2 minutes in duration.
- iii. Half time has a maximum break of five minutes.

H. Referees

- i. Referees will be supplied by the region.
- ii. A designated parent, sibling, or spectator may assist the center referee as a linesperson if two Assistant Referees are not available. The designated person must be trained by the region and approved by the Referee Administrator or RC. A sibling participating as a linesperson must be two years older than the age group playing the game.
- iii. A linesperson's job is to call the ball in and out of play. The linesperson may indicate direction of play if agreed upon by the center referee. A linesperson is not to signal offside or flag fouls and misconducts.
- iv. A youth mentoring program will be in effect this year and a youth referee may be assigned to call the game. Please give them the same courtesy as any referee. Any abuse toward a youth referee will result in a discipline hearing of the board.
- v. The referee is the official time keeper of the game and the clock is not stopped for injuries. Time is kept by halves and not quarters. All referee decisions are final and are not to be challenged at any time.

I. Laws of Soccer

- i. No slide tackling. Slide tackling is a cautionable offense (yellow card).
- ii. Minimum distance from the ball on restarts is eight yards
- iii. Offside law is in effect
- iv. Penalty kicks may be awarded
- v. Direct/Indirect kicks for all fouls
- vi. Cards may be presented at this age level, but it is encouraged that the referee assists the players with the rules of proper play. The referee will work with the player and coach regarding any cautions or send offs.

J. Ball In and Out of Play

- i. Throw-in: A throw-in is awarded to the opposing team when the ball **completely** crosses the touch line whether on the ground or in the air. If an incorrect throw-in is performed, a throw-in is awarded to the other team.
- ii. Goal Kick: If the ball **completely** crosses the goal line and was last touched by an attacking player and no goal was scored, a goal kick is awarded. The opposing team places anywhere in the goal area and returns the ball in play. Eight yards must be observed in front of the kicker.
- iii. Corner Kick: If the ball **completely** crosses the goal line and was last touched by a defending player and no goal was scored, the opposing team is awarded a corner kick.

The kick is taken from the corner arch. The ball can be anywhere inside the corner arch or touching the outer line of the arch. Eight yards must be observed in front of the kicker.

K. Methods of Scoring

- i. The ball must completely cross the goal line in the area of the goal
- ii. No score is kept during regular season play.

L. Fouls and Misconducts

- i. Direct and Indirect free kicks will be awarded for all fouls and misconducts.
- ii. Eight yards must be observed in front of the person kicking the ball.
- iii. The referee does not need to explain infractions but should assist the players with proper techniques/restarts.

M. Spectators

- i. Spectators must sit on their own team's sidelines. Exceptions may be made by the referee only for safety reasons (i.e. a baseball game going on next to the field).
- ii. Spectators may offer encouragement but not instruction during the game.
- iii. Spectators may not run the length of the sideline with the play.
- iv. The area behind the goal must be free from spectators.
- v. Spectators must remain three yards behind the touchline and may not sit beyond the penalty line.
- vi. Spectators may not be in the technical area (coach's area).

N. Sportsmanship

- i. All players should promote good sportsmanship.
- ii. Players should participate in a cheer for the other team following the game regardless of the score
- iii. Players should congratulate the other team for a game well-played following each game regardless of the score.

U12 Division Game Rules

A. Field

- i. Dimensions: Approximately 90 yards long by 45 yards wide
- ii. Markings: Distinctive lines no more than five inches wide
 1. Halfway line marked the width of the field
 2. Center mark marked in the center of the halfway line with a 10 yard radius center circle
 3. Goal area is marked six yards from goal line into the field and 19 yards in width.
 4. Penalty area is 15 yards from the goal line and 37 yards in width
 5. Penalty mark is 10 yards from the goal line.
 6. Penalty arc is marked and extends in an eight yard radius from the penalty mark.
 7. Corner arches are a half radius of one yard from the corner.
 8. Coach area is marked and coaches must remain inside this technical area at all times. If no marks are present, the coach's area is considered to be the length of the center circle and three yards back from the touchline.
- iii. Goal: Approximately eight feet high by twenty four feet wide.

B. Ball: Size 4

C. Uniform

- i. Shin guards are mandatory
- ii. Region-supplied uniform must be worn with socks on the outside of shin guards. A player in violation of this must be removed from the game until the situation is corrected.

D. Teams

- i. Maximum roster is 12 (exceptions by RC only).
- ii. Separate boys and girls teams.
- iii. Maximum nine players on field at one time with a seven player minimum to play.
- iv. Goal Keeper is permitted but should be changed every quarter. No player should play keeper more than half the game during regular season.
- v. If fewer than nine players are available, the opposing team must field the same number of players
- vi. Substitutions are made at quarter breaks, halftime, and for injuries. If an injured player is substituted for, he/she may not return until that playing period is over. If an injured player comes off the field but was not replaced, he/she may return to the playing field at any time after receiving permission from the referee.
- vii. Playing time entitles every player to play at least half of the game. No player may play an entire game until every other player on the team has played three quarters. In situations where the amount of players only allows for some players to play only half of the game, the coach should rotate which players play two quarters.

E. Games: Played once per week as the schedule allows during regular season.

F. Practice: Players are to attend every practice and notify the coach if they cannot attend. Practice should be 1½ to 1¾ hours duration and two times per week.

G. Duration of Game

- i. Games are 60 minutes long with each half consisting of 30 minutes. A quarter break should be taken approximately halfway through each half for substitution purposes.
- ii. Quarter breaks are for substitution purposes only and do not allow adequate time for coaching plans. Quarter breaks are 1-2 minutes in duration.
- iii. Half time has a maximum break of five minutes.

H. Referees

- i. Referees will be supplied by the region.
- ii. A designated parent, sibling, or spectator may assist the center referee as a linesperson if two Assistant Referees are not available. The designated person must be trained by the region and approved by the Referee Administrator or RC. A sibling participating as a linesperson must be two years older than the age group playing the game.
- iii. A linesperson's job is to call the ball in and out of play. The linesperson may indicate direction of play if agreed upon by the center referee. A linesperson is not to signal offside or flag fouls and misconducts.
- iv. A youth mentoring program will be in effect this year and a youth referee may be assigned to call the game. Please give them the same courtesy as any referee. Any abuse toward a youth referee will result in a discipline hearing of the board.
- v. The referee is the official time keeper of the game and the clock is not stopped for injuries. Time is kept by halves and not quarters. All referee decisions are final and are not to be challenged at any time.

I. Laws of Soccer

- i. Slide tackling is permitted provided done by the proper technique.
- ii. Minimum distance from the ball on restarts is 10 yards
- iii. Offside law is in effect
- iv. Penalty kicks may be awarded
- v. Direct/Indirect kicks for all fouls
- vi. Cards may be presented at this age level, but it is encouraged that the referee assists the players with the rules of proper play. The referee will work with the player and coach regarding any cautions or send offs.

J. Ball In and Out of Play

- i. Throw-in: A throw-in is awarded to the opposing team when the ball **completely** crosses the touch line whether on the ground or in the air. If an incorrect throw-in is performed, a throw-in is awarded to the other team.
- ii. Goal Kick: If the ball **completely** crosses the goal line and was last touched by an attacking player and no goal was scored, a goal kick is awarded. The opposing team places anywhere in the goal area and returns the ball in play. Ten yards must be observed in front of the kicker.
- iii. Corner Kick: If the ball **completely** crosses the goal line and was last touched by a defending player and no goal was scored, the opposing team is awarded a corner kick.

The kick is taken from the corner arch. The ball can be anywhere inside the corner arch or touching the outer line of the arch. Ten yards must be observed in front of the kicker.

K. Methods of Scoring

- i. The ball must completely cross the goal line in the area of the goal
- ii. No score is kept during regular season play.

L. Fouls and Misconducts

- i. Direct and Indirect free kicks will be awarded for all fouls and misconducts.
- ii. Ten yards must be observed in front of the person kicking the ball.
- iii. The referee does not need to explain infractions but should assist the players with proper techniques/restarts.

M. Spectators

- i. Spectators must sit on their own team's sidelines. Exceptions may be made by the referee only for safety reasons (i.e. a baseball game going on next to the field).
- ii. Spectators may offer encouragement but not instruction during the game.
- iii. Spectators may not run the length of the sideline with the play.
- iv. The area behind the goal must be free from spectators.
- v. Spectators must remain three yards behind the touchline and may not sit beyond the penalty line.
- vi. Spectators may not be in the technical area (coach's area).

N. Sportsmanship

- i. All players should promote good sportsmanship.
- ii. Players should participate in a cheer for the other team following the game regardless of the score
- iii. Players should congratulate the other team for a game well played following each game regardless of the score.

Region rules and laws will operate under the guidelines set for the National AYSO. All policies and procedures will be followed in accordance to these rules and regulations. The region reserves the right to modify certain rules to more appropriately fit their region's operations. The region does not require prior authorization to do so.

At times, it may be necessary for the board to hold a disciplinary hearing. All parties under disciplinary review will be notified in writing and may attend the hearing. The hearing may occur whether or not these parties are in attendance. All decisions of the board are final. All parties not present at their review hearing will receive a summary of the board's decision, in writing, within 10 business days of the hearing.

All matter in this document is subject to change without notice to allow for corrections of misprints, changes to inaccurate information, and additions of material.

AYSO Region 153 is proud to offer an environment free from smoke, alcohol, drugs, tobacco, or weapons. At no time are any of these substances to be brought onto, distributed, or consumed on any AYSO field. Any violation of this policy may result on immediate removal from the field or banishment from the region.

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