



AYSO Guidance for Referees and Coaches



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AYSO Basic Soccer Rules

For New AYSO Parents and Volunteers

Introduction

Welcome to the AYSO family. Your participation is greatly appreciated. This booklet is intended as an introduction for those new to AYSO and new to the game of soccer. As a novice spectator or new volunteer in AYSO, the information in this booklet will provide you with the most fundamental basics of the rules and is not intended as a complete or authoritative reference. For those interested in the complete rules, we recommend you obtain a current copy of the AYSO National Rules and Regulations and the latest AYSO edition of the Laws of the Game. Of course, the best way to learn more about the rules is to volunteer to be an AYSO referee or coach where you will receive the best training available and will be rewarded with years of enjoyment as an AYSO volunteer.

AYSO matches are played in accordance with the current AYSO edition of the FIFA Laws of the Game and the AYSO National Rules and Regulations. The International Football Association Board (IFAB) meets yearly to consider modifications to the Laws, and FIFA (Fédération Internationale de Football Association), the governing body of worldwide soccer, publishes the Laws of the Game including Interpretation of the Laws of the Game and Guidelines for Referees annually which are binding on confederations and member associations as from 1 July following each Annual General Meeting of the IFAB.

Since 1984 AYSO has been authorized to reprint the Laws. The AYSO edition of the Laws of the Game also includes certain "Rules of Competition and modifications," as permitted by the IFAB. Subsequent to the AYSO National Annual General Meeting, the AYSO National Rules and Regulations are published, incorporating any changes approved at the NAGM. It is important that you have the most complete and recent information, and therefore, it is strongly recommended that you obtain current copies of these two booklets each year available from the AYSO Supply Center (888 243 2976) in August.

The United States Soccer Federation (USSF) is recognized by FIFA as the national governing body of soccer in the United States. AYSO is a National Association member of the USSF and a member of the Youth Council of USSF. AYSO is the second largest member of USSF. AYSO referees and coaches are encouraged to use USSF reference material, especially the Guide to Procedures – Referees, Assistant Referees, and Fourth Officials and the Advice to Referees on the Laws of the Game. However, where USSF materials differ from AYSO publications (AYSO National Rules and Regulations, AYSO National Policy Statements, AYSO National Referee and Coach Program materials and this Guidance for Referees and Coaches) the AYSO publications take precedence.

AYSO Vision & Mission

The American Youth Soccer Organization, AYSO, was established in 1964 with nine teams and the dream to bring soccer to American children. Today, AYSO has more than 60,000 teams and 600,000 players in nearly 1,000 Regions. Thanks to the efforts of over 250,000 volunteers and the vision of the founding members, AYSO continues to be a leader in providing quality youth soccer programs.

AYSO Vision

To provide world class youth soccer programs that enrich children's lives.

AYSO Mission

To develop and deliver youth soccer programs in a fun, family environment based on the AYSO philosophies:



- **Everyone Plays:** Our goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.
- **Balanced Teams:** Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.
- **Open Registration:** Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.
- **Positive Coaching:** Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.
- **Good Sportsmanship:** We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.
- **Player Development:** We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

The Spirit Of The Game And Philosophy Of Refereeing

Soccer is designed as a players' game and the involvement of non-players (coaches and referees) is intended to be limited. This can be a difficult concept for those accustomed to seeing active involvement by coaches and officials in other popular sports. Coaches participate in these other popular sports by directing the action of the players, debating rule decisions with officials or completely stopping the action by calling time-outs. Officials, in these other popular sports, participate by stopping the game for each rule violation and not continuing play until the infraction and violator have been identified, the punishment options explained to the opposing team and a final accounting of the entire incident announced or signaled to the spectators. Indeed, it is not uncommon in some sports for considerably more time to be devoted to dealing with these matters than is actually spent playing the game. The spirit of the game of soccer intends something quite different.

In soccer, particularly youth soccer, the application of the spirit of the Law is far more important than the rote application of the letter of the Law. Soccer is a fast-paced game that should flow with a minimum of interruptions. Referees have considerable authority and flexibility when determining whether or not to stop play. Violation of the letter of the Law may be overlooked if the referee considers it to be a trifling or doubtful offense. The referee may also elect not to stop play for a foul when it would be more of an advantage to the team that was fouled to continue playing. It is easy to fall into the trap of becoming overly concerned with the details of various rules and regulations surrounding the game. Players simply want to get on with the enjoyment of playing. Standards that may seem appropriate to enforce during international, college or high school competitions are not necessarily appropriate to apply at all levels of youth soccer.

Soccer is a game, and the reason people play games is to have fun. The role of AYSO coaches and referees is to facilitate a game that will provide the maximum enjoyment for the players. Understanding the spirit of the game and the philosophy of refereeing can significantly contribute toward the enjoyment of the match for all concerned—coaches, referees, spectators and players.

Referees strive for uniformity of interpretation, just as players strive for excellence in playing skills and coaches strive to develop successful teams. With varying degrees of success, each does the best he or she can, and it is the inevitable human variation that makes for greater interest and enjoyment.

Law 1: The Field Of Play

Spirit of the Law

The field of play must be safe for players. The goals and markings must be adequate for the referee to perform his duties and should not be confusing to the players.

Safety

The first concern of the coach and referee regarding the field is, obviously, safety. This applies to both practices and games. Common hazards such as holes, exposed rocks or sprinkler heads, broken glass and miscellaneous debris are fairly easily detected by walking over the field. Some of the less obvious hazards are associated with the goals. The goals must be inspected to ensure they are secured well enough that they will not collapse or be blown over by a strong gust of wind. The nets should also be secured. Loose netting can also present a hazard to players and to goalkeepers in particular. Corner flagposts and halfway flagposts must be the minimum height (5') and in good repair.

Law 2: The Ball

Spirit of the Law

The ball must be safe for the players and of appropriate size and weight.

Size

Proper size, weight and pressure as well as safety make up the checklist for the ball inspection. Size varies according to age group. The correct weight and pressure can be determined sufficiently by feel with some practice.

Law 3: The Number Of Players

Spirit of the Law

Each team is entitled to begin play with a maximum of eleven (11) players and shall not continue play with fewer than seven (7). Exceptions in AYSO are permitted for small-sided games (see Short-Sided Games Guide for Referees).

Maximum and Minimum

Eleven-a-side is the norm, with a minimum of seven required. Fewer than that is allowed and strongly recommended for younger age groups. The AYSO National Coaching Program recommends 3-a-side for U-5 & U-6, 5-a-side for U-8, 7-a-side for U-10 and 9-a-side for U-12. A goal should be disallowed if it is determined that the team scoring the goal had more than the allowable number of players on the field at the time the goal was scored. This is true only if discovered by the referee before restarting play after the goal.

Substitution

In AYSO it is mandatory that all players who are present at the match play a minimum of one half of the game (the "Three Quarter Rule" is strongly encouraged which means no player on a team should play four 'quarters' in a given game, until all players on the team have played three 'quarters'). Exceptions include: players arriving during the second or third 'quarters' must play a minimum of one 'quarter'. Substitutions during regulation play in AYSO matches occur only at 'quarters' or following an injury. Substitution during 'quarters' is managed by the referee stopping play approximately midway into the first and second halves to allow substitutions to occur. In order to avoid interrupting play at inappropriate times, substitutions should occur at a normal stoppage such as a throw-in, goal kick, corner kick, etc. These stoppages seldom occur at exactly the midpoint of the half, so the referee will begin looking for a suitable stoppage during the period one minute before to one minute after the midpoint of the half. If no such stoppage occurs during this two-minute period, then the referee may stop play for substitutions and then restart play with a dropped ball at the location of the ball when play was stopped.



Substitution stoppages are intended only to be a time for the quick substitution of a few players and are not intended as mini-half-time periods or opportunities for coaching or any other purpose that would unduly extend the time taken for the game. On exceptionally hot days, the referee may allow some additional time for players to hydrate. The only players entitled to leave the field are those being substituted for, and the only individuals entitled to enter the field are the new players. This entire process should take only about a minute or less.

The referee or assistant referee must keep and submit a record of playing time on the lineup card, and if it appears that a player (or players) will not be substituted into the match after sitting out the entire first half or they have only one 'quarter' of playing time at the end of the third 'quarter,' the referee should inform the coach of the situation before starting play. If the coach still elects not to substitute the player or players into the match, the referee is not empowered to require the player(s) in question to play, as this is solely the coach's decision. The referee should start play and must include the information in the game report for review and consideration by the governing authority (the Region, Area, Section or tournament committee).

Players sent off after the opening kick-off (including during half-time) may not be replaced by a substitute, and the players' team must play with one less player. The players at the end of the half remain players until their substitutes have reported to the referee.

Monitored (Free) Substitution

For U-16 and U-19 age groups only, "Monitored Substitution" is allowed which means substitutions need not occur at pre-set intervals, provided a system is in place which will ensure that every participant plays at least one half of every game by requiring a separate time monitor, independent of either team or coach, who checks each player in or out of the game. It is the responsibility of the Regional Commissioner or the Area Director, as the case may be, to monitor this experimental program during the season.

It is generally not the responsibility of referees to monitor playing time during games using monitored substitution, unless the Region/Area has developed modified lineup cards to check off substitutions by eighths, sixteenths or some substitution increment period other than quarters. Except as provided by the rules of the competition (Region, Area, Section or tournament guidelines), monitored substitution, for U-16 and U-19 games only, may occur only at a stoppage in the match with the referee's permission.

Sanctioning bodies should take care not to establish procedures that will encourage the use of substitutions for delaying a match or limiting quick restarts. Allowing unlimited substitutions during any stoppage of play can often lead to this situation and places undue pressure on the referee to limit these substitutions during a match. Similarly, restrictions may not be imposed upon referees that limit or restrict their authority to conduct a substitution.

Injury Substitution

In the case of an injury, there are two choices available to the team. The injured player may be substituted, in which case the injured player may not return during that 'quarter,' or the injured player may leave the field to recover and the team will play short until the injured player has recovered well enough to return to play with the referee's permission.

Only the injured player gets credit for playing the 'quarter' in which the injury occurred regardless of the total time played in that 'quarter.' The substitute replacing the injured player must still play a total of at least two additional 'quarters' to satisfy the AYSO requirement for all players to play at least one half of the game.

Changing the Goalkeeper

Goalkeepers may be substituted for as described above. Additionally, another player on the field may change places with the goalkeeper during a normal stoppage in play, provided that the referee is first informed. In youth soccer this sometimes occurs at the taking of a penalty kick, with the players again changing positions, following the same procedure, at a subsequent stoppage in play. The referee will normally not give permission for the change if it would be to the disadvantage of the attacking team

wishing to take a quick free kick or corner kick. Subsequent goalkeeper changes must also follow the same procedure. If a player changes places with the goalkeeper without the referee's permission, the referee allows play to continue and then cautions both players during the next normal stoppage in play (due consideration being given according to the age group).

Law 4: The Players' Equipment

Spirit of the Law

The players of each team must be safely equipped and easily distinguished from the opposing team.

Player Equipment

According to the Laws of the Game, "A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery)". The basic compulsory equipment of a player includes: a jersey or shirt, shorts, stockings, footwear and shinguards. The shinguards need to provide a reasonable degree of protection and be covered entirely by the stockings.

It is the responsibility of the referee to examine the players and their equipment and then make a decision regarding whether or not there is any danger to the player or to other players. The referee may delegate this inspection responsibility to one or both of the assistant referees. The referee has the obligation and right to disallow players from participation with anything dangerous depending upon the referee's best judgment. AYSO neither endorses nor refutes the claims of companies that produce products intended to increase player safety.

Uniform

AYSO does not train referees to be fashion police, but we do expect the teams to be appropriately attired and equipped. The purpose of uniforms is to allow the teams to be easily distinguished from one another and for the goalkeepers to be further distinguished and recognizable. Players' jerseys must be tucked inside their shorts. Articles worn for adornment that are not part of the team's standard uniform are neither needed nor permitted. In colder times of the year, additional clothing may be desired by the players. With the younger divisions, some deviations are allowed as long as the extra articles of clothing present no safety hazard to either the wearer or to other players and the wearer's team affiliation and player number remain recognizable. Sliding pants, compression shorts, boxer shorts or other types of garments worn under the soccer shorts that are exposed are not illegal but should be the same color as the shorts or as the predominant color of the shorts. Although opinions vary greatly as to the appropriateness, function and esthetic value of these items, they should not be disallowed in games unless the referee believes they present a safety hazard or that they are simply unnecessary adornment. Also see Frequently Asked Questions in this booklet.

Law 5: The Referee

Spirit of the Law

The referee's duty is to ensure the match is fun, fair and safe for the players.

The foundation of the AYSO Referee Program is expressed by the following quote from section I.D.5 of the AYSO National Rules and Regulations:

"The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of referees to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators."

To paraphrase the words of the late, internationally renowned and respected referee and referee instructor, Mr. Ken Aston, "Soccer is like a play in two acts with the referee as the director. The drama contains the full spectrum of emotions including suspense, excitement, periods of calm followed by intense action. There are heroes and occasionally villains, and good performances building to a

dramatic conclusion. A good director (referee) with well-coached actors (players) has the capability of creating a wonderful two-act play (game) that will be enjoyed by all who observe.”

The referee is empowered by the Laws of the Game with considerably more latitude to allow play to continue even when an apparent infraction has occurred if, in his judgment, no significant advantage is gained from a trifling or doubtful offense or if stopping play for an infraction of the rules would, in fact, actually be an advantage to the team which committed the offense. The Laws intend for the game to flow with a minimum of interruption, and the referee is charged with conducting the game accordingly.

Referee Signals

Signals, approved by the IFAB and universally in use, are illustrated in the Laws of the Game. The following quote from the 1996 edition of the Laws of the Game still applies today:

While it is not the duty of the referee to explain or mime any offense that has caused him to give a particular decision, there are times when a simple gesture or word of guidance can aid communication and contribute to greater understanding and more respect, to the mutual benefit of referee and players. Improving communication should be encouraged, but the exaggerated miming of offenses can be undignified and confusing and should not be used.

An indication by the referee of the point where a throw-in should be taken may well help prevent a player from taking a throw-in improperly. A call of “Play on, Advantage!” confirms to a player that the referee has not missed a foul but has instead chosen to apply advantage (see Law 5). Even an indication that the ball was minutely deflected by its touching another player on its path across a touchline, might be helpful in generating a greater understanding between referee and players. A better understanding will lead to more harmonious relationships.

All signals given by the referee should be simple, clear and instinctive. They should be designed to control the game efficiently and to ensure continuous play as far as possible; they are intended essentially to indicate what the next action in the game should be, not principally to justify that action.

An arm pointing to indicate a corner kick, goal kick or foul, and the direction in which it is to be taken, will normally be sufficient. The raised arm to indicate that a free kick is indirect is clearly understood, but if a player queries politely whether the award is a direct free kick or an indirect free kick, a helpful word from the referee, in addition to the appropriate signal, will lead to a better understanding in the future.

For an indirect free kick, the referee is required by the Laws of the Game to signal by holding his arm in the air and keeping it in this position until the ball is touched or played by another player, or the ball goes out of play. This serves as a reminder to players, coaches, spectators and the referee that a goal may not be scored directly from an indirect free kick. For less experienced players' games it is also helpful for the referee to help players learn that the raised referee hand means the kick is indirect.

Advantage

The Advantage Clause, in the Laws of the Game, instructs the referee, in the interest of the flow of the game, to not stop play for an infraction when the referee believes that it would be more of an advantage for the team that was fouled to allow play to continue. If, after allowing Advantage, the advantage does not materialize within about 3 seconds, the referee should stop play and award the free kick.

If, during this time, a second offense is committed by a teammate of the player who committed the first offense, the referee must sanction the more serious of the two offenses or again apply advantage.

The Diagonal System of Control

The diagonal system of control is the only system for officiating outdoor soccer games recognized by FIFA and AYSO. This system employs three officials, one referee and two assistant referees. In



addition to being the universally approved method of officiating outdoor matches, the diagonal system is an effective method for increasing the number and retention of referees by recruiting, training and assigning them first as assistant referees.

The use of the dual refereeing system is not an approved technique for officiating AYSO games. The dual refereeing system uses two referees on the field, each with a whistle. This system encourages the development of poor officiating habits and is the source of frustrations as the officials attempt the impossible task of remaining close to play and, at the same time, being correctly positioned to watch for offside infractions. This system also fosters hesitancy on the part of the officials and unnecessary interruptions in play as the two officials attempt to consult with one another for a consensus in making calls.

If only two qualified officials are available for a match, one should assume the duties of the referee and the other should become an assistant referee. A volunteer club linesman, if available, after receiving instructions from the referee, should also be used. The only duty of a club linesman is to indicate when the ball has completely crossed the touchline or the goal line. If no club linesman can be found, the referee must assume the duties of the missing assistant referee, just as he or she would if working the game alone.

Sideline Behavior by Coaches and Spectators

AYSO coaches and referees (and all other AYSO volunteers) have a responsibility to provide a fun, pleasant environment for the players. According to the AYSO National Rules and Regulations, it is the duty of each coach, referee and official to “conduct him/herself in a manner becoming a member of AYSO”, “comply with the AYSO Rules and Regulations”, “encourage clean competition and good sportsmanship”, prohibit negative comments and complaints about officiating” and “present a healthy, athletic environment for team members by neither consuming alcoholic beverages nor using tobacco products during practices or games or in the immediate vicinity of the soccer fields.” Coaches must also “Limit his/her sideline participation during AYSO games to comments that are positive, instructional and/or encouraging”.

Additionally, coaches and referees must work together to ensure the comments and behavior of spectators are within the boundaries of the AYSO philosophical tenets. Comments and behavior that may be common at the high school, college or professional level are often not appropriate in youth sports. Referees are authorized to stop, suspend or terminate play for outside interference of any kind. AYSO is about ‘kids first and soccer second.’

Cooperation between coaches and referees is essential in maintaining an appropriate environment for the players. The lessons young players learn from the behavior coaches and referees demonstrate will long endure after win/loss records are forgotten.

Law 6: The Assistant Referees

Spirit of the Law

The assistant referees assist the referee in officiating the match.

‘Running the line’ as an assistant referee is a demanding task when done correctly, and is not easily mastered. The assistant referees must follow the lead and instructions of the referee. Their positions are determined by the position of the players, ball and instructions of the referee, and they must be ready to adjust based on the constantly changing conditions during play. They are also expected to judge misconduct or fouls out of sight of the referee and, when these activities occur, to bring them to the attention of the referee.

Assistant Referee Signals

Signals, approved by the IFAB and universally in use, are also illustrated in the Laws of the Game. Standardized flag signals are used to avoid confusion. Additional communication with the referee is also made through frequent eye contact and by other accepted signals agreed upon during the referee’s pre-game instructions.

Club Linesmen

Club Linesmen are sometimes used when neutral assistant referees are not available. Club Linesmen are usually selected from volunteers present at the game and often are supporters of one of the clubs or teams playing in the game, thus the derivation of the name 'Club Linesmen.' Because of their lack of official training, Club Linesmen have very limited responsibilities.

To acquire the most effective cooperation from Club Linesmen, the following procedure shall be adopted:

- The Club Linesmen shall report to the referee before the start of the game for instructions. The referee shall inform them that, regardless of their personal opinion, the referee's decision is final and must not be questioned.
- Their work as Club Linesmen is to signal when the ball is entirely over the touchline or goal line subject always to the final decision of the referee.

Keeping in mind their distinct duties as outlined above, the referee shall decide beforehand exactly what he requires of the Club Linesmen and, as head of the trio, tell them clearly how they can best assist him. The three officials must therefore confer before the game, and the referee's instructions must be specific in order to avoid confusion. The Club Linesmen must, for their part, fully appreciate the referee's authority and accept the referee's ruling without question should there be any difference of opinion among them. They must be supportive and never contradict his decisions. They are to assist, not insist.

Law 7: The Duration Of The Match

Spirit of the Law

The players are entitled to the entire designated playing time.

Adding Time

Referees have sole responsibility for maintaining an accurate accounting of playing time. Additional time may be added by the referee to make up for any time lost due to injury, substitution, unusual delay, time-wasting tactics or any other cause. It is the referee's responsibility to determine when these particular events have occurred and to add time for the time lost.

Time should not be added (or the 'clock stopped') following a goal or to administer a caution or a send-off, or other such stoppages unless the delay is, in the opinion of the referee, unusually long. The time needed to attend to an injured player on the field as well as the time needed to make substitutions at the 'quarters' is easily determined and should be added. However, determining what constitutes an unusual delay or time-wasting tactic requires more careful consideration by the referee. An unusual delay would involve such things as retrieving a lost ball, removing an outside agent (dog, spectator, elephant, etc.) from the field or rain delay.

Referees are trained not to be influenced by the emotions of the moment when determining whether or not to add on time. Referees must consider what is fair for BOTH teams in determining the exact moment to end the half or the game. For example, a player on a breakaway attack on goal at the end of an exciting match with the score tied should not be given extra time to see if the player scores or not. Similarly, the referee should not stop the clock because the team that is winning is not rushing to put the ball into play near the end of the game. In general, the referee will not add time at the end of the match for an event for which he or she would not have added time had it occurred at the beginning of the game. The ball does not have to be in play for the game to end.

Wasting Time Versus Consuming Time

Referees are also taught to distinguish between time-wasting and time-consuming tactics, the former being illegal and the latter legal. Time wasting would involve techniques used by one team to waste time that the opposing team has no opportunity to counter. A goalkeeper refusing to release the ball into play within six seconds or a team taking an unusually long time to put the ball into play on a given

restart are examples of time wasting. In such situations, the opposing team is powerless to prevent the situation and must rely on the referee to intervene. On the other hand, a team may legally consume time by simply skillfully controlling the ball. Kicking the ball out of play can be interpreted as legal time consumption or illegal time wasting depending on the circumstances. Kicking the ball out of play is often a good defensive decision and should not be penalized. However, if in the opinion of the referee, the player kicking the ball out of play is intentionally using excessive force so that the kick causes an unusual delay in retrieving the ball, this could be considered an illegal time-wasting tactic.

Law 8: The Start And Restart Of Play

Spirit of the Law

Neither team shall have an unfair advantage at the start of play.

Starting Time and Forfeits

If one or both teams are not present with the minimum number of players at the scheduled starting time, the referee should wait the time specified in the rules of the competition and then abandon the match. If the rules of competition do not specify a time, the referee should wait 15 minutes and then abandon the match. The referee may not declare a forfeit but must make a full report to the appropriate authorities, who will decide what action is to be taken.

Coin Toss

To begin the game, the team winning the coin toss chooses which goal they will attack in the first half, and the other team must kick off (the same procedure applies to a first overtime period when required). When kicks from the penalty mark are needed to determine a winner, another coin toss is conducted at the end of regulation play and/or the last overtime period. The team winning this coin toss has the choice whether to take the first or second kick.

Kick-Off

Starting play with a kick-off is a relatively simple process and should not present significant difficulties. Remember, the ball is not in play until it has been kicked and moves forward. It is not uncommon for the opposing team, upon hearing the whistle for the kick-off, to immediately run into the center circle rather than waiting for the ball to be kicked into play. The correct restart in this case is to retake the kick-off.

Dropped Ball

The dropped ball is used to restart play after the referee has stopped play for some neutral reason such as an injury, interference by an outside agent or when play is stopped for substitution with the ball still in play. The dropped ball should not be used to restart play when it is not obvious who last played the ball before it went out of play. Referees must make a decision.

When having a dropped ball, although not required, referees usually will wait until one player from each team has taken up position to attempt to kick at the ball and then will instruct the players to wait until the ball hits the ground before commencing the kicking. If the ball is kicked before it has touched the ground, the dropped ball must be retaken. The referee may remind the players to be good sports and try not to kick each other.

Common Elements of Restarts

There are a total of eight different ways to restart play, and for each restart except the dropped ball the player restarting play may not touch or play the ball a second time until it has been touched or played by at least one additional player from either team. The dropped ball is the exception because it is the referee who is restarting play.

Law 9: The Ball In And Out Of Play

Spirit of the Law

The ball remains in play even if an assistant referees has signaled, unless the referee has signaled it out of play or has stopped play.

Ball in Play

The Laws of the Game state that for the following restarts the ball is in play when it is kicked and moves: free kicks outside the penalty area, indirect free kicks by the attacking team within their opponents' penalty area and corner kicks. The United States Soccer Federation's Advice to Referees states that "The distance to be moved is minimal and the 'kick' need only be a touch of the ball with the foot in a kicking motion." "The referee must make the final decision on what is and is not 'kicked and moved' based on the spirit and flow of the match". It is important to always remember that referees should not interfere with play for trifling or doubtful offences. This also applies to kick-offs and penalty kicks, with the additional requirement that movement must be in a forward direction.

Ball out of Play

It is the position of the ball, and not that of the player, that determines when the ball is out of play. This concept is somewhat foreign because the reverse is true in other popular sports such as football and basketball. It is also sometimes difficult to resist the temptation to think the ball is out of play when it touches a goal line or touchline, but we need to remember that the entire ball must cross the entire line before it is out. Position is critical when judging this fact, and in the vast majority of situations, we should thank the assistant referee for being in the best position to make this decision.

Curving balls from corner kicks or kicked from near the touchlines or goal lines may briefly cross the outside plane of the line in the air and then return within the playing field. In these situations, the ball should be declared out of play and the appropriate restart taken.

Law 10: The Method Of Scoring

Spirit of the Law

The referee will award a goal when the entire ball enters the goal except as otherwise provided by the Laws of the Game.

Goal Versus No Goal

If a player kicks the ball into the goal making the net bulge to withstand the impact, most will realize a goal has been scored. However, goals are not always so obvious. For those less than obvious goals, we must frequently rely on the correct positioning and judgment of the assistant referee, who will apply the same set of criteria used to determine when the ball is out of play together with the fact that it has left the field between the goalposts and under the crossbar. The best seat in the house to judge this is occupied by the assistant referee looking directly down the goal line.

One circumstance under which a goal can be scored that is not obvious occurs when the goalkeeper attempts to stop a particularly hard shot that causes the goalkeeper to retreat sufficiently back across the goal line that the ball completely crosses the goal line for a brief period while in the possession of the goalkeeper.

Law 11: Offside

Spirit of the Law

A player may not participate or interfere with play from an offside position.

Origin

The late Ken Aston, internationally renowned referee instructor, gave the following account of the origin of the Offside Law.

Many years ago there was not an offside law in soccer. In the English schools where soccer was often played, it was noticed that players who were not willing to work with their teammates to help advance the ball would simply loiter around in front of the opponents' goal waiting for the ball to arrive so they could score a goal.

The schoolmasters determined this was not a sporting thing to do and therefore made a rule that any player guilty of this offense would be temporarily off their side (off the team) and not allowed to play. Thus, the Offside Law was born. As a point of interest, Ken would point out there is no "s" at the end of the term offside—since a player plays for only one side (team), he can be taken off only one side (team), not off both sides.

Application

The argument is sometimes made that a player who is standing in an offside position, even though inactive, is a cause for concern or worry on the part of the opposing goalkeeper or defender and therefore this can be interpreted as participation. This argument is not considered valid because referees cannot base their decisions on what is in the minds of players but rather must make their decisions based on what has, in fact, actually occurred. If players were penalized because they caused the opponents to worry about them because of what they might be able to do, this would have eliminated a lot of great players from the game. Do you think opposing teams had cause for concern or worry when they were about to play against great players such as Pelé or Mia Hamm?

As an example, consider the following: A player with the ball is near the opposing team's corner flag. The opposing goalkeeper is anticipating the ball being passed in front of the goal and has positioned himself close to the near goalpost and out from the goal line about two yards, which is close to where an opposing attacking player is legally positioned waiting for the ball. Another attacking player has taken an offside position inside the far goalpost on the goal line behind the goalkeeper. The ball is centered to the legally positioned teammate who, to the goalkeeper's dismay, heads the ball just inside the near goalpost. This goal should be allowed (and applauded) if the player in the offside position did not actively interfere with play or an opponent, despite proximity to the goalkeeper. But what if..., begin the dissenting voices. The 'what ifs' would each be considered separately, but in the situation described, a goal should be awarded.

If the assistant referee does not raise the flag immediately when a player is in an offside position, players, coaches and spectators need not get upset. The assistant referee is properly waiting to assess whether or not the player in an offside position becomes involved in active play. By using a brief delay and observing the caution "If in doubt, don't signal," assistant referees do not stop the game needlessly. Furthermore, the referee is not obligated to accept the assistant referee's recommendation to make the offside call, and may "wave off" the assistant referee's flag. Accordingly, players should continue to play the ball until the referee has determined that an offside offense has occurred.

The Offside Law always seems a source of debate and controversy as it contains elements of fact and of judgment which the referee must consider and interpret. There are additional criteria the referee must consider in some situations which are best learned through demonstration under the direction of a competent referee instructor.

Law 12: Fouls And Misconduct

Spirit of the Law

Teams that fail to play in a sporting, fair and safe manner will be penalized.

Referees and coaches want the game to be enjoyable at all levels of play. Player enjoyment and deliberate fouling are not compatible. Coaches, through their teachings and behavior, set the tone for fair play, sporting behavior and injury prevention by reinforcing the importance of fair play at all practices and games. Referees must walk the fine line between letting the game flow without unnecessary interruption and knowing when to interfere with the action to keep play within the boundaries of fairness and safety. Coaches and referees must work together to ensure players learn and abide by the Laws of the Game and respect the principles of fair play and sporting behavior.

Direct Free Kick Fouls Most Frequently Debated

Direct Free Kick Fouls are rare with the younger players whose actions are more often clumsy; rather than careless, reckless, or using excessive force. With older players, the game becomes more intense, and challenges for the ball often involve vigorous contact between players. The referee must judge the manner in which the contact is made. The fact that players may get knocked to the ground or bumped off the ball does not necessarily mean a foul has occurred. It is not a democracy; only the referee decides foul or no foul, even if in the minority. There are 10 Direct Free Kick fouls; the following four are most frequently debated.

Handling the Ball

Handling the ball is arguably the source of most confusion. Referees must judge whether the contact of ball and hand or arm was caused by a deliberate act of the player or if the ball struck the hand or arm in the normal course of play. If the referee feels the contact was not deliberate, then no foul has occurred and play should continue. It matters not that an advantage might have been gained as long as the contact of ball and hand or arm was not deliberate.

Tripping

There is a difference between tripping and being tripped. When a player stumbles or falls the referee must judge whether or not an opponent illegally tripped the player or if the trip was the result of a fair challenge for the ball.

Often when a fair tackle is made, with contact first being made with the ball, the opponent may trip over the extended legs of the player making the tackle. However, even though contact is first made with the ball, if the player making the tackle subsequently lifts his or her leg with the intent to cause the opponent to fall, it is a foul and a direct free kick or penalty kick must be awarded to the opposing team.

A player who tackles an opponent, in a manner that endangers the safety of the opponent, must be sent off for serious foul play.

Charging

A legal charge is an attempt to physically separate an opponent from control of the ball. Charging while contending for the ball is fair providing the following conditions are met:

- The player being charged is within playing distance of the ball
- The charge is a sharp staccato impact, not a push
- When charging from the side, contact is made as near shoulder to shoulder as possible, depending upon the relative heights of the players involved
- If the charge is made in a manner that the referee considers to be careless, reckless or using excessive force, a direct free kick or penalty kick, as appropriate, is awarded to the opposing team.
- If the charge is otherwise fair, but not made within playing distance of the ball, the charging player is called for impeding the progress of an opponent, and an indirect free kick is awarded to the opposing team.

Screening or Shielding

Players may often place themselves between an opponent and the ball to screen or shield the ball. This is a legal tactic provided the ball is, in the opinion of the referee, within playing distance of the player. If a player while screening or shielding the ball illegally uses his or her hands, arms, legs or body (pushing, holding, etc.) to prevent an opponent from challenging for the ball, it is a direct free kick foul.

Tackling

Legal tackling is the act of blocking the ball or moving the ball away from the feet of an opponent in a manner that is not dangerous to that opponent. Players controlling the ball with their feet may be

tackled by an opponent who is attempting to dispossess them of the ball. If contact that the referee considers to be careless, reckless or using excessive force is made with the player being tackled, then a free kick may be awarded plus possibly a caution (yellow card) or send off (red card) depending on the circumstances. In some cases, contact with the player after the ball has been played may also be a foul, again depending upon the circumstances.

Indirect Free Kick Fouls Most Frequently Debated

Indirect free kick fouls result in an indirect free kick rather than a direct free kick as the penalty. The following two indirect free kick fouls are the frequent source of debate:

Impeding

Impeding the progress of an opponent, like charging, has a negative connotation and, like charging, can be legal or illegal depending upon the circumstances. Impeding involves using one's body to prevent an opponent's access to the ball. The terms 'shielding' or 'screening' are also used to describe a legal tactic employed by players to deny opponents access to the ball. In order for impeding, shielding or screening to be legal, the ball must be within playing distance of the player shielding the ball. It is not necessary for the player to be touching the ball with his feet as long as it remains within playing distance. It is not uncommon for impeding to begin legally and quickly evolve to illegal pushing or holding.

Dangerous Play

Although the Laws of the Game state that an indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, plays in a dangerous manner, the indirect free kick must be awarded only if an opponent is involved and the act is dangerous to either the player or to the opponent. If the dangerous act does not involve an opponent and play is stopped, play must be restarted with a dropped ball.

Goalkeeper Possession

The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.

The ball is also considered to be in the possession of the goalkeeper when

- bouncing the ball and catching it
- throwing the ball in the air and catching it

A goalkeeper who moves outside his or her own penalty area to intercept the ball and play it with his or her feet, back into the penalty area may then handle the ball, unless the ball was deliberately kicked directly to the goalkeeper by a teammate or the goalkeeper received the ball directly from a throw-in taken by a teammate.

If a teammate, taking a throw-in, throws the ball in the general direction of the goalkeeper, but before the goalkeeper receives the ball, it is intercepted in the air and headed by another teammate, the goalkeeper is allowed to handle the ball within his or her own penalty area.

Temporary Expulsions

If a player cannot control his or her emotions and needs a 'time-out' to regain control, either the player must recognize this and request permission to leave the field of play or the coach should convince the player to do so. Players have the right to ask the referee for permission to leave the field of play for a variety of reasons, and the referee should grant this permission. Coaches also have the right to ask their players to request this option from the referee. In no case is a substitution allowed to replace these players for this temporary interruption in their play.

Coaches also have the right to call players to the touchline during play if they feel the need to tell them something or to 'calm them down', but the player must remain on the field of play. Giving the coach this responsibility, which is where it belongs, is not a violation of the Laws.

FIFA has expressly forbidden mandatory temporary expulsions, sometimes called “sit outs”, by a referee for cautioned players to regain their composure or to ‘cool off.’

Serious Foul Play

It is serious foul play, a sending-off offense, when a player uses deliberate violence when challenging for the ball against an opponent on the field of play while the ball is in play.

Violent Conduct

It is violent conduct, a sending-off offense, when a player is guilty of aggression toward an opponent when not challenging for the ball. If the ball is in play, a direct free kick or a penalty kick, as appropriate, is awarded in favor of the team of the player against whom the aggression was directed. If the ball is out of play, the match is resumed with the appropriate restart.

It is also violent conduct if a player, substitute or substituted player attacks a teammate, the referee, an assistant referee, a coach, a spectator or any other person. If the ball is in play, an indirect free kick is awarded against the team of the player committing the violent conduct. If the aggression took place outside the boundaries of the field of play, a dropped ball is the correct restart. If the ball is out of play, the match is resumed with the appropriate restart.

Cautions (Yellow Cards) and Send-Offs (Red Cards)

A player, substitute or substituted player who is cautioned or sent off during the match is shown the yellow or red card, as appropriate. Cards are only shown to players, substitutes and substituted players. The referee has the authority to take disciplinary sanctions and show the red or yellow cards from the moment he or she enters the field of play prior to the game until he or she leaves the field of play following the final whistle. The purpose of a caution is to give players fair notice that the manner in which they are playing or behaving is unacceptable and that they will be sent off the field for the remainder of the game if they continue to play or behave in this way. The referee may offer a verbal reprimand or warning, which is not an official caution, and in this case, will not hold up a yellow card.

The cards are never shown to coaches or spectators for their misconduct. The referee may, however, expel team officials from the field of play and its immediate surroundings without displaying a card. The referee’s report (in accordance with Region, Area or Section procedures, as appropriate) must indicate in detail all misconduct occurring before, during and after the match.

Children who are under 12 years of age should not be formally cautioned or sent off unless there are exceptional circumstances. Referees should consider whether children in this age group are fully aware of their actions and should consult and work with the coach to get the desired behavior. Young players can usually be controlled by a verbal admonishment, thus avoiding the need to display the cards.

In the case of players being sent off (red carded) for misconduct after the game has started, substitution is not permitted for that player and the team must play with one less player for the duration of the match. The player that was sent off receives a minimum one game suspension and additional sanctions may be imposed pending review by the governing authority. As with cautioning, sending off young players should be avoided.

Administering Cautions and Send-Offs

Referees, when administering cautions or send-offs, should

- treat the individual in a calm, courteous and respectful manner
- try to take the player or team official aside so he or she is out of the direct earshot of other players, team officials and spectators
- explain briefly the reason he or she is being cautioned, sent off or expelled
- display the yellow or red card, in the case of players, substitutes or substituted players
- avoid a protracted discussion with the person being cautioned, sent off or expelled

Although the Laws of the Game require that “a player who has been sent off must leave the vicinity of the field of play and the technical area” youth players who are sent off must be allowed to remain on the sideline, under the control of their coach unless their parents are present.

Spectator Misconduct

The model set by the adults present (referees, coaches and spectators) at games influences the development and behavior of the young players watching. The referee team establishes the parameters of acceptable behavior and must be attentive to and deal appropriately with any adult behavior that does not present positive role modeling for youth. Law 5 and AYSO National Rules and Regulations provide this authority.

The influence adults have on the impressionable young players in AYSO will far outlast the memories of win/loss records. The behavior modeled by the adults present at AYSO games should have a positive effect on the development of the players watching. All adults present at AYSO games share in the responsibility to ensure positive role modeling is demonstrated. However the ultimate responsibility rests with the AYSO referees as the guardians of the game to ensure there is truth in the motto that...

“In AYSO, it’s about more than the game!”

Law 13: Free Kicks

Spirit of the Law

Free kicks are to be taken without interference from the opposing team.

Application

Free kicks generally are either ceremonial kicks or quick kicks. The ceremonial kick occurs when the team awarded the kick elects to take its time before taking the kick, possibly to attempt a set play learned in practice. It is the duty of the referee to enforce the Law and ensure that the opponents retreat the required distance as quickly as possible.

Conversely, it is the kicking team’s right to put the ball into play quickly and thus take advantage of an opportunity to advance the ball or to score a goal before the opposing defenders can get organized. In this situation, the team taking the kick may elect to kick the ball before the opponents have retreated the required distance. The quick-kick option is the choice of the team taking the kick and is perfectly legal as long as the ball is placed correctly, it is stationary before it is kicked and the referee has not told the kicking team to wait for his signal.

Law 14: The Penalty Kick

Spirit of the Law

A penalty kick is awarded the offended team when a defending player commits a direct free kick foul within his own penalty area.

Application

A penalty kick provides an excellent goal-scoring opportunity, and this is precisely the intent of the Law. Direct free kick fouls, when committed by the defense close to their goal (inside the penalty area), seriously hinder the attacking team’s chances of scoring a goal. Thus the Penalty Kick Law was devised to provide an additional measure of deterrence for committing direct free kick fouls near one’s own goal. In the younger age divisions, direct free kick fouls are rare, and the use of penalty kicks should likewise be rare at this level of play.

The penalty kick is one of the few times players must wait for the referee’s signal (whistle) before restarting play so that the referee can ensure that all the players are first legally positioned outside the penalty area and the penalty arc and no closer to the goal line than the ball. Once the referee has given the signal for the penalty kick to be taken, the kick will not be interrupted by the referee if an infraction is committed by either team until the outcome of the kick is determined. The resulting action of the referee will depend upon the circumstances of which team committed the infraction and whether or not a goal was scored.

Penalty Kick—Goalkeeper Movement

At the taking of a penalty kick, or kicks from the penalty mark, goalkeepers must remain on the goal line, facing the kicker, but may move laterally along the goal line, between the goalposts, until the ball is kicked. If the goalkeeper moves forward off the goal line before the ball is kicked and the shot does not score, the penalty kick must be retaken.

Law 15: The Throw-In

Spirit of the Law

When the ball completely crosses the touchline, it shall be thrown back into the field of play by a player of the team opposite to that of the player who last touched it.

Application

The throw-in is one of the simplest and most common restarts and should not be the source of any unusual problems. The ball is thrown in from where it left the field and the opposing team is required to retreat at least two meters (yards) from the point at which the throw-in is to be taken. The Thrower may not play the ball twice in succession (cannot throw the ball to oneself).

There have developed over the years some misconceptions regarding the throw-in. One of the most common misconceptions is that spin on the ball is illegal. This is not the case, and in fact, it is almost impossible to throw the ball without some measure of spin. In reality, side spin on the ball is generally an indication that the ball has slipped through the hands of the thrower and the ball is not thrown as far or as accurately as the thrower intended. The ball can generally be thrown farther with one hand than it can with two, and this is what is considered illegal. It is the referee's duty to determine if this has occurred, but the simple fact that the ball is spinning should not, by itself, be reason to consider the throw-in illegal.

Another misconception is that the ball must be thrown with considerable force. The operative word is "thrown," and as long as there is a smooth continuous motion with the throw, it is perfectly legal even if the ball does not travel very far from the thrower.

Various techniques are employed by players when throwing in the ball. It is not uncommon for players to make a running throw-in. At the moment the ball is released, with the running throw-in, usually the toe of one foot will be dragging along the ground, which satisfies the requirements of the Law. As the players advance in age, they may develop an acrobatic flip throw-in that can significantly increase the distance of the throw. This flip throw-in is legal as long as all elements of the Law are complied with at the moment the ball is released.

Law 16: The Goal Kick

Spirit of the Law

A goal kick is awarded to the defending team when the ball crosses the goal line last touched by a member of the attacking team, without a goal being scored.

Application

The goal kick is a relatively simple method of restarting play and generally causes few difficulties. As with free kicks, the team taking the goal kick may elect to take a quick kick before all of the opposing team has retreated outside the penalty area as required. The kick is retaken if it is touched by another player before leaving the penalty area, or if it is touched for a second time before leaving the penalty area by the player taking the kick. The offside exception for the first player to receive the ball from a goal kick is rarely of any consequence in the younger divisions. However, in the older divisions, this fact must be kept in mind during those long goal kicks that can reach a teammate in the opponents' half of the field.

Law 17: The Corner Kick

Spirit of the Law

A corner kick is awarded the attacking team after the ball crosses the goal line last touched by a member of the defending team, without a goal being scored.

Application

Corner kicks are excellent goal-scoring opportunities in the older divisions where the ball can be easily kicked in front of the goal from the corner area. Difficulties arise fairly often involving the Offside Law on corner kicks. The first person to receive the ball from the corner kick is, of course, exempt from the Offside Law. However, when a short corner kick is attempted by making a short pass from the corner arc to a nearby teammate, it is fairly common for this player to pass the ball back to the original kicker, who is running down the goal line and may be in an offside position at that time, depending on the position of the defenders.

Ball Placement

The corner arc is to be treated in the same manner as other field markings. It is not required that the whole of the ball be completely within the corner area. As long as any part of the ball is within or overhanging the corner arc lines, this is considered a legal placement of the ball for a corner kick.



National Rules And Regulations 2009-2010

I. GAME CONDUCT

AYSO games shall be conducted in accordance with the current FIFA Laws of the Game and decisions of the International Football Association Board (IFAB) in effect on August 1 each calendar year, with the following exceptions and clarifications:

A. COMPETITION

1. Coaches, officials and spectators shall not enter the field of play unless requested by the referee.
2. Except for short-sided games (Article I.H), a scheduled game shall not commence nor be continued unless both teams can field at least seven eligible players.

B. DURATION OF GAMES

1. Games shall be of two equal halves, not to exceed the following maximum durations:
2. Half-time periods shall be a minimum of five and a maximum of ten minutes as designated by the referee.
3. Where necessary due to scheduling time constraints, the duration of the two halves is to be reduced by an equal amount to allow for substitution in accordance with Article I.C.1.

Division	Maximum Duration of Half
U-5	10 minutes
U-6	10 minutes
U-8	20 minutes
U-10	25 minutes
U-12	30 minutes
U-14	35 minutes
U-16	40 minutes
U-19	45 minutes

C. PLAYING TIME AND SUBSTITUTION

1. Except as noted in Article I.C.3 all eligible team members in attendance at AYSO games must play at least half of the game, excluding overtime.

Such participation is controlled as follows:

- a. Approximately midway through each half the referee shall permit substitution. This normally occurs during a regular stoppage in play, and the game is resumed with the appropriate restart (i.e. throw-in, goal kick, corner kick, kick-off, free kick, penalty kick or dropped ball). On occasion the referee may need to stop play for substitution while the ball is in play, in which case the game is resumed with a dropped ball.
- b. Substitutions may also be made at half-time and at the start of any overtime periods.
- c. When the referee signals for substitution, the coaches should have all substitutes entering the game immediately report to the referee or the designated assistant referees, who shall note on the lineup cards those team members substituting.



- d. During such stoppages, the coach of each team may substitute as many team members, or none, including previously substituted team members, as long as all eligible team members meet the minimum playing requirements.
 - e. The referee shall allow for any time lost due to substitution or other cause by stopping his/her watch or adding playing time. (See Article I.B.3. regarding reducing the length of halves to permit proper substitution.)
2. Substitution for injury:
 - a. If a player is injured, the coach may provide a substitute for the player, in which case the injured player may not return until the beginning of the next "quarter". Only the player who is injured is credited with a "quarter" played regardless of the actual time played.
 - b. The coach may choose to not substitute and "play short" thereby allowing the injured player to return during the "quarter" in which he or she was injured.
 - c. The player must receive a signal from the referee in order to return to the game.
 3. Late arriving team members shall be substituted as follows:
 - a. If the team member arrives during the first "quarter", the team member must play a minimum of two of the remaining three "quarters".
 - b. If the team member arrives during the second or third "quarter", the team member must play a minimum of one "quarter".
 4. Signed lineup cards must be completed by the referee and forwarded to the regional commissioner or his/her designee.

D. OFFICIATING

1. Referees shall officiate in accordance with the AYSO Rules & Regulations (the rules of competition), the FIFA Laws of the Game and decisions of the IFAB.
2. Referees shall officiate in a manner inducing clean competition and good sportsmanship, placing great emphasis on the welfare of the players. If a player is injured, the referee, at his/her discretion, may stop play to ensure the welfare of the player even if the ball has not gone out of play.
3. The goalkeeper shall not be harassed or interfered with while attempting to put the ball in play.
4. It is the duty of referees to protect the goalkeeper against dangerous play.
5. The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of referees to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators.

E. DUTIES AND RESPONSIBILITIES OF COACHES, REFEREES AND OFFICIALS

1. It shall be the duty of each coach, referee, and official to:
 - a. Conduct himself/herself in a manner becoming a member of AYSO.
 - b. Comply with the AYSO Rules & Regulations.



- c. Encourage clean competition and good sportsmanship.
 - d. Prohibit negative comments and complaints about officiating.
 - e. Present a healthy, athletic environment for team members by neither consuming alcoholic beverages nor using tobacco products during practices or games or in the immediate vicinity of the soccer fields.
2. It shall also be the duty of each coach to:
- a. Train and coach his/her team to the best of his/her ability.
 - b. Remain within the coaches' area (Article I.G.2) during the game; a maximum of two coaches is permitted for each team.
 - c. Limit his/her sideline participation during AYSO games to comments that are positive, instructional, and/or encouraging.
 - d. Upon team formation, and during all subsequent team gatherings, practices, scrimmages, and games (regional, inter-regional, area, sectional, national and tournaments), have in his/her possession a signed Player Registration Form for each team member.

F. SIZE OF BALL

Ball size for each division shall be as follows:

Age Division	Size	Circumference	Weight
U-5, U-6 & U-8	3	23.0-25.0 inches	10-12 oz.
U-10 & U-12	4	25.0-26.5 inches	12-14 oz.
U-14, U-16 & U-19	5	26.5-28.0 inches	14-16 oz.

G. FIELD OF PLAY

- 2. The dimensions and markings of the field of play and goals shall be at the discretion of the region and, whenever possible, conform to the FIFA Laws of the Game or to AYSO short-sided game requirements.
- 3. A coaches' area extending ten yards on each side of the halfway line shall be marked by two lines off the field of play and perpendicular to the touch line. Where possible, the coaches' area shall include two additional lines, with one line parallel to and at least one yard from the touch line, and a second parallel line no more than three yards from the touch line.
- 4. The field shall be marked, where possible, with a spectator control line parallel to the touch line at a distance of at least three yards from the touch line. Coaches and officials should help the assistant referees keep spectators behind the spectator control line.
- 5. Spectators shall not be allowed behind the goal lines, with the exception of photographers who have received authorization from the referee, and who must remain quiet and sufficiently back from the goal lines.

H. SHORT-SIDED GAMES

- 1. It is strongly recommended that U-5 through U-12 divisions play short-sided games, conducted in accordance with the current FIFA Laws of the Game as modified by the AYSO National Rules and Regulations and the age appropriate AYSO Coaching Manual.



Regions may choose to allow goalkeepers in the U-8 division.

Coaches beginning at the U-10 division are allowed to teach team members how to properly head the ball.

2. Short-sided games are permitted for all divisions.

II. TEAMS

- A. Team names shall bear no resemblance to a religion, race, ethnicity or nationality.
- B. Teams shall participate only in games approved by their respective regional commissioners and/or presiding AYSO governing authority.
- C. Team size:
 1. For full-sided (11-a-side) soccer (not recommended for U-12 and younger), the number of team members at any one time shall be:

Age Division	Maximum no. of team members	Minimum no. of team members
U-16 & U-19	18	12
U-8 through U-14	15	12

2. The following are the recommended team sizes:

Age Division	Players per team on field	Maximum no. of team members	Minimum no. of team members
U-19	11-a-side	18	12
U-16	11-a-side	18	12
U-14	11-a-side	15	12
U-12	9-a-side	12	9
U-10	7-a-side	10	7
U-8	5-a-side (No goalkeepers)	7	5
U-6	3-a-side (No goalkeepers)	5	3
U-5	3-a-side (No goalkeepers)	4	3

3. All divisions may play optionally with teams of smaller sizes for mini-soccer, indoor soccer or short-sided games, subject to rules established by the section.
- D. The maximum number of team members listed in Article II.C may be increased with approval of the area director, but no more than would allow each team member to play at least half of each game.
- E. Each primary season, every effort shall be made to balance team strengths within each age division, within a reasonable geographical area.
- F. A region or area shall not form leagues on a major and minor basis within any age division.



- G. The only team member(s) a head coach may specify be on his/her team is his/her own child or children.

III. REGISTRATION

- A. The standard age divisions for the Boys and Girls programs are as follows:

- B. The effective date of age determination shall be the registrant's age as of July 31st immediately prior to the start of the membership year as defined in Article V.

Registrants who have reached the age of four years as of this date are eligible to participate in the program.

Individuals who are nineteen years of age or older as of this date are not eligible to participate.

Age	Division
Under 5 years but not younger than 4 years	U-5
Under 6 years	U-6
Under 8 years	U-8
Under 10 years	U-10
Under 12 years	U-12
Under 14 years	U-14
Under 16 years	U-16
Under 19 years	U-19

- 1. Exception: Regions, upon approval by their area director and their section director, may allow registration and participation of children who have reached the age of four as of the date of the region's first organized activity (camp, practice or game) in any season, split season or sub-season.

- C. U-5 and U-6 divisions are primarily for the introduction of soccer skills.
- D. In regions where there are not enough registrants to make any or all standard age divisions, divisions may be combined so that teams may be formed.

Such divisions shall be classified on the basis of the oldest registrant and shall not, after the start of the season of play, be reclassified to a lower age division should the oldest registrant(s) then be removed from the roster.

- E. Regions with a sufficient number of registrants within a standard age division may, with the approval of the area director and section director, form single-year sub-divisions within the standard age divisions defined in Article III.A.
- F. No potential team member may register without the written consent of his/her parent or guardian, unless the registrant is of legal age.

- G. A registrant becomes an official team member upon:

- 1. payment to the region of its required registration fee, and
- 2. acceptance of his/her registration form by the regional commissioner or the regional commissioner's designated representative, and
- 3. placement on a team by the regional commissioner or the regional commissioner's designated representative. area director, a team member must present his/her birth certificate or other legal proof of age.

- H. The regional commissioner is responsible for assuring the eligibility of all team members on teams within the region. Upon request of the regional commissioner or area director, a team member must present his/her birth certificate or other legal proof of age.

- I. An individual team member is limited to one AYSO primary season team.

- J. Boys and girls may play on the same teams where there is an insufficient number of registrants to establish separate teams with reasonable application of Article III.D. It is



strongly recommended, however, that separate boys and girls teams be instituted and maintained wherever possible.

IV. TRANSFER OF TEAM MEMBERS

A team member may transfer from one team to another within a region, or from one region to another, after the following three conditions have been met:

- A. Approval of both coaches of the teams involved.
- B. Approval of regional commissioner(s).
- C. Approval of team member and parent/guardian; parent/guardian approval is not required if team member is of legal age.

V. DURATION OF REGISTRATION

The period of official membership shall be from August 1st through the following July 31st each year.

VI. PROPER DRESS

- A. Each chartered AYSO region shall provide for team members to wear a matching team uniform consisting of a jersey, shorts and socks. Such uniform shall be properly marked with the AYSO Traditional logo, described in Exhibit "A" of these Rules and Regulations, that is a minimum of three inches and a maximum of four inches in diameter located on the upper left front of the jersey and otherwise shall conform to the markings on Exhibit "A." Regions that purchase uniforms with a logo that is approximately three to four inches in height but that is smaller than the three-inch minimum (or larger than the four-inch maximum) may continue to use the uniforms after August 1, 2010, if the uniforms were purchased for use prior to the Fall season of 2010.

The AYSO Traditional logo is not required on goalkeepers' jerseys but is highly recommended.

A pilot region may use non-conforming uniforms which were purchased prior to the program becoming a pilot for their useful life but no longer than three years from the date of admission of the pilot region.

- B. The AYSO uniform, including goalkeepers' jerseys, may bear a manufacturer's name and/or logo. The manufacturer's name and/or logo must not be displayed more prominently than the AYSO Traditional logo or be larger than the size specified in Article VI.A. for the AYSO Traditional logo and it must not be placed on the upper left front of the jersey. In no event shall a manufacturer's name and/or logo appear in the area designated for the AYSO Traditional logo. Except as provided in this Article VI or as reflected in Exhibit "A", no other markings may appear on the uniform without the prior approval of the National Board of Directors.
- C. The AYSO uniform may bear an optional emblem representing region, skills, sponsor or sportsmanship on the upper right sleeve and/or the lower right front of the shorts in accordance with Exhibit "A." Such emblems shall be no more than three inches in diameter (or equivalent diagonal) and shall be approved by the regional commissioner.
- D. The AYSO uniform may also bear a sponsor emblem designated by the AYSO National Board of Directors immediately below the AYSO logo on the left breast of the jersey or such other location as the National Board of Directors may determine, as illustrated in Exhibit "A."
- E. No AYSO uniform may bear a team member's name, or team name, league name, or program name.



- F. The team member's uniform number shall appear on the back of the jersey in a color that contrasts with the jersey color, and (optionally) may be placed on the front of the uniform below the standard manufacturer's name and/or logo on the jersey or on the left side of the shorts. The number on the front of the uniform shall not exceed four inches in height.
- G. The AYSO Traditional logo must appear in a color that contrasts with the player's primary uniform color. The AYSO Traditional logo must have a prominent appearance on the uniform.
- H. No person may use any of the AYSO trade names, trademarks or logos for any use other than AYSO-authorized activities without the prior written consent of the NSTC. This includes having the AYSO Traditional logo stamped on soccer balls, soccer shoes or other equipment, or used in association with the products or services of any person. Those types of activities weaken any national licensing program and may violate license agreements then in force. Any approved use shall require that an ® should be placed next to the AYSO registered trade name or trademark or, if the trade name is not registered, a ™ should be placed next to such trade name or trademark. These symbols serve notice that the trade names and trademarks belong to AYSO.
- I. Regulation soccer shoes, gym shoes, or sneakers (with or without cleats) are permissible in all AYSO competitions subject to the referee's approval regarding their safety.
- J. Team members must wear shinguards that provide a reasonable degree of protection, and that are completely covered by their socks, to participate in any practice or game.
- K. Team members shall not be allowed to practice or participate in any game with any type of cast or splint. Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the team member from practice or game participation.
- L. Players shall not wear anything that is dangerous to either themselves or other players.

VII. OWNERSHIP AND RESPONSIBILITY OF UNIFORMS AND EQUIPMENT

The custodianship and disposition of equipment and supplies purchased by an individual region shall be the responsibility of that region.

VIII. INCIDENTS AND INJURIES

All incidents, injuries or property damage involving an AYSO participant or occurring at an AYSO event shall be reported to, and by, the regional commissioner or safety director on the AYSO Incident Report Form in accordance with the directive of the American Youth Soccer Organization (AYSO) National Support & Training Center (NSTC).

Exhibit "A"

AYSO Traditional Logo 3" to 4" in diameter on upper left front of jersey.
Logo color must contrast with jersey color per Article VI.A.

Optional national sponsor logo as approved by the AYSO National Board of Directors per VI.D.

Optional logo (region, skills, sponsor or sportsmanship) on upper right sleeve and/or lower right front of shorts – no more than 3" in diameter or equivalent diagonal per Article VI.C



Number on back of jersey and (optionally) on right front of jersey or left front of shorts. Number color must contrast with jersey color per Article VI.F. (Optional numbers on front of uniform not to exceed 4" in height.)

Shinguards worn on both legs, completely covered by the socks per Article VI.J.

NOTES:

1. The AYSO Traditional logo must be worn on the left upper front of the jersey.

[The following language in quotes will be effective 8-1-2010 in place of Note 1 above. Bold underlined language shows new language.]

"The AYSO Traditional Logo **must be a minimum of three and a maximum of four inches in diameter and** must be worn on the upper left front of the jersey."**]**

2. Except as indicated in Article VI or in the drawing, no other markings may appear without the prior approval of the National Board of Directors.
3. For clarification of proper size and location of AYSO and manufacturers' logos, refer to Article VI.
4. The AYSO Traditional logo is not required on goalkeepers' jerseys but is highly recommended.

Short-Sided Games Guide for Referees

Introduction

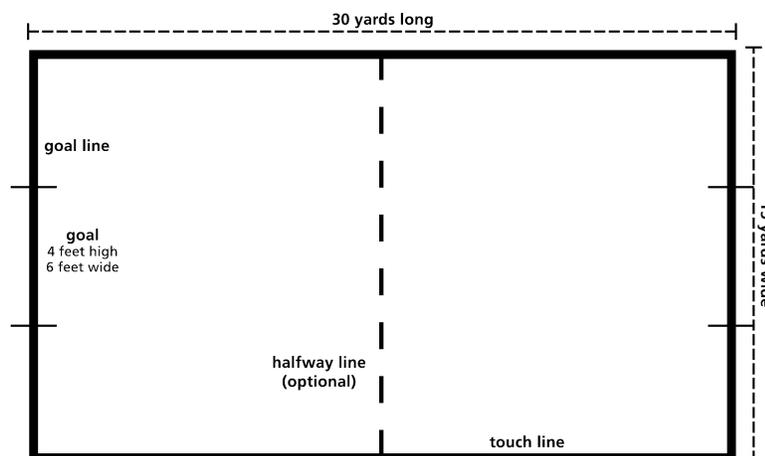
The AYSO National Referee Advisory Commission in cooperation with the National Coach Advisory Commission has prepared this information as a guide for referees to conduct short-sided games. The information contained in this guide is intended to support the specific recommendations of the AYSO National Coach Advisory Commission for short-sided play. Thank you for volunteering your time and talents as a referee and for helping young AYSO players learn to love and play the beautiful game of soccer.

Under-5 Guidelines

The following guidelines include the only elements of the Laws of the Game that apply to the AYSO U-5 Division:

The Field:

The recommended field size for U-5 games is 30 x 15 yards marked with lines or cones. See diagram.



The Goals:

The goals in U-5 games should be a maximum of 4 feet high and 6 feet wide, or two tall cones set 6 feet apart. If goal structures are used, they must be properly positioned (centered on the goal line) and anchored securely to the ground.

The Ball:

A size 3 ball is used for U-5 games.

The Teams:

Each U-5 team should have a maximum of 4 on the roster. Games are played with 3 players per team on the field (3v3) and no goalkeepers. Substitutions are made at quarters, halftime and for injuries. A



minimum of 2 quarters is required for each player and it is recommended that no one play 4 quarters until everyone has played 3 quarters. Separate boys and girls teams are recommended at all levels.

Player Equipment:

Shoes and shinguards covered by socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

The Start of Play:

To start the first and second halves, and following each goal, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game, and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

The Kick-off:

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

Ball In and Out of Play:

The ball is out of play when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U-5 games, the game supervisors for the week will determine when the ball is out of play. When the ball goes out of play in U-5 games across the touch line (side line) or the goal line (end line) without a goal being scored, a throw-in is awarded at the point it crossed the line.

Duration of Game:

U-5 games are twenty minutes and are played in two 10-minute halves with substitutions allowed 5 minutes into each half. The half-time break is 5-10 minutes.

Throw-in:

When the ball goes out of play in U-5 games across the touch line (side line) or the goal line (end line) without a goal being scored, a throw-in is awarded at the point it crossed the line. The throw-in is awarded to the team that didn't touch the ball last.

In U-5 games, when a throw-in is taken from behind the goal line, the thrower must not be between the goal posts.

Whether the throw-in is properly taken or not, let it go...teach proper technique later. Again, let them play with minimum interruption. Keep the game moving and fun.

Method of Scoring:

A goal is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. In U-5 games, goals are not recorded to determine who wins, as everyone is a winner.

Fouls and Other Stoppages:

Deliberate fouling should be rare in U-5 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any, additional reasons to stop play in U-5 games. If a player is "not playing well with others", or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin with a free kick or as may be appropriate. Award the restart to whichever team deserves it. Stoppages must not become a lengthy ceremony.

Free Kick:

Play may have to be stopped occasionally to "sort things out" in U-5 games. When this is necessary, correct the situation and then restart with a free kick for the deserving team. The opposing team should be at least 5 yards from the ball in U-5 games. All free kicks in U-5 games are direct free kicks

which means, if you're lucky, a goal can be scored directly from the kick without the ball having to be touched or played by another player on the field.

Under-5 Jamboree One-With-One Guidelines

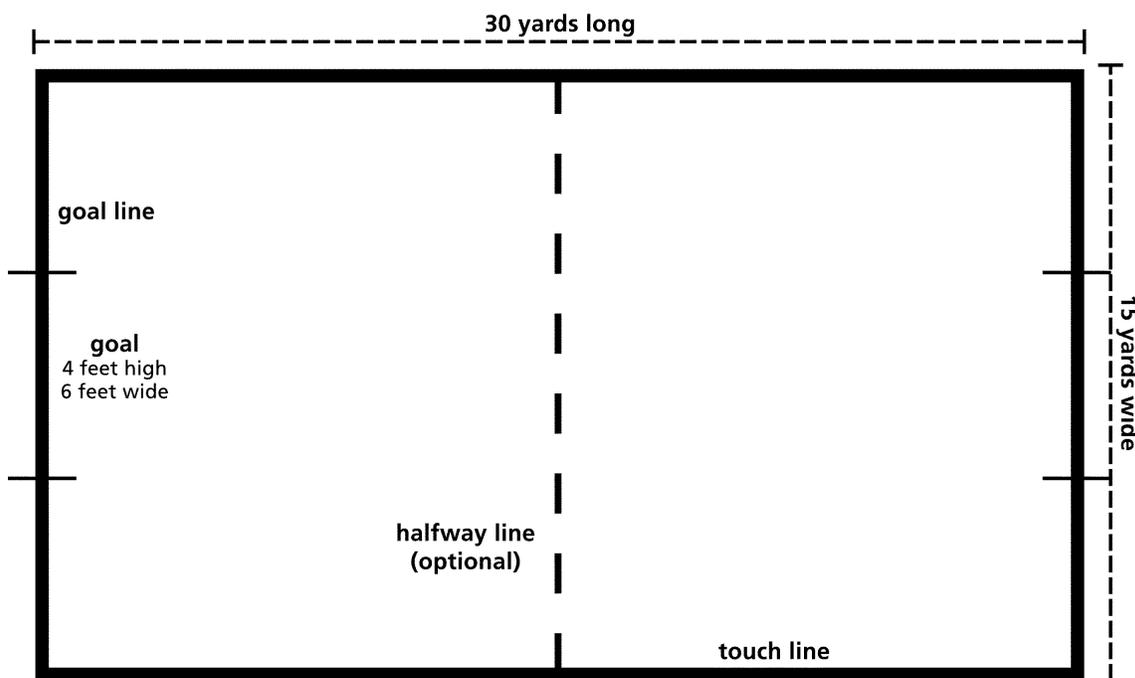
Each Jamboree session will end with a 20 minute short-sided game (3v3) where the same rules apply as described above. Most importantly, allow the players to play without coaching or teaching as this experience is designed to expose them to soccer, not to begin developing them. The two objectives of the program are to allow the players to enjoy the activities, and let the game be the teacher.

Under-6 Guidelines

The following guidelines include the only elements of the Laws of the Game that apply to the AYSO Short-Sided Games Program for U-6 games:

The Field:

The recommended field size for U-6 games is 30 x 15 yards marked with lines or cones. See diagram.



The Goals:

The goals in U-6 games should be a maximum of 4 feet high and 6 feet wide, or just use tall cones set 6 feet apart. If goal structures are used, they must be properly positioned (centered on the goal line) and anchored securely to the ground.

The Ball:

A size 3 ball is used for U-6 games.

The Teams:

Each U-6 team should have a maximum of 5 on the roster. Games are played with 3 players per team on the field (3v3) and no goalkeepers. Substitutions are made at quarters, halftime and for injuries. A minimum of 2 quarters is required for each player and it is recommended that no one play 4 quarters until everyone has played 3 quarters. Separate boys and girls teams are recommended at all levels.

**Player Equipment:**

Shoes and shinguards covered by the socks are mandatory at all practices and game activities. Soccer shoes, tennis shoes or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Officials

Certified referees/officials are optional in U-6 games. Just as players at this age are discovering the game of soccer, this is a good opportunity for older siblings, family and friends to discover the enjoyment and rewards of volunteering, while also learning about the game. If certified referees/officials are not used in U-6 games, the coaches will manage the games. If certified referees/officials are used, the referees/officials must be trained and certified as U-8 Officials or higher.

U-6 games are intended to be an opportunity for very young players to experience the fun of playing with minimum interruption and maximum flexibility. Every effort should be made to keep the game moving and free from unnecessary stoppages. Officials/referees in U-6 games should encourage proper play and sporting behavior and thus provide an opportunity for players, coaches, officials and spectators to have a positive AYSO experience. Let them play and enjoy.

Duration of Game:

U-6 games are twenty minutes and are played in two 10-minute halves with substitutions allowed 5 minutes into each half. The half-time break is 5-10 minutes.

The Start of Play

To start the first and second halves and following each goal, play is started or restarted with a kick-off in the middle of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

The Kick-off

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least five yards from the ball. Do not insist the opponent always be five yards from the ball, as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

Ball In and Out of Play

The ball is out of play when it completely crosses the touch line (side line) or goal line (end line), either on the ground or in the air. The team that didn't touch it last gets either a throw-in (from the touch line) or, in U-6 games, a kick-in (from the goal line). The official in U-6 games will determine when one of these restarts is necessary and should then interfere as little as possible in the restart. It's their game; let them play. The coach can work on technique later.

Method of Scoring

A goal is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone, but in U-6 games, they are not recorded to determine who wins. Everyone wins in U-6 games.

Fouls and Other Stoppages

Deliberate fouling should be rare in U-6 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any, additional reasons to stop play in U-6 games. If a player is "not playing well with others" or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or throw-in as appropriate. Award the restart to whichever team deserves it. Exercise common sense, stand back and let them play.

Free Kicks

Play may have to be stopped occasionally to "sort things out" in U-6 games. A player may pick the ball up and start running with it or want to keep it away from the other players, or perhaps there is a

pile of kids on the ground kicking at both the ball and each other. Stop play and correct the situation then restart with a free kick for a deserving player. All free kicks in U-6 games are direct free kicks which means, if you're lucky, a goal can be scored directly from the kick.

Throw-in

When the ball goes out of play across one of the touch lines (side lines), a throw-in is awarded from where it crossed the line to the team that didn't touch it last. The coach should let the player take the throw-in and whether the throw-in is properly taken or not, let it go! Proper technique can be taught later. Again, let them play with minimum interruption.

Kick-in:

When the ball goes out of play across one of the goal lines (end lines) and a goal is not scored, a kick-in, in U-6 games, is awarded from where it crossed the line to the team that didn't touch it last. As with the throw-in, the coach should let the player take the kick-in with as little ceremony or interference as possible. Keep the game moving and fun.

Under-6 Jamboree Guidelines

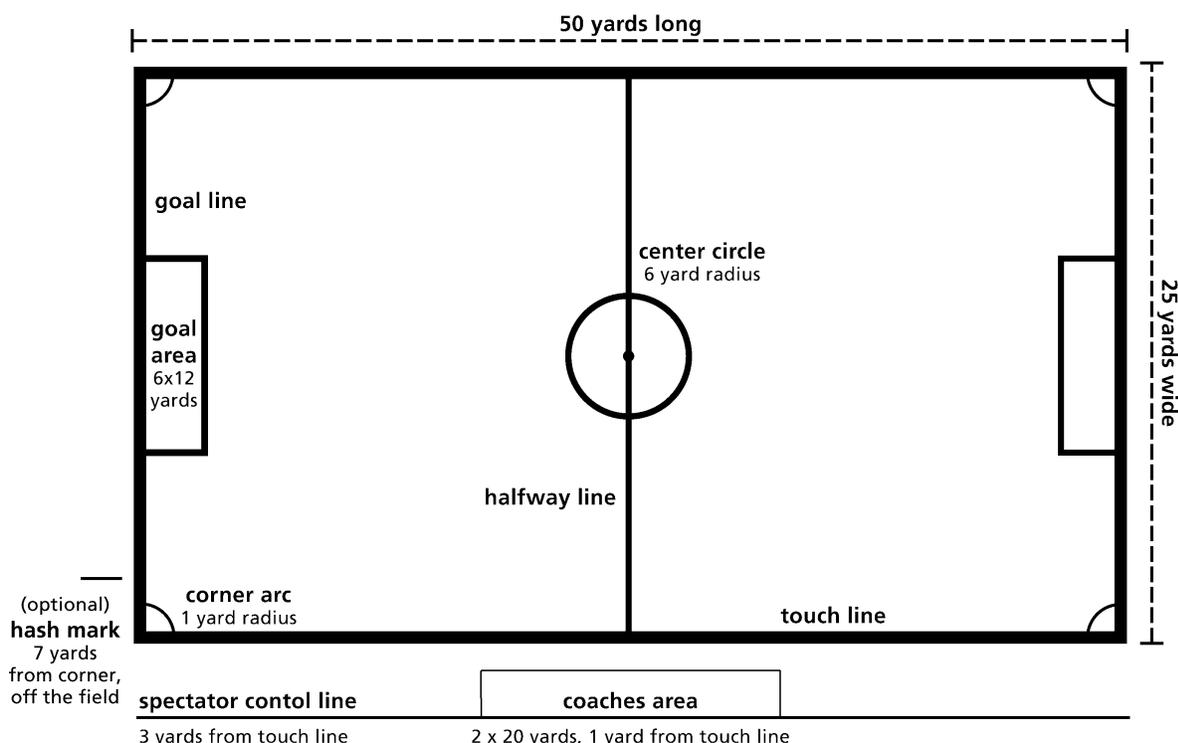
During the U-6 Jamboree 3 v 3 scrimmages, the same rules apply as described above. The "Master Coach" will instruct the volunteer coaches or parents how to keep the games going with as little interference as possible.

Under-8 Guidelines

The guidelines for U-8 games in the AYSO Short-Sided Games Program are the same as for U-6 games and no other elements of the Laws of the Game apply, with the following modifications or additions:

The Field:

The recommended field size for U-8 games is 50 x 25 yards with the following field markings: Halfway line, 6 yard radius center circle, 1 yard radius corner arcs and 6 x 12 yard goal areas. See diagram.



**The Goals:**

The goals in U-8 games should be a maximum of 6 feet high and 6 yards wide.

The Ball:

A size 3 ball is used for U-8 games.

The Teams:

Each U-8 team should have a maximum of 7 on the roster. Games are played with 5 players per team on the field (5v5). Goalkeepers may be used in U-8 games.

Officials:

AYSO certified U-8 Officials or higher are required for U-8 games. The U-8 Official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

Duration of Game:

U-8 games are forty minutes and are played in two 20-minute halves with substitutions allowed 10 minutes into each half. The half-time break is 5-10 minutes.

Kick-off:

Opponents must be at least 6 yards from the ball during the kick-off in U-8 games.

Fouls:

The following, if deliberately done, are the fouls most likely to occur in U-8 games: kicking, tripping, pushing, holding, handling the ball and dangerous play. Do not stop play for trifling violations. It's a player's game, so keep the fun going and let them play.

Misconduct:

Misconduct should be rare in U-8 games. There is no need for the public cautioning and sending off of young players (leave your red and yellow cards home). Officials should work cooperatively with the coach when a U-8 player may need a "time out".

Free Kicks:

All free kicks in U-8 games are direct free kicks. Opponents must be at least 6 yards from the ball or on the goal line between the goal posts during free kicks. Free kicks awarded the attacking team inside the defending team's goal area are to be taken from the nearest point on the goal area line parallel to the goal line.

Throw-in:

A second throw-in should be allowed in U-8 games if the first attempt was improperly done. Following brief, corrective instructions, a second attempt should be permitted. If the second attempt is still done improperly, let it go. Proper technique can be reinforced later by the coach. Keep the game moving and minimize interruptions.

Goal Kick:

A goal kick is awarded the opposing team, in U-8 age groups and older, when the attacking team is last to touch the ball before it crosses the goal line but not scoring a goal. The goal kick may be taken from any point inside the goal area. The opposing team must be at least 6 yards from the ball when the goal kick is taken in U-8 games.

Corner Kick:

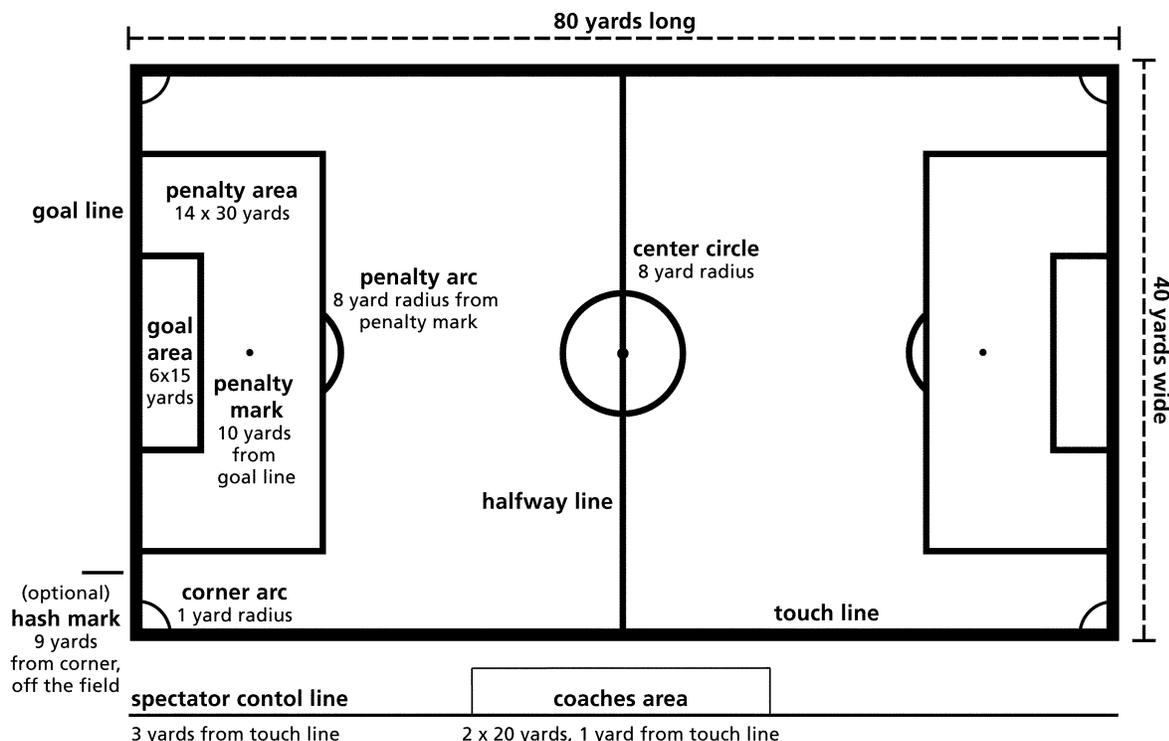
A corner kick is awarded the opposing team, in U-8 age groups and older, when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least 6 yards from the ball when the corner kick is taken in U-8 games.

Under-10 Guidelines

The guidelines for U-10 games in the AYSO Short-Sided Games Program are the same as for U-8 games and no other elements of the Laws of the Game apply, with the following modifications or additions:

The Field:

The recommended field size for U-10 games is 80 x 40 yards with the following field markings: Halfway line, 8 yard radius center circle, 1 yard radius corner arcs, 6 x 15 yard goal areas, 14 x 30 yard penalty areas, a penalty mark 10 yards from each goal and penalty arcs extending 8 yards from the penalty mark. See diagram.



The Goals:

The goals in U-10 games should be a maximum of 7 feet high and 7 yards wide.

The Ball:

A size 4 ball is used for U-10 games.

The Teams:

Each U-10 team should have a maximum of 10 on the roster. Games are played with 7 players per team on the field (7v7) one of which is a goalkeeper.

Referee:

AYSO certified Regional Referees or higher are required for U-10 and older games. Be a thinking referee who only interferes with play when necessary for the safety of the players and the good of the game. The game belongs to the players.

Assistant Referees/Club Linesmen:

If available, qualified assistant referees who have completed Assistant Referee Certification or higher may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who

may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

Duration of Game:

U-10 games are fifty minutes and are played in two 25-minute halves with substitutions allowed approximately 12 ½ minutes into each half. The half-time break is 5-10 minutes.

Kick-off:

Opponents must be at least 8 yards from the ball during the kick-off in U-10 games.

Offside:

The Offside Law applies in U-10 and older games. Offside is a simple Law easily misunderstood by those new to the game. Refer to the Laws of the Game for more information regarding the Offside Law.

Fouls:

For U-10 and older games, all fouls identified in Law 12 apply. Refer to the Laws of the Game for more information. Although there is now the potential for more fouls, referees must still remember that only deliberate breaches of the Law merit stopping the game and that constant whistling for trifling or doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of the spectators. Maximize playing time - minimize stoppages.

Misconduct:

Misconduct should still be relatively rare in U-10 games. Coaches at all levels of play have the option of calling players to the touchline to receive a few words of "positive instruction" concerning the player's behavior. A coach also has the option of telling a player to ask the referee for permission to leave the field and then, after getting the player under control, having the player request permission from the referee to reenter the game. The referee should permit these requests. However, substitution is not allowed for the player leaving the field in this situation.

Free Kicks:

Opponents must be at least 8 yards from the ball or on the goal line between the goal posts during free kicks in U-10 games. Free kicks, in U-10 and older games, may be either direct (may score directly) or indirect (must be touched or played by another player before a goal can be scored). Refer to the Laws of the Game for further details.

Penalty Kicks:

Penalty kicks may be awarded in U-10 and older games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his or her own (defending) penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area and behind the penalty mark (except for the opposing goalkeeper). Refer to the Laws of the Game for further details.

Throw-in:

Second chances are not given for improper throw-ins for U10 and older players. An improper throw-in results in a throw-in for the opposing team. The referee must judge if indeed the throw-in violated the spirit of the Throw-in Law or if the violation was trifling and not worthy of stopping play. Keep the game moving and minimize unnecessary interruptions.

Goal Kick:

The ball is not in play and cannot be touched or played by either team until it has been kicked beyond the penalty area into the field of play in U-10 and older games. The goal kick is retaken if the ball is touched or played by either team before leaving the penalty area.

Corner Kick:

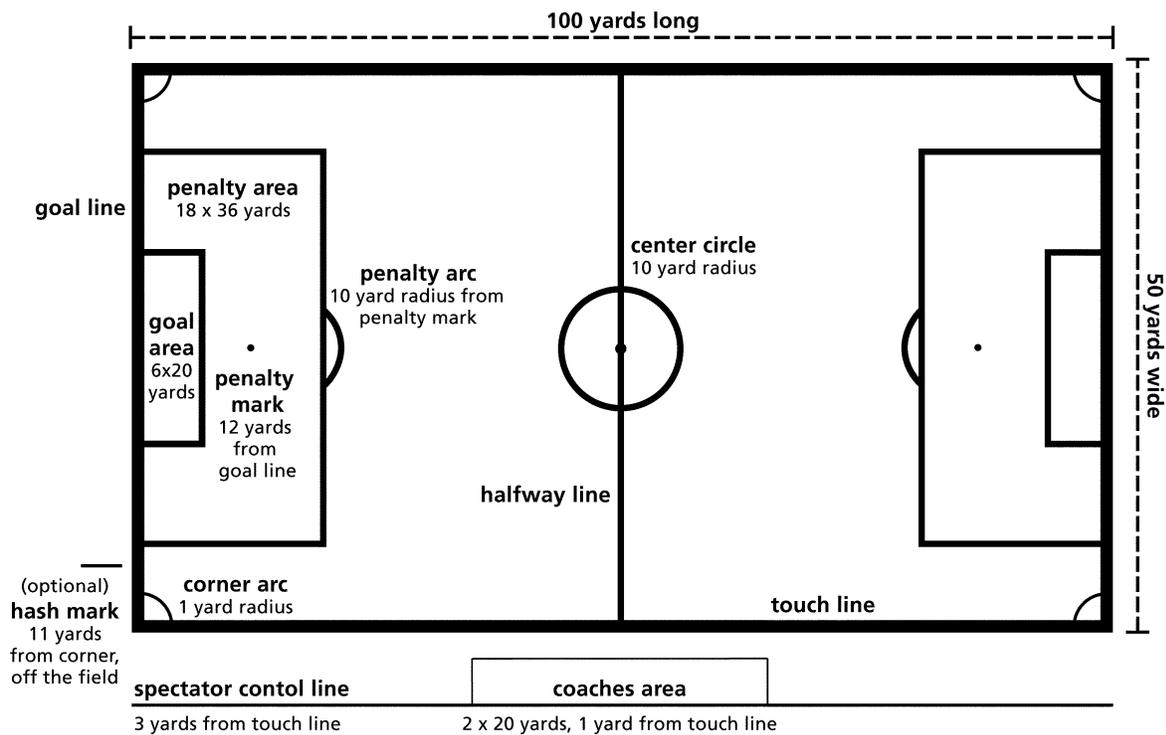
The opposing team must be at least 8 yards from the corner arc (9 yards from the corner) when the corner kick is taken in U-10 games.

Under-12 Guidelines

The guidelines for the AYSO Short-Sided Games Program for U-12 games are as specified in the AYSO edition of the FIFA Laws of the Game and the AYSO National Rules and Regulations with the following modifications or additions:

The Field:

The recommended field size is 100 x 50 yards for U-12 games with field markings as specified in the Laws of the Game. See diagram.



The Goals:

Official size goals (8 feet high and 8 yards wide) are used in U-12 games.

The Ball:

A size 4 ball is used for U-12 games.

The Teams:

Each U-12 team should have a maximum of 12 on the roster. Games are played with 9 players per team on the field (9v9) one of which is the goalkeeper.

Duration of Game:

U-12 games are 60-minutes in length and are played in two 30-thirty minute halves with substitutions allowed approximately 15 minutes into each half. The half-time break is 5-10 minutes. With the exceptions noted above, all other elements of the Laws of the Game apply to U-12 games.



Safe Haven Certification

Introduction

There are more than 600,000 children playing AYSO soccer, and each one of those children has the right to a SAFE, FAIR, FUN, POSITIVE environment for experiencing the benefits of youth sport. This manual contains information vital to the volunteers who endeavor to bring this positive life experience to the children in their community.

The Safe Haven Certification Program was developed by AYSO to provide protection for both the children and the volunteers in AYSO. This program provides both child-specific and discipline-specific training. This manual is concerned primarily with child-specific training. The discipline-specific training (coach, referee and program administration) is offered separately. Contact your local Regional Commissioner for more information about additional training courses.

Volunteer Responsibilities and Legal Protection

The Volunteer Protection Act of 1997 was passed by Congress to promote volunteerism. This law grants immunity from liability for monetary damages for volunteers who meet its requirements.

So as to afford maximum protection under these and other applicable laws, AYSO requires all its volunteers to complete, sign and submit a Volunteer Application form each membership year and to act within their position descriptions and the scope of AYSO Policies, Procedures and Guidelines.

For the benefit of our children and volunteers, AYSO further requires that all coaches and referees and certain other volunteers:

- Complete Safe Haven certification;
- Be properly trained in their jobs; and
- Be authorized to do their job (by Region, area or other AYSO authority).

Definitions of Training, Certification and Continuing Education

Training:

The education a volunteer receives to do a specific job or task.

- Training is Job Specific.

Certification:

The confirmation and recognition of three key competencies in a volunteer are as follows:

- In the job trained for;
- In child and volunteer protection issues; and
- In the policies, procedures and guidelines of AYSO.

**Continuing Education:**

The education a volunteer receives on an annual basis to keep him or her abreast of changes in training or certification standards.

Training and Certification Requirements:

- In AYSO, all referees and coaches are required to be currently registered, trained and certified.
- AYSO practices and games are not permitted without a certified and trained AYSO coach.
- AYSO scheduled games are not permitted without a certified and trained referee, except:
 - In U-5 divisions in which referees/officials are not used
 - In U-6 divisions in which referees/officials are optional and, if not used, certified and trained AYSO coaches will manage the game
 - During certain events involving non-AYSO teams in which competition rules will apply.
- Practice scrimmages do not require a certified and trained referee.

Supervision Policy

The purpose of this policy is to ensure players are appropriately supervised (applies to both coaches and referees).

- For the protection of both the children and the volunteer, no volunteer should permit himself or herself to be alone with any child or group of children (except his or her own) during AYSO-sponsored activities.
- **The recommended supervision ratio is 1:8 or fewer.** There should be at least two adults present at all times (one of whom should be of the same gender as the players) and one adult for every eight or fewer children.

Definitions of Abuse

Abuse occurs in all youth sports including AYSO.

AYSO, psychologists, legislators and educators around the country now recognize five types of abuse.

- **Emotional Abuse:** the most common; attacking the emotional well-being and stability of an individual.
- **Physical Abuse:** the most obvious; harming the physical well-being of an individual.
- **Sexual Abuse:** frequently hidden; harming an individual through inappropriate sexual contact, lewd behavior, etc.
- **Neglect Abuse:** not always easy to identify; harming an individual by abandoning, ignoring, or rejecting basic needs.
- **Ethical Abuse:** the newest; harming an individual by convincing him or her to do an act that is against his or her physical, moral or ethical interests.



If you suspect a case of abuse, the Regional Child and Volunteer Protection Advocate (CVPA) is trained to serve as a resource in the process of reporting suspected child abuse.

Preventing False Accusations of Abuse

Avoid situations in which you are alone with a child. In particular, do not transport youngsters alone in your car.

When it is necessary to speak privately with a child, find a place out of earshot but within sight of others for your conference.

Privacy of children in situations such as toileting, showering and changing clothes should be respected. When it is necessary to supervise children in these situations, at least two adults should be present and intrude only to the extent that the health and safety of the children require. Adult volunteers should preserve their own privacy in these situations also.

- When hugging is appropriate, hug from the side over the shoulders, not from the front.
- Sexual jokes, comments of a sexual nature, kissing, sensual massages or sexual gestures are not appropriate behaviors.
- Do not use corporal punishment in any form—spanking, slapping, hitting, etc.

It is the adult's responsibility to set and respect boundaries. When a child attempts to involve an adult in inappropriate behavior, the adult must reject the overture.

Adults who work with children should take precautions to protect kids from abuse and also to protect themselves from misunderstandings or accusations.

Touching Guidelines

The National Support & Training Center (NSTC) is providing general basic guidelines for acceptable personal contact with children.

Some forms of touching are acceptable as long as they are respectful and appropriate.

- Touching should be in response to the need of the child, not the need of the adult.
- Touching should be with the child's permission.
- Resistance to touching must be respected.
- Touching must never include the breast, buttocks or groin.
- Touching should be done in the open, not in private.
- Touching should have a brief, limited duration.

A child's comfort level with touching is influenced by factors such as age, developmental stages, social and emotional well-being, life experiences, gender, etc., all of which change over time.



Use of Alcohol, Tobacco and Other Drugs

Legal Issues

It is illegal for minors to possess, control or use alcohol or tobacco products or illegal prescription-only drugs without authority, and such possession subjects the minor to prosecution in juvenile court.

An adult who knowingly provides such substances to a minor is subject to criminal prosecution in any state in which such act is committed. Such prosecution can lead to mandatory fines and potential jail sentences of up to one year in most cases.

- The Volunteer Protection Act of 1997 does not protect any volunteer who commits a criminal offense involving alcohol, tobacco products and illegal or prescription-only drugs with minors.
- AYSO National Rule and Regulation I. E. 8., relating to the duties and responsibilities of coaches and officials, provides as follows:
 - It shall be the duty of each coach and official to: Present a healthy, athletic environment for players by neither consuming alcoholic beverages nor using tobacco products during practices or games or in the immediate vicinity of the soccer fields.
- It is unlawful for a person under 21 years of age to possess or use alcohol.
- In most states it is unlawful for a person under 18 years of age to remain within a drinking establishment that does not serve meals, even if in the company of an adult 21 years of age or older.
- In most states it is unlawful for a person under the age of 18 to possess or use a tobacco product.
- AYSO National Policy Statement 5.4 states that every AYSO official must avoid improper acts and the violation of any governmental laws or regulations in the performance of the volunteer AYSO duties.
- Mere possession of an illegal drug or prescription-only drug without a prescription would violate criminal laws and the AYSO policy statement.

AYSO Volunteers as Role Models

Unfortunately, alcohol, tobacco and illegal drugs seem easily obtainable by almost any child who wishes to possess them. The messages we send by our behavior to the impressionable young players are important. Willing or not, we are their role models, and we must do our best to set good examples.

Coaches who observe one of their players taking a pill without prior information from the parents may wish to inquire of the child and then get back to the parents to verify the information. Caution should be exercised when a player has legitimate possession of a prescription-only drug to ensure he or she does not share the medicine with another child. Prescription medicines are controlled so as to avoid their use by those persons who may suffer a dangerous reaction to the drug or an overdose of such drug.

If you take a prescription drug, you may wish to share that information with players so that they will recognize the danger signs if you suffer a medical problem at a practice or game. For example, if you carry nitro pills for heart irregularities, you might consider telling the players about the purpose of such medication as a precautionary measure to be taken if you suffer from chest pains. Advising players of your condition and where the nitro pills can be found might save your life. Sharing such information about yourself might also help a player taking a prescription drug for asthma or other chronic condition to be comfortable about sharing similar information with you.



Dealing with Blood-Borne Diseases

The possibility of contracting a blood-borne disease such as AIDS or Hepatitis-B through athletic activity is minimal at best, according to the American Red Cross, Centers for Disease Control, and the Occupational Safety and Health Administration. But minimal does not mean non-existent. And when dealing with young players, you also have to deal with parents who may not know the minimal risk. For safety and for peace of mind, know the risks and the precautions to minimize them further.

How minimal?

When people talk about blood-borne diseases, AIDS immediately comes to mind, especially when talking about athletic activities. But the disease experts listed above say the risk of contracting AIDS through casual contact or athletic activity is almost non-existent. These sources say the AIDS virus is very weak, and does not survive well outside the body. It is easily killed by many common disinfectants. They further say the virus cannot be spread through everyday activities such as eating in restaurants, swimming in public pools, shaking hands, hugging or other casual contact; it cannot be spread by sharing meals or bathrooms; and not one case of AIDS is known to have been transmitted in a school, day care or foster care setting. There also has not been a documented case of an athlete being infected with AIDS by another athlete as a result of athletic competition. However, in an editorial in the American Journal of Sports Medicine, Dr. Robert E. Leach, M.D. warns that as the number of infected athletes increases, so does the risk of infection through athletic activity.

Precautions

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood-borne infectious diseases can be transmitted, according to the American Medical Society for Sports Medicine and the American Orthopaedic Society for Sports Medicine. For example, Hepatitis B can be present in the blood as well as in other bodily fluids.

AYSO Guidelines for Dealing with Blood

- Any player or official who is bleeding must leave the field immediately to receive medical treatment, and may not return until the bleeding is stopped and the wound is covered.
- If there is blood on the uniform or clothing, the individual may not return until that portion of the uniform or clothing is replaced or the blood has been neutralized with a disinfectant solution. An effective solution is 1 part bleach to 100 parts water (1 teaspoon bleach to 2 cups of water). The solution is only effective for 24 hours
- If there is blood on the body, the individual may not return until all blood has been removed from skin surfaces and the contaminated skin has been disinfected. Use appropriate disinfectants or antiseptic products.
- Players, coaches or volunteers with a bleeding or oozing skin condition should cover the wound(s) with an appropriate bandage and refrain from all direct contact with others until the condition heals.

Cleaning Up a Blood Spill

In the event of a blood spill:

- Clean up the spill immediately or as soon as possible after the spill occurs
- Use disposable gloves and other personal protective equipment while cleaning spill
- Wipe up the spill with paper towels or other absorbent material
- After the area has been wiped up, flood the area with a solution of ¼ cup of liquid chlorine bleach to 1 gallon of fresh water, and allow it to stand for at least 20 minutes.
- Dispose of the contaminated material used to clean up the spill in a labeled biohazard container.

Risk Management

Goalpost Safety

Movable soccer goals can tip over causing injury or death. This typical tip-over incident can happen when a child or young adult climbs on or hangs from the crossbar of a soccer goal which was left unattended or improperly anchored. The heavy goal tips over and injures the individual, sometimes causing death. Even a gust of wind can topple a goal.



To help avoid these incidents, the U.S. Consumer Product Safety Commission (CPSC) urges consumers, school officials, soccer coaches, players, and organizers to follow these safety guidelines:

- Securely anchor or counterweight portable goals at all times.
- Check all connecting hardware before each use. Replace damaged or missing fasteners immediately.
- Ensure safety labels are clearly visible.
- Never allow anyone to climb on the net or goal framework.
- Remove nets when goals are not in use.
- Tip unused goals onto their goal face, or chain goals to nearby fence posts, dugouts, or any other similar sturdy fixture.
- Fully disassemble goals for seasonal storage.

Playing Field Inspections

The ideal playing field for most players is a level field of short-cut grass in a wide open area that is designed specifically for soccer. However, these conditions are rare and playing fields are usually set-up in areas shared by many different people and organizations.

Many things can make a field unsafe for play, represent a potential for injury to players, and put volunteers and spectators at risk. The Regional Safety Director should work with the Region's field director and /or field coordinators to ensure that the Region's staff is trained about potential hazards and that all fields are safe for participants.

Playing Field Conditions

Certain playing field conditions may contribute to increased risk for injury. Field coordinators, referees, and coaches should be instructed to inspect fields for safety hazards as appropriate:

- prior to the start of the season in order to correct permanent hazards;
- at the beginning of each game day to evaluate field conditions; and
- before each game to remove hazards created by debris or foreign objects left behind throughout the day.



Field inspections should look for and correct any of the following conditions:

- Very Dry/Hard surfaces which create a greater impact on falling and provide less secure footing for running, stopping, changing direction.
- Wet fields which also increase risk for slipping and falling.
- Foreign objects on the field of play like rocks, broken glass, trash, pencils and metal objects which can effect player and referee footing on the field as well as cause cuts, bruises and other injuries on impact.
- Sprinkler heads, faucets, drains or any other protruding hazards
- Gopher holes, divots or bumps which often cause ankle injuries and/or falls

Physical Surroundings

With field space difficult to secure, playing fields are often placed wherever grass is growing. Unfortunately, these surroundings can also create potential hazards:

- Walls, fences, poles/posts too close to playing fields
- Trees, plants, shrubs protruding into field of play or too close to touch lines
- Playing fields so close to each other so that players, stray balls, and spectators enter games in play.
- Coach, player, spectator seating areas too close to fields.
- Playing fields not protected/shielded from cars e.g. cars parking on playground adjacent to playing fields without a protective barrier
- Temporary awnings or canopies which may fall on participants during wind or rain storms
- Field equipment from other sports like baseball infields, backstops, football sleds, etc.
- Standing water, West Nile mosquito breeding ground (contact local officials for remedy)

Environmental Hazards

Just as field conditions can pose safety risks, so can weather conditions. The Regional Board should develop standard guidelines for dealing with adverse weather conditions including communication procedures to ensure that everyone understands the appropriate actions to take in order to protect the safety of all participants. These guidelines should address:

- Hot weather and risks of dehydration and heat exhaustion or stroke
- Cold weather and hypothermia
- Tornado/Hurricane warnings/watches
- Wildfires and other air quality concerns
- Thunder and Lightning





The AYSO National Referee Advisory Commission researched best practices for dealing with electrical storms, and found the following recommendations in place:

- The National Severe Storms Laboratory (NSSL) currently recommends that all individuals should leave the game site and reach a safe structure or location when lightning is within 6 miles.
- The National Collegiate Athletic Association (NCAA) Lightning Safety Guidelines indicate that since lightning can strike out of a clear blue sky as far away as ten miles from a rain storm, when the “Flash-to-Bang” count is thirty seconds or less, everyone should leave the game site to a safe location.
- The United States Soccer Federation (USSF) position is that if you can hear thunder you are within reach of lightning and that referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Applying the 30-30 rule is recommended and to wait thirty minutes or more after hearing the last thunder before leaving shelter.

In view of the above, the following is the position of the AYSO National Referee Advisory Commission regarding severe weather:

“It is said that lightning can strike from a clear blue sky that is within a ten mile radius of a storm. It is therefore strongly recommended that practices and games be terminated immediately upon hearing thunder or seeing lightning. “If you can see it - flee it; if you can hear it – clear it.”

General considerations for seeking shelter during an electrical storm include:

Safer Areas

- Inside a fully enclosed metal vehicle with windows up
- Inside a substantial building (roof and four walls)

Unsafe Areas

- Open areas like playing fields or parking lots
- Smaller structures like picnic shelters
- Open area of Concession stand
- Anywhere near metal objects like flagpoles, soccer goals, metal bleachers, electrical equipment
- Under trees

Open Area without shelter

- Avoid standing in groups
- Spread out to reduce risk
- Crouch on feet, keep head low
- Avoid being the tallest object
- Avoid lying on the ground
- In the event of lightning striking an individual, call 911 immediately. People struck by lightning do not carry an electrical charge. If qualified, administer First-Aid or CPR.

Player Protection

Referees, coaches and Region staff should consult the Laws of the Game for exact rules on player equipment and attire. In general, “A player must not use equipment or wear anything which is dangerous to himself or another player.” The referee is the sole judge of whether or not the individual item in question is permissible to wear in the game.

Soccer shoes and shinguards made by any established soccer equipment manufacturer are acceptable. Other shoes and shinguards are acceptable if, in the opinion of the referee, they are not dangerous to the player wearing them or to another player and the shinguards afford the player a reasonable degree of protection.

Injury Prevention

- Be safety conscious. Take the time to inspect players, game equipment and playing fields.
- Properly store field equipment such as corner flags and field marking equipment after each game.
- Safely disassemble and store goals during the off-season
- Take immediate proactive corrective measures to known safety hazards
- Inform others—players, coaches, referees, and board members of known hazards and potential risks.
- Move to a safer location if necessary and possible. Cancel an activity if unsafe conditions cannot be corrected. Err on the side of safety
- Consider working with the Regional Commissioner, Regional Coach Administrator, and Division/Age Coordinators to offer coaches the Injury Prevention, Injury Management workshop and/or handout.

Social/Psychological Aspects of Working with Children in Athletics (coach)

Overriding Principles:

- Athletics should develop the whole child
- Treat children as individuals
- Treat players in an age-appropriate manner
- Develop positive feelings of self-worth
- Enjoyment is critical to learning
- Provide honest, positive encouragement
- The objective of the game is to win, but the goal is ENJOYMENT!
- Support the “AYSO Team” of coaches, referees and spectators

Convey the inherent benefits associated with athletics:

- Contributes to physical well-being
- Builds confidence and self-esteem
- Promotes teamwork
- Fosters cooperation
- Encourages friendships
- Promotes physical fitness

Understand the social and emotional reasons players play:

- To have fun
- To improve skills
- To learn new skillsFor the excitement of competition
- To be with friends and make new friends
- To enjoy success and recognition associated with sport

**Enhance the physical, social and emotional growth of athletes:**

- Provide an appropriate model for interacting with others
- The model you establish will be emulated by the players
- Emphasize the importance of enjoying practices and games
- Encourage opportunities to achieve personal and group goals
- Coaches should set achievable player and team goals at practices and games

Develop sporting behavior in players:

- Demonstrate that winning is not the most important thing in sport. Character development is an important concern
- Teach how to win and lose graciously
- Stress playing hard to win (rather than winning itself) and why it is important
- Instill in players respect for teammates and opposing players
- Develop player respect for coaches and referees and good behavior on and off the field
- Stress that foul or abusive language will not be tolerated under any circumstances

Model ethical conduct:

- Maintain emotional control and demonstrate respect for athletes, officials and other coaches
- Exhibit self-control and self-discipline at all times
- Recognize the effect your behavior has on athletes, coaches, officials and spectators
- Be positive, courteous and considerate when dealing with others
- Understand the Laws of the Game to minimize conflicts and maximize enjoyment
- Understand that respect and positive regard for others are essential for a quality sports experience

Develop effective motivational skills:

- Encourage athlete self-confidence and self-esteem development
- Show acceptance
- React positively to mistakes
- Give encouragement
- Use a variety of positive instructional methods such as specific feedback, specific encouragement and constructive criticism

Participate in continuing education:

Stay updated on the following:

- Rule changes—AYSO, FIFA
- Equipment improvements
- Philosophical changes
- Improved techniques to enhance the health, safety and success of players
- Attend regional meetings and training courses
- Maintain records of completed training as evidence of competence

Team Management

Conduct a Preseason Team Meeting with Parents of Team Members to discuss:

- General decisions
- Calendar of events
- Participant roles
- Uniform and equipment needs
- Rules and regulations
- Team parent selection and duties
- Assistant coach selection and duties

**Understand risks associated with sports and Risk Management Policies and****Procedures:**

- Obtain Informed consent of all parents (Player Registration Forms)
- Participation agreements
- Medical information and emergency treatment authorization
- Forms completion and inclusion of any special medical conditions
- AYSO Incident Report and Player Participation Release forms

Communicate minimum requirements for players:

- Shin guards
- Uniform
- Shoes
- Ball

Understand minimum requirements for coaches:

- Possession of Player Registration Forms and medical releases
- First-aid kit Water and ice
- Cones, extra balls and shin guards
- Practice and game plan

Player Prohibitions:

- Earrings and other jewelry
- Hard casts or splints with hard stays
- Barrettes and bobby pins (elastic bands OK)
- Hats with hard brims

Risk Management (coach)

Understand and Follow Procedures

- Coach should maintain awareness of players' preexisting medical conditions
- Learn symptoms and appropriate response to special conditions
- Be familiar with local emergency procedures
- Coach should maintain a written record of all injuries
- Coach must have medical authorization forms on hand at all practices and games

Recovery/Rehabilitation from Common Sports Injuries

- The coach's role is injury prevention and first aid, not professional treatment or diagnosis
- Use professional medical care for injuries
- Administer only immediate first aid
- Refer to qualified medical provider
- Resume physical activity only after parent/guardian submits a signed Participation Release following an injury or sickness that required medical care
- Knowledge of basic CPR and first aid is strongly recommended
- RICE – Rest, Ice, Compression, Elevation

First-Aid Training

First-Aid is the immediate treatment given before regular medical care is available. Whenever possible, it is strongly recommended that first-aid training opportunities be made available to regional volunteers, with particular emphasis on basic training for coaches. Training should be conducted by certified professionals from local organizations such as the chapter of the American Red Cross, the Fire Department or hospital, who are often willing to volunteer their time. It is highly recommended that all coaches receive basic first-aid training; however, it is not a requirement that all coaches be first-aid certified.

Basic First-Aid Kit

A basic first-aid kit should be available to each team during all practices and games. These first-aid kits can be provided to each coach for the season or can be available at a standardized location at each soccer field used for practices or games. First-aid kits vary in content, but a basic first-aid kit should contain at least the following items:

- Adhesive bandage strips (10 each)
- Adhesive bandage (3 large and 3 medium)
- Antiseptic wipes (5 each)
- 2X2 gauze (10 each)
- Elastic wrap (2 each)
- Individual First-aid cream packets
- Non-latex gloves (2 pair)
- Mouth rescue breather (1 each)
- Instant Cold pack



Caution: Application of elastic wrap or athlete tape should be limited to use by individuals trained in their application to avoid impairing circulation or causing further injury.

Tip: If local emergency response phone numbers are available, these numbers should be included in the first aid kit. Reminder: Be sure to check and re-stock First-Aid Kits as needed.

First-Aid Treatment for Common Injuries

The priority of any First-Aid training, if provided to Regional staff, should be to ensure that volunteers are able to recognize the signs, symptoms and severity of common conditions including the following injuries and immediate responses:

Bleeding

- Bleeding, if serious, can be life-threatening and professional medical help should be sought immediately. Call 911. Bleeding can be controlled with a few basic techniques.
- Apply pressure directly to wound, place a bandage over the wound and hold it in place with your gloved hand. If the bandage becomes blood soaked, do not remove the bandage but add a clean bandage on top. If help is available, ask them to cover the victim to aid in preventing shock.
- If bleeding continues, continue applying pressure and elevate the injured area above the level of the heart. Do not elevate if serious internal injury or fracture is possible. CALL 911 or other emergency medical response number.
- Pressure points can help stop bleeding in arms or legs. For bleeding in the arm, apply pressure to the brachial artery located inside the upper arm between the armpit and elbow. For bleeding in the leg, apply pressure to the femoral artery located at the top of the leg on the crease between the leg and the torso. Cover victim to prevent shock.

Loss of Consciousness

- Get professional medical help immediately. Call 911.
- NEVER MOVE THE HEAD OR NECK.
- Stay CALM and wait for emergency help to arrive
- Do not leave the victim alone
- Do not move victim, let professional help move the victim

**Heat Exhaustion**

- Feels cool, clammy and damp to the touch
- Move to cool area and shield from sun or external heat sources.
- If alert and oriented, give small sips of cool liquids
- Remove or loosen restrictive garments.
- Apply cool cloth to skin
- Recline with feet up

Heat Stroke

- Dangerous! Get professional medical help immediately. Call 911.
- Feels hot and dry to the touch
- Move to cool area and shield from sun or external heat sources.
- If alert and oriented, give small sips of cool liquids Remove or loosen restrictive garments.
- Apply cool cloth to skin
- If temperature is over 104, or if mental status is in question, begin active cooling by continually misting the exposed skin with tepid water while fanning victim. If this is not an option, apply wrapped ice packs to the trunk. If shivering occurs, discontinue active cooling immediately.

Hypothermia

- Does not require sub-zero temperatures
- Can occur with high winds, rain, snowfall, or under-dressing for weather
- Early signs include shivering, bluish tingle to lips – treat immediately to prevent further progression.
- Uncontrollable shivering, weakness, loss of coordination, slowed breathing or heart rate, and pale, blue and cold skin – call for emergency services (911)
- In all cases, prevent further heat loss; seek shelter from wind and cold, move to warm, dry environment if possible.
- Gently change wet clothing and provide warmth (dry jackets, blankets, etc.)
- DO NOT rub extremities, avoid rough handling.

Gaspings for Breath

- Try to calm the individual and ask if they are all right. If they are choking and can NOT respond verbally, perform the Heimlich maneuver. Consult a medical professional for instructions.
- If breathing difficulty results from an allergic reaction, or continues, get professional help immediately. Call 911.

Fainting

- If you see an individual fainting, aid individual to a sitting then lying position - on left side with left arm under head and left leg bent to keep person in position.
- If unobserved, do NOT move person in any way - check to be sure they can breathe, contact 911 and protect from harm.
- If individual cannot breathe, use a jaw thrust maneuver to open the airway. Avoid moving neck or spine in case of injury.
- seek professional medical help

**Insect Stings**

- If the stinger remains, scrape it off with the side of a license or credit card.
- Do not try to squeeze the stinger out
- Wash the area with soap and water
- Apply an ice pack or cold cloth
- If breathing is difficult, or if you know the individual is allergic to insect stings, get professional medical help immediately. Call 911.

Fractured Limb

- If the injured limb is deformed or swollen, this usually means there is a fracture! Do not move the limb. Protect the patient from further injury, but do not move unless absolutely necessary.
- Get professional medical help immediately. Call 911.
- Do not give the injured person anything to eat or drink

Minor Cuts

- Wash out minor cuts with soap and water, then cover with a bandage. If cut is deep, cover it with a clean cloth. Press down on the cut and keep the pressure steady until the bleeding stops. If it doesn't stop, call 911.

Nosebleed

- Sit down and lean slightly forward to keep the blood from going down throat
- Take a clean cloth and place it over the bridge of the nose
- Squeeze firmly on both sides of the soft portion of the nose for 10 minutes
- Keep the pressure steady. If the bleeding doesn't stop, get professional medical help.

Minor Burns

- Apply cool water immediately to relieve pain
- If the burn covers a large area or blisters appear, get professional medical attention

Tooth Knocked Out

- If dirty, rinse tooth gently, but do not scrub and do not disturb any tissue that may be attached
- If possible, try to insert the tooth into the socket
- If not, immerse the tooth in cold, whole milk or use tooth saver
- Get professional dental help immediately

Blisters

- Do not pop or cut dead skin away
- Apply "moleskin" or "new skin" or Blister bandage to blister

Sprains

- Pressure wrap ankle, knee, wrist or elbow (if trained to do so)
- Apply ice or cold pack, elevate
- Recommend evaluation by medical professional

Wind Knocked Out

- Have person assume position of comfort, sitting or lying down
- Encourage slow, relaxed breathing
- Try to reduce anxiety

Concussions

The following information comes from the *Concussion in Youth Sports Fact Sheet for Coaches* published by the Center for Disease Control (CDC) on their website:

www.cdc.gov/ConcussionInYouthSports

What is a concussion?

A concussion often occurs when a blow to the head or body causes the brain to move rapidly inside the skull. Concussions can result from a fall or players colliding with each other or obstacles such as a goalpost. Even a mild bump or blow can be serious.

The facts:

- A concussion is a brain injury
- All concussions are serious
- Concussions can occur without loss of consciousness
- Concussions can occur in any sport
- Recognition and proper management of concussions when they FIRST occur can help prevent further injury or even death.

Recognizing a Possible Concussion

Coaches and parents should watch for two things among athletes:

- A forceful blow to the head or body that results in rapid movement of the head
- Any change in the athlete's behavior, thinking, or physical functioning

Signs and Symptoms

Signs observed by coaches/parents:

- Appears dazed or stunned
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms reported by the athlete:

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not feel right

What should be done when a concussion is suspected?

- **Remove the athlete from play.** Look for signs and symptoms. Athletes who show signs or symptoms of a concussion **SHOULD NOT** be allowed to return to play. When in doubt, keep the athlete out of play.
- **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury. Record the following information to pass on to the parents/guardians or the health care provider:
 - Cause of the injury and force of the blow to the head
 - Any loss of consciousness (passed out/knocked out) and for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)



- **Inform the athlete's parents or guardians about the possible concussion.** Make sure they know what happened to cause the injury and the symptoms that were observed following it. Urge them to seek medical care, ideally from a health care professional experienced in evaluating for concussion.
- **Allow the athlete to return to play only with permission from a health care provider with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first concussion can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to participation until the player receives appropriate medical evaluation and approval for return to play.

Reminder: Before a player can return to play, a Participation Release Form is required any time a player has to seek emergency room treatment or a physician office visit for an injury or illness affecting the player's readiness to participate.

Incident Reporting

The purpose of the AYSO Incident Report Form is to capture all pertinent facts and contact information, while the information is readily available, whenever there is a serious incident involving AYSO participants, activities, facilities or property.

The Regional Safety Director should supply coaches with several copies of the form at the beginning of the season,

Incident Report Forms should be completed by any coach, referee or Regional staff member witnessing any serious incident involving, but not limited to:

- Injuries
- Threats of bodily harm
- Fighting whether or not a serious injury occurs
- Property damage
- Hospitalization of a participant
- Law enforcement summoned
- Service or notification of a pending lawsuit

Regional staff, coaches, and referees should be instructed to submit Incident Report Forms to the Regional Safety Director, who in turn, should call the NSTC Risk Management/Insurance Department at 800-872-2976.

AYSO Incident Report Forms are available on the AYSO website:

http://www.ayso.org/resources/insurance/insurance_forms.aspx

Participation Release Form

This form protects not only AYSO, but more importantly, the participants. Too often injured participants are out playing again before they are physically ready. Players should not participate until they are ready to play again. This form should also be used in cases of major illness (such as hepatitis, pneumonia, etc.).

At the March, 2006 meeting, the National Board of Directors re-opened a discussion on the use of the Participation Release form. It was decided to continue use of the form. It was also decided that the



signature of a parent should be sufficient and that it is no longer necessary to secure a signature of the treating physician. In an instance where a player is away from home at an event or competition and becomes injured, and a parent/guardian is not present, a facsimile with a parent/guardian signature is acceptable. The board revoked the option that the coach may sign on the parent/guardian's behalf. The form must bear the signature of a parent or guardian. *(Form may be downloaded from www.ayso.org.)*

In reviewing the changes made to this form, please be advised of the following:

1. The Regional Safety Director should enter the mailing information located in the lower portion of the form on a master copy of the form each year, and prepare copies for distribution or make the form downloadable from the Region's web site
2. One or several blank forms should be given to all team coaches as part of the materials provided them at the beginning of any season.
3. Tournament directors would be advised to have a supply on hand as well.
4. The form should eventually be sent to the Regional Safety Director for filing, but could be retained by the coach for a week or so in the event anyone might question the participation of the player subsequent to an illness or injury. (At the Region's option a two part NCR version of the form could be produced so that the coach retains a copy and sends the original to the Regional Safety Director.)
5. The form is only required when it is known that the player has had to seek emergency room treatment or a physician office visit to for an injury or illness affecting the player's readiness to participate.

AYSO Safe Haven Policies for Child and Volunteer Protection

Child and Volunteer Protection

Administration

The Region is committed to the protection of all its children from abuse and neglect while participating in the program and it promotes the awareness and prevention of child abuse in the community at large.

The Region shall have at least one Child and Volunteer Protection Advocate (CVPA), who shall be responsible for overseeing the AYSO Safe Haven child and volunteer protection program in accordance with AYSO guidelines. He or she shall be a member of the Regional Board and will act as the main resource on child protection issues and shall be the Region's liaison with the National Safe Haven Administrator at the AYSO National Support & Training Center.

A volunteer application form must be submitted each year. It is easiest and most secure if the volunteer supplies or updates his/her information online through eAYSO. The online form can be printed out, signed and dated and submitted to the Region. Alternatively, an applicant may submit a paper AYSO volunteer application form. The Region should provide pre-printed volunteer applications for returning volunteers, available from the NSTC as part of the registration package. In either case, the form is extremely important because it authorizes AYSO to perform applicant screening. Volunteers should know that they are subject to screening. Criminal background checks are performed at the NSTC on a targeted basis focusing on certain higher-risk positions for immediate checking.

The Region shall have the right to deny the participation of any individual who refuses to fill out the volunteer application form completely, lies or knowingly misrepresents information on the application form, or who violates the principles of these child protection policies. AYSO shall have the right to



revoke both the registration and certification of any volunteer who falsifies information, is found guilty of child abuse, neglect, or other crimes.

The requirements for good faith reporting to law enforcement agencies and child welfare agencies in the state of _____ are as follows: (fill in your state requirements).

Any volunteer under investigation for alleged abuse, neglect, or endangerment will be suspended until the matter is resolved. The names and identities of the parties involved shall be protected at all times during the proceedings. A suspended volunteer who is subsequently cleared of all charges may apply to the Regional Commissioner (RC) and Board for reinstatement in the Region. However, reinstatement is not a right, and reinstated volunteers are not guaranteed to return to their former positions.

Training

In AYSO, all referees and coaches are required to be currently registered, trained and certified. AYSO practices and games are not permitted without an AYSO certified and trained coach. AYSO scheduled games are not permitted without a certified and trained AYSO referee, except: In U-5 divisions in which referees/officials are not used; in U-6 divisions in which referees/officials are optional and, if not used, certified and trained AYSO coaches will manage the game; and during certain events involving non-AYSO teams in which competition rules will apply. Practice scrimmages do not require a certified and trained AYSO referee.

Only official AYSO materials and courses (or those approved by AYSO) may be used to train and certify these volunteers. Only official AYSO programs, procedures, and policies will be taught.

To validate each attendee's training and certification, and to ensure that the coaches and referees are registered with AYSO, records of training or certification course attendance will be maintained in eAYSO or through the submission of properly signed rosters of attendees sent to AYSO Programs Department. Instructors should always keep copies of their rosters.

Only AYSO certified and registered instructors are authorized to lead courses and clinics.

All other regional volunteers will be trained in child and volunteer protection as appropriate.

Volunteers shall be subject to ongoing evaluation, and additional training may be required to maintain good standing within the Region and the organization.

Supervision

The Regional Board shall cooperate with the CVPA to ensure the safety of the Region's players.

The coach administrator and the CVPA, prior to each season, shall meet with the head coach of each team, either individually or in groups, to review child protection and supervision responsibilities.

The coach administrator shall observe and review the performance of coaches to see that it conforms to the standards set by this child and volunteer protection policy.

Once the head coach has assumed charge of the children on his or her team, he or she remains responsible until a duly designated adult has taken charge of each child after practice or a game or the child leaves the immediate vicinity of the practice or game as prearranged by the parent to walk home or to a friend's or relative's house. No child shall be left unsupervised after a game or practice. Parents who are unreasonably late or consistently tardy should be reported to the child protection advocate for action. Each coach may establish a standing policy of where children may be picked up by late parents.

The referee administrator and the CVPA, prior to each season, shall meet with the referees, either individually or in groups, to review child protection and supervision responsibilities.



The referee administrator shall observe and review the performance of the referees to see that it conforms to the standards set by this child protection policy.

The game referee is responsible for providing a “child safe” atmosphere for the match, and has both the duty and authority to take any reasonable action to make it so. The referee is to report to the referee administrator and CVPA any cases of questionable conduct toward children by any coach, player, parent, sibling, or spectator before, during, or after the match.

For the protection of both the children and the volunteer, no volunteer should permit himself or herself to be alone with any child or group of children (except his or her own) during AYSO-sponsored activities. The recommended supervision ratio should be 1:8 or less; that is, one adult for every eight or fewer children and two adults present at all times (one of whom may be the coach and one of whom should be the same gender as the players).

Volunteers shall notify the RC, CVPA, and parents concerning AYSO activities away from the regular practice areas, playing fields, or other designated areas. Such notification should be documented, stating the nature of the activity, the names of the children involved, and the names of the adult supervisors.

Conduct

The Region advocates and expects exemplary behavior by all its participants, and it will hold a strict line on conduct as laid out in these policies.

Abusive statements such as those that deal with race, ethnicity, religion, nationality, gender, age, sex, or sexual orientation are not permitted.

In addition, physical, emotional, sexual, and ethical abuses are prohibited, as is neglect or endangerment of a child.

Some forms of touching are acceptable as long as they are respectful and appropriate:

- Touching should be in response to the need of the child, not the need of the adult
- Touching should be with the child’s permission
- Resistance to touching must be respected
- Touching must never include the breast, buttocks, or groin
- Touching should be done in the open, not in private
- Touching should have a brief, limited duration

A child’s comfort level with touching is influenced by factors such as age, developmental stages, social and emotional well-being, life experiences, gender, etc. all of which change over time.

These policies will be updated regularly as needed. To stay current or for further information, check the AYSO Web site at www.ayso.org OR contact the National Safe Haven Administrator at the AYSO National Support & Training Center.



AYSO Child and Volunteer Protection–Risk Assessment Tool

	LOW	MEDIUM	HIGH
Where Activities Are Held	Activities held in facilities with public access.	Activities held in private homes (team parties).	Activities held in an isolated setting (e.g., one-on-one training in gyms or isolated fitness courses).
Parental Involvement	Parents actively involved in program with child.	Some parental involvement in program.	Little or no parental involvement in program with their child.
Adult Supervision	Two or more adults supervising group activity.	One adult supervising a group of children.	Activity with one adult and one child.
Volunteer and Child Interaction	No regular interaction between volunteer and any specific children (e.g., field coordinator, publicity coordinator).	Periodic interaction for short periods of time between volunteer and specific children (e.g., game referee).	Interaction between volunteer and specific children spanning long period of times (e.g., coach, coach asst., team parent, concession stand, youth referee with adult referee).
Changing Clothing	No changing of clothing as part of activity.	Changing of clothes; showering (such as in some indoor soccer programs).	Changing of clothes, bathing, toileting or over-night stays (e.g., tournament travel teams).
Training and Job Description	Training and job description concerning duties and responsibilities for volunteers required.	Training and job description concerning duties and responsibilities provided for volunteers but not required.	Training and job description concerning duties and responsibilities not offered.
Child Protection Education for Volunteers	Training for volunteers concerning child protection is required (Regions that adopt and enforce the child protection program).	Training concerning child protection offered to volunteers but not required (e.g., “Child Protection” workshop at Section Meeting).	Training concerning child protection not offered to volunteers (e.g., no child protection policies in place).
Child Protection Education for Youth	Education about child protection is required for youth participants (e.g., a flyer sent home so parents will review with child).	Education about child protection is offered to children but not required.	Education about child protection is not offered to children.
Child Protection for Parents	Parent orientation regarding child protection is required.	Some information regarding child protection is offered; not required (e.g., ABCs of AYSO and handouts).	No parent education concerning child protection offered.
Monitoring and Evaluating Volunteers	Organization regularly monitors and evaluates the volunteers’ activity.	Organization provides informal oversight of the volunteers’ activity.	Volunteer has no supervision when with children.
Safety Director	Regional Safety Director trained and active in Regional safety program.	Regional Safety Director in place but is not current on available training.	Regional Safety Director is inactive.

Adapted from National Collaboration for Youth

Frequently Asked Questions

Player Equipment

Can players wear Medical Alert Bracelets?

Children may participate in games and practices while wearing medical alert bracelets. It is important that this information remains visible. However, to ensure the bracelet does not present a danger to the player or other players it should be secured to the player with tape, a cloth wristband or something equivalent taking care to leave the information visible.

We must all recognize that if the bracelet is removed and lost or hidden in any way, the child might be put in danger, particularly if the parents are not present to ensure that the medical condition is known. We must also recognize that it is unlikely that a medical alert bracelet, when properly covered, will pose a danger to the other children who are participating. Medical alert sports bands with a snug-fitting soft, polyester ribbon band are available and should be permitted without modification.

May a player wear a cast or splint?

The AYSO National Rules and Regulations paragraph VI.H. states:

“Players shall not be allowed to practice or participate in any game with any type of cast or splint.”

May a player remove a cast or splint in order to participate?

The AYSO National Rules and Regulations paragraph VI.H. states:

“Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the player from practice or in any game.”

Removable casts are designed to facilitate personal hygiene and dressing; they are not designed to be removed so that a player may engage in contact sports.

Are players permitted to wear knee braces?

AYSO policy statement 2.9 titled “Knee Braces” reads as follows:

AYSO will not prohibit the use of knee braces by players in AYSO events and programs, provided that the knee brace is adequately covered and padded in the judgment of the referee so as to eliminate the possibility of its use causing injury to other players on the field of play.

The difference between casts or splints and knee braces is that a cast or splint is used for the treatment of a temporary injury to provide for healing. The use of a knee brace is different in that it is used to provide support and/or flexibility. Knee braces are designed to allow for flexibility of movement, while conversely, a cast or splint is designed to restrict mobility.

Are players permitted to wear any other kind of medical devices?

If the device is needed to restrict mobility, protect an injury or support proper alignment to expedite the healing process of a temporary injury and is hard (cast, splint, etc.) then this is not allowed. If, on the other hand, the protective device is used to provide support, flexibility or enable an otherwise healthy player to function normally such as a knee brace, prosthesis, hearing aid, insulin pump, etc. then this would be allowed provided the device was sufficiently padded to prevent injury to other players. The Laws of the Game specify that “A player must not use equipment or wear anything which



is dangerous to himself or another player.” The referee is the sole judge of whether or not the individual item in question is permissible to wear in the game.

May players wear spectacles?

Players who require prescription glasses are to be allowed to wear them during practices and games. It is recommended that retaining straps be worn. Rubber bands may also be used for this purpose. Prescription goggles, such as the type used by racquetball players, are also permitted subject to the approval of the referee prior to the start of the match. Spectacle guards made of plastic or other hard material are not permitted.

May players wear hearing aids?

Players who normally must wear hearing aids are also allowed to wear them during practices or games.

Are players permitted to wear mouthguards?

AYSO does not prohibit the use of mouthguards. Parents are encouraged to consult their child’s dentist or orthodontist to determine what, if any, mouthguard is appropriate for their child. Players wearing mouthguards should not be prevented from participating in practice or games.

Are players permitted to wear jewelry, earrings or studs?

Jewelry, including earrings, of any kind worn in any visible body piercing or any hard replacement stud used when the jewelry is not being worn must be removed before the player is allowed to participate in a practice or game. Covering the jewelry or hard replacement stud with tape, padding or bandage is not sufficient, the jewelry or hard replacement stud must be removed before playing. Subject to approval of the referee, various soft, flexible materials that do not present a danger to the player or other players may be used to keep recent body piercings open for participation during games.

In the case of visible taped-over or bandaged suspected piercings, referees must not ask players to lift or remove articles of clothing or bandages. It is acceptable however, to ask a player if the tape or bandages is covering an earring. The referee must accept the answer provided, regardless of suspicions.

Since it is rare that an earlobe or eyebrow is taped as the result of an injury, the referee should suspect that a player is using tape or other covering to hide jewelry or a hard replacement stud. It is the responsibility of the referee to ask the coach whether or not the player has been injured or is hiding jewelry or a hard replacement stud. This should be done in a cordial manner and in the presence of the player. An assistant referee or other official must also be present. Coaches have the responsibility of not allowing players wearing jewelry to participate in practices or games.

If the coach confirms that it is an injury being covered, the referee may not prohibit the player from playing because of the tape or covering. In either case, the referee must indicate in his or her game report which players and coaches were questioned and their responses.”

Coaches and referees are role models and should avoid wearing jewelry, earrings and hard replacement studs during practices or games.

Are players permitted to wear hats for medical or religious reasons?

The Laws of the Game specify that “A player must not use equipment or wear anything which is dangerous to himself or another player.” The referee is the sole judge of whether or not the individual item in question is permissible to wear in the game. The referee has the obligation and the right to allow or disallow players wearing additional equipment depending upon the referee’s best judgment.

Players are generally not permitted to wear hats, but items used to secure hair such as sweatbands, bandanas, scarves, etc., are sometimes permitted. Players may be allowed to wear soft hats or caps without hard brims if the weather is inclement. Goalkeepers may wear a soft brimmed hat or cap. In addition to the above requirements the brim must also be made of a soft material and must be approved by the referee. Baseball-style caps with hard brims are not acceptable even if worn

backwards. These items should be a neutral color free of inappropriate design, logo or meaning. They must not constitute a danger to the player or to other players and must be approved by the referee.

Referees may allow a player to wear a hat with a soft brim and otherwise not dangerous to the player or other players if, indeed, the player is known to be unusually susceptible to skin cancer from exposure to the sun or the head garment is required by the player's religion.

Are there any special requirements in regard to player fingernails?

There is no official AYSO or USSF position on the length of players' fingernails. Players are not allowed to "wear" anything that is dangerous to themselves or another player. The acceptable length and shape or adornment of fingernails is up to the good judgment of the referee. In general, long or fake fingernails are not to be considered dangerous by themselves. However, the use of such as a deterrent should be sanctioned according to the severity of use.

Are there any special requirements for soccer shoes and shinguards?

Soccer shoes and shinguards made by any established soccer equipment manufacturer are acceptable. Other shoes and shinguards are acceptable if, in the opinion of the referee, they are not dangerous to the player wearing them or to another player and the shinguards afford the player a reasonable degree of protection. A piece of cardboard, rolled up newspaper or similar makeshift items do not constitute proper shinguards. The referee must inspect all cleats to ensure there are no sharp edges; this is especially important for aluminum and nylon cleats.

Shinguards must be completely covered by the player's stockings. Players are not allowed to wear their shinguards over their stockings and then roll the stockings down over the shinguards. The shinguards must be worn completely under the stockings.

Are toe cleats illegal on soccer shoes?

It has been perpetuated that toe cleats are illegal in soccer. This may have developed from the fact that some players new to the game felt they should wear cleats for soccer games and showed up in baseball shoes which often have cleats on the toe. Many styles of soccer shoes are now on the market and some of them have cleat configurations that wrap across the toe. A blanket statement that toe cleats are not allowed is too narrow. The myth that metal cleats are not legal is also not uncommon. Metal cleats (usually aluminum) are acceptable, but the referee must inspect all types of cleats on shoes to ensure that there are no burrs or sharp edges and, if they exist, burrs or sharp edges must be removed before the player is allowed to participate. The referee must examine the particular footwear in question and determine if it presents any unreasonable danger to the participants.

Are players permitted to wear sleeveless jerseys?

Although Law 4 International Board Decision 1 states that jerseys must have sleeves, it is still the position of both USSF and AYSO that no individual or team should be kept from playing because their jerseys do not have sleeves. Since this is not a safety issue, the only action referees should take is to indicate on the game report that a team has, or players have, sleeveless jerseys.

Players are also not prohibited from rolling or tying up jersey sleeves provided it is done in a safe manner.

May players wear additional protective equipment?

The Laws of the Game specify the following regarding Non-Basic Equipment:

- A player must not use equipment or wear anything that is dangerous to himself/herself or another player
- Modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered to be dangerous and are therefore permitted
- New technology has made sports spectacles much safer, both for the players themselves and of other players



AYSO neither endorses nor refutes the claims of companies which produce products intended to increase player safety. It is the responsibility of the referee to examine the specific piece of equipment in question and then make a decision regarding whether or not it presents any danger to the player themselves or to other players. The referee has the obligation and right to allow or disallow players wearing the item depending upon the referee's best judgment.

Face masks similar to the type hockey goalies or football players wear are not allowed for goalkeepers or field players because they are constructed of hard material and would pose a danger to other players.

Players may be allowed to wear soft hats or caps without brims. They must not constitute a danger to the player or to other players and must be approved by the referee. Goalkeepers may wear a brimmed hat or cap. In addition to the above requirements the brim must also be made of a soft material and must be approved by the referee. Baseball-style caps with hard brims are not acceptable even if worn backwards.

May players wear sweatbands, bandanas, scarves or other items to secure hair?

The referee is the sole judge of whether or not such items may be worn based on the referees assessment of the particular item and its function. Supplemental items worn for adornment are generally not permitted. Items the referee believes are not dangerous to the player or to other players and serve the purpose of hair control, perspiration absorption or to conform to religious requirements are permitted. These items should be a neutral color free of inappropriate design, logo or meaning.

May players wear gloves?

Goalkeepers are traditionally allowed to wear gloves. Other players may also wear gloves if, in the opinion of the referee, the weather is cold enough to warrant it.

Referee Equipment

What is the uniform dress code for referees?

Although there is nothing in the Laws of the Game or the AYSO National Rules and Regulations that requires referees to wear any special uniform, the AYSO National Referee Program (NRP) strongly encourages referees and assistant referees to follow the uniform standards for match officials established by USSF. Throughout the soccer community, referees and assistant referees (ARs) are identified by their uniforms. Manufacturers may market soccer referee uniforms that do not conform to uniform standards for match officials established by USSF, but AYSO has not endorsed any referee attire other than the official uniform options recommended by USSF.

Official USSF Referee Uniform

- Gold jersey with black stripes, black collar, black cuffs (long sleeve) or no cuff (short sleeve); black shorts; black socks with three stripe white top; black shoes

Official Alternate USSF Referee Jerseys

- Black jersey with white stripes, black collar, black cuffs (long sleeve) or no cuffs (short sleeve)
- Red jersey with black stripes, black collar, black cuffs (long sleeve) or no cuffs (short sleeve)
- Blue jersey with black stripes, black collar, black cuffs (long sleeve) or no cuffs (short sleeve)
- Green jersey with black stripes, black collar, black cuffs (long sleeve) or no cuffs (short sleeve)
- The blue or green jersey may be worn when the gold, black or red jerseys will not provide a clear contrast to either team's shirt colors.

Uniformity on the part of officials establishes initial credibility for them as a team. The referee and ARs should wear shirts of similar color and style. If the referee wears an alternate jersey of a color that the ARs do not have, the ARs' jerseys, whenever possible, should match each other.



What is the appropriate referee badge for AYSO referees?

The only badge appropriate for referees to wear during AYSO games is the current AYSO referee certification level badge earned by the referee. Exceptions: An International Referee may wear his or her FIFA badge; and, if provided, special referee tournament badges may be worn by referees during that tournament's games.

Are referees permitted to wear a cast or splint while refereeing?

The AYSO National Rules and Regulations prohibit players from participating in practices or games while wearing a cast or splint (even with a doctor's permission). However, there is no such prohibition for referees to officiate while wearing a cast or splint even if they are youth referees. The likelihood of an injury to players occurring from contact with the referee's cast or splint is very remote. Some padding on the cast may add a measure of protection.

May referees wear hats or sunglasses?

Soccer referees have not historically needed to wear hats or sunglasses and AYSO referees are discouraged from doing so. Hats, in some cases, may be desired for sun-protection health reasons. Use of hats on cloudy days should be avoided. Hats should not be worn for night games.

Hats, if worn, should be solid black or predominately black with white trim, or solid white or predominately white with black trim.

Hats should bear no logos or slogans other than AYSO logos (traditional, promotional, regional or tournament) and National corporate apparel sponsor logos.

Sunglasses are likewise discouraged for referees as this restricts communication through eye contact with players and are generally considered unnecessary adornment.

Procedures

Who is responsible for the players' Player Registration Forms?

It is the coach's responsibility to be in possession of the Player Registration Forms at all practices and games. Referees are not required, nor recommended, to ask coaches to prove that they have players' Player Registration Forms in their possession at games. Referees should not require coaches to produce the forms at matches as this would, in effect, put the referee in the position of assuming a responsibility that properly belongs with the coach.

Are referees required to see a "Participation Release Form" before allowing a player to participate in games following a known serious injury or sickness which required professional medical attention?

No, this is not the referee's responsibility!

Are coaches required to see a "Participation Release Form" before allowing a player to participate in games following a known serious injury or sickness which required professional medical attention?

Yes, it is the responsibility of the coach to see and provide the Regional Safety Director and/or Regional Commissioner with a copy of the "Participation Release Form" signed by a parent or guardian before allowing a player to participate in practices or games, following a known serious injury or sickness which required professional medical attention.

What is the recommended way to deal with player violence?

Many possible scenarios of violence exist. The referee must assess each situation and determine appropriate action considering personal safety, player safety and game control.

The Law does not require anyone to place themselves in peril and AYSO referees should not subject themselves to undue personal risk. However, violence needs to be stopped if it erupts and referees need to assist in controlling it when it can be done without unduly risking personal safety.

Recommended procedures for referees:

- Move quickly to the location of the problem.
- Blow the whistle loudly in the vicinity of the fracas to distract the “combatants”.
- Assess the risk to your personal safety by further intervention and do not attempt to intervene if you determine it is unsafe. Referees are not required to put their personal safety at risk.
- Consider intervention only if possible without undue personal risk. A referee who intervenes during player violence must:
 - Remain in a “passive role.”
 - Refrain from physically “manhandling” any players or other persons involved.
 - Endeavor to form a barrier between “combatants”.
 - Urge the coaching staffs to assist.
 - Endeavor to contain the fracas.
 - Be aware of the reactions of other players and discourage them from joining the fracas.
- Provide a detailed report of the facts of the incident in the game report for reference.

Addressing violent conduct is everyone’s job. Regional staff should be proactive in taking steps to address the issue with programs such as Safe Haven and Kids Zone.

Prompt disciplinary responses are encouraged if violence occurs during games.

Are there any additional penalties for players who are sent off (red card) or coaches or spectators who are asked to leave the vicinity of the field because of misconduct?

A mandatory additional one game suspension is required for any player, substitute or substituted player sent off (red card). The governing body of the competition may impose additional disciplinary action against any person (including coaches and spectators) guilty of misconduct.

The referee is required to:

“provide the appropriate authorities with a match report, which includes information on any disciplinary action taken against players, and/or team officials and any other incidents that occurred before, during or after the match”.

It is the governing body’s responsibility to review the referee’s match report and to take whatever additional action they feel appropriate.

May players drink water during the game?

Players are permitted to drink water during a stoppage in the play but only on the touchline. It is not permitted to throw water containers onto the field.

If the referee allows a coach, parent, or other responsible adult to enter the field to assess an injured player, must that player leave the field and, if so, when may the player reenter?

Law 5 requires the referee to stop the match if, in his or her opinion, a player is seriously injured. Law 5 also requires the referee to ensure that the player leaves the field of play.

The determination of what constitutes a 'serious injury' should take into account the player's age. The younger the player, the quicker the referee's whistle to stop the game. The referee should then beckon the coach to come assess the injured player.

If the referee believes the player is only slightly injured, play should be allowed to continue until the ball is out of play. In this case the injured player is not required to leave the field of play unless someone has entered to assess the injury.

As soon as it is safe to do so, the person responsible for checking the injured player's condition must escort the player off the field of play. This allows time for determination of the player's ability to safely continue playing.

If a goalkeeper is injured but not being substituted, he or she may be treated on the field of play and is not required to leave. Injuries involving a goalkeeper and another player and any severe injury to a player such as a concussion, broken leg, swallowed tongue, etc., may also be treated on the field of play.

Before an injured player may return to the field of play, the match must have restarted and the referee signaled permission for the player to return. If the ball is in play, entry must be from a touch line; if the ball is not in play entry may be from a goal line or a touch line.

It is important that the referee remain alert as to when the player is ready to return and give permission at the earliest opportunity so that the player's team is returned to full strength.

What procedure should be followed regarding electrical storms?

The National Severe Storms Laboratory (NSSL) currently recommends that all individuals should leave the game site and reach a safe structure or location when lightning is within 6 miles.

The National Collegiate Athletic Association (NCAA) Lightning Safety Guidelines indicate that since lightning can strike out of a clear blue sky as far away as ten miles from a rain storm, when the "Flash-to-Bang" count is thirty seconds or less, everyone should leave the game site to a safe location.

The United States Soccer Federation (USSF) position is that if you can hear thunder you are within reach of lightning and that referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Applying the 30-30 rule is recommended and to wait thirty minutes or more after hearing the last thunder before leaving shelter.

In view of the above, the following is the position of the AYSO National Referee Commission regarding severe weather:

"It is said that lightning can strike from a clear blue sky that is within a ten mile radius of a storm. It is therefore strongly recommended that practices and games be terminated immediately upon hearing thunder or seeing lightning".

"If you can see it - flee it; if you can hear it – clear it."

Why doesn't AYSO teach or approve of referees using the Dual Referee System?

The AYSO National Referee Program does not support the dual referee system. We have no approved instruction or supporting materials regarding the dual system. Referees using this system are in violation of the FIFA Laws of the Game.

The Laws of the Game, under which we operate, specify in Law 5 that, "Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed". FIFA Law (Law 5) clearly designate one referee "controls the match in co-operation with the assistant referees..." and Law 6 further specifies that, "Two assistant referees are



appointed..." One referee with a whistle and two assistant referees with flags is the way it should be done.

The reality of life in AYSO is that we often do not have enough trained and qualified officials to have a referee with two assistant referees "on the line" for all the games. Nevertheless, it is still far better, when only two qualified officials are available for a game, to assign one as the referee and the other as a qualified assistant referee for one side of the field and, if possible, recruit an additional "club linesman" for the other side. If no "club linesman" is available the referee should assume the duties of the one missing Assistant Referee. This will make the best of the situation and provide opportunities for practice doing it right and to possibly recruit a new referee candidate.

Using the dual system (two referees on the field each with a whistle) actually develops poor officiating habits as the two officials attempt the impossible task of remaining close to play and at the same time being in position to accurately call offside infractions. There is also a tendency in the dual referee system for the two officials to hesitate in making decisions while they attempt to see if the other official is going to make the call or worse they both make the call and signal in opposite directions. The end result of this hesitancy and reluctance to want everyone to know they do not agree with each other is that calls are not made that should be. The dual referee system usually ends up looking like two assistant referees remaining near the touch line just calling the ball in and out of play and no one covering play in the middle of the field.

As the late Ken Aston often said, "The responsibility for the flow and control of the game cannot be shared". One whistle, one interpretation, one opinion, one decision.

Does AYSO require additional penalties for players who receive cautions (yellow cards) in a series of games?

FIFA Law requires that players receiving a second caution (yellow card) in the same game be sent off (red card). Many AYSO Regions, Areas, Sections and tournaments institute procedures, established and published in advance, whereby additional disciplinary action may be taken against players receiving a specified number of cautions (yellow cards) in a series of games. Oftentimes a minimum additional one game suspension may be imposed. Oftentimes a minimum additional one game suspension may be imposed for an accumulation of yellow cards.

Miscellaneous

May Regions adopt local playing rules outside of FIFA and AYSO rules?

The very first line of the AYSO National Rules and Regulations states, "All AYSO games shall be conducted in accordance with the current FIFA Laws of the Game and decisions of the International Board..." The bulk of the remaining content of the AYSO National Rules and Regulations clarifies the kind of specific exceptions which are permitted. In the beginning of the FIFA Laws of the Game under "Modifications" it states, "Subject to the agreement of the national association concerned and provided the principles of these Laws are maintained, the Laws may be modified in their application..." and then specifies the kinds of modifications that are permissible. These statements endeavor to make it clear how AYSO games should be played and who, how and to what extent the Laws may be modified.

Making a local rule in the presumed interest of player safety may appear well intentioned on the surface but careful consideration must be given to the overall effect of the rule and whether or not it is permissible or, in fact, beneficial. Accidents happen in soccer and if we tried to make a rule to prevent all of them we would be overrun with rules that don't make sense. Running, jumping, kicking, heading, dribbling, tackling, shooting, and goalkeeper efforts to prevent goals all have potential to cause injury. Soccer is a contact sport and injuries are possible. It is impossible to avoid. Players and parents must recognize there is risk involved in playing sports. Reading the waiver carefully on the player registration form, which all parents are required to read and sign, makes this point very clearly.

It is the job of coaches to teach players correct technique to help them avoid injury to themselves and to others. It is the job of referees to learn to recognize when skills are executed correctly or not.

Players should develop, coaches should teach and referees should learn to recognize the skills that are a part of the game of soccer. When we make a local rule that takes away one or more of the skills used in playing the game this lessens the opportunities for players to learn to execute the skill correctly, coaches to teach the skill and referees to recognize the skill performed legally. An argument could be made that such local rules actually may cause more injuries than they prevent because coaches will be discouraged from teaching correct techniques to the players since there is a local rule prohibiting the skill.

Does AYSO have special rules for playing Indoor Soccer?

AYSO does not have any formalized recommendations regarding rules for indoor soccer. The primary reason for this is the tremendous variation in types, sizes and conditions of the facilities available in the 1000+ AYSO Regions across the country. Some Regions have access to indoor facilities specifically designed for indoor soccer whereas others must use gymnasiums of various sizes and configurations. Some Regions allow playing the ball off dasher boards or walls and some would rather not allow this and prefer to play using touch lines and goal lines as outer boundaries like outdoor soccer.

FIFA has published rules for Indoor Football (soccer) called "Five a Side Football" which are very similar to the rules (Laws of the Game) for outdoor soccer. Their web site is www.FIFA.com. The United States Soccer Federation (USSF) has published some information regarding suggested rules for indoor soccer and techniques for training referees to do indoor games. Their web site is www.ussoccer.com.

Does AYSO have any “Mercy Rules”, “Slaughter Rules” or “Blow Out Rules”?

There are no such rules in AYSO to deal with games where one team is dominating the scoring. In any competition, there is the chance that the score will be lopsided. We believe such things as “Blowout Rules”, “Mercy Rules”, “Slaughter Rules”, etc., that end a game prematurely or “play short” rules that requiring the winning team to play with fewer than the allowable number of players or rules that require teams to somehow stop scoring goals only penalizes a team for accomplishing what it has been trained to accomplish (score goals) and sends the wrong message to the losing team.

A major part of sport is enjoying the process of playing by the players - not just who ultimately wins. The message we want to send is "keep on trying" - not to give up just because it is difficult. Losing, when dealt with appropriately, builds character and resolve to improve. Mercy Rules, play short rules or similar such rules potentially build a willingness to give up early or to want rules in place to give teams an unfair advantage just because they are losing.

Each team is entitled to start and play the game with the maximum number of players allowable. Nowhere in the Laws of the Game or in the AYSO National Coaching or Refereeing Program is it suggested or required to have a winning team play with fewer players than the losing team or for the game to end early or similar rules because the score is lopsided. The AYSO “Balanced Team” concept refers to making an honest attempt to balance the skill level of teams within an age group when teams are formed prior to the beginning of the season.

In situations where one or both teams are short a significant number of players, a “friendly match” could be organized by combining/sharing players from one or both teams. Where won/loss standings are recorded, the outcome of the “friendly match” would not affect the standings. It should be predetermined and agreed upon in advance how the official outcome of the regularly scheduled game is to be recorded. Regions should not adopt local rules and referees should not interfere with games because of lopsided scores. It is a player's game and they should be given the full playing time without undue interference to enjoy and learn from the process.

May Regions elect to pay their referees?

In a few isolated instances with special permission from AYSO, an existing soccer league or organization is permitted to transfer into AYSO and may continue to pay its referees for a fixed period of time (usually 1-2 years) during which the league or organization pledges to effect a transition to an all-volunteer referee corps. Otherwise, AYSO's position on payment of referees is made clear in AYSO Policy Statement 2 (2.5), which states:



“No payment may be made to any AYSO volunteer for the purpose of compensating such volunteer for services unless otherwise approved in exceptional circumstances by the National Board of Directors. AYSO has maintained throughout its existence a total volunteer concept of operation (except for its National staff) including without limitation, all aspects of coaching, officiating and local administration.

AYSO is a volunteer organization and does not condone or approve of the use of paid volunteers. Various federal and state laws apply to payments for services and any person who condones or approves payment for volunteer services risks significant organizational and personal liability and penalty. Such liability is not covered in the Volunteer Protection Act of 1997 for the individual volunteers who may approve or condone such conduct.

Paid professional trainers, medical personnel and security officers employed by a Region, area or section, in their capacity as full-time service providers in their professional fields do not necessarily fall within the scope of these employer-employee laws. Any Region which wishes to utilize such services for clinics, tournaments or other Regional events should contact the National Support & Training Center for guidance and approved standards when hiring such professionals.”

There are alternate ways referees can be recognized. Regions often provide their referees with uniforms, referee bags, warm-ups, free food and drinks from the concession stand and other incentives to show their appreciation. Additionally we have a publication called “Recruiting and Retaining Referees” which contains useful information regarding developing volunteer referees.

AYSO has what has been referred to as the best amateur referee training program in the world. Recruiting volunteer referees may not be easy but it is successfully done in AYSO Regions all across the country.

Research has shown that there is no correlation between paying referees and quality or quantity. It has been our experience that individuals motivated to referee because they want to help the kids or the program, rather than to make money, produces a quality referee. With a strong recruiting, training, and retaining program, Regions across the country are able to maintain a sufficient volunteer base to operate their programs.

Are coaches and referees required to be certified in AYSO?

In AYSO, all referees and coaches are required to be trained and certified. AYSO requires all its volunteers to complete, sign and submit a Volunteer Application form each year and to act within their job descriptions and the scope of AYSO Policies, Procedures and Guidelines.

For the benefit of our children and volunteers, AYSO further requires that all coaches and referees and certain other volunteers

- Complete Safe Haven certification;
- Be properly trained in their jobs; and
- Be authorized to do their job (by Region, Area or other AYSO authority).

The Volunteer Protection Act of 1997 was passed by Congress to protect volunteerism. This law grants immunity from liability for damages for volunteers who meet its requirements."

Regions should ensure that all volunteer coaches and referees annually submit a volunteer application form to the Child and Volunteer Protection Advocate (CVPA). The CVPA should then determine whether or not the volunteer should be recommended to the Regional board of directors for approval and appointment as a Regional volunteer for that year. Before these volunteer coaches and referees are allowed to perform their jobs, Regions should first ensure that they have attended the Safe Haven Certification Course, they are properly trained in their jobs and are authorized to do their jobs by the Regional board. These requirements are clearly stated in various AYSO documents.

When individuals are asked to perform the duties of coach or referee without first undergoing these requirements, this is contrary to AYSO policy and, more importantly, does not provide the minimum level of protection for either the volunteer or the children for whom we are responsible.

May a game or practice proceed in the absence of an AYSO certified and trained coach or referee?

In AYSO, all referees and coaches are required to be currently registered, trained and certified. AYSO practices and games are not permitted without a certified and trained AYSO coach. AYSO scheduled games are not permitted without a certified and trained AYSO referee, except: in U-5 divisions in which referees/officials are not used; in U-6 divisions in which referees/officials are optional and, if not used, certified and trained AYSO coaches will manage the game; and during certain events involving non-AYSO teams in which competition rules will apply. Practice scrimmages do not require a certified and trained AYSO referee.

Is there a minimum age requirement to be an AYSO instructor?

The minimum age for AYSO instructors is 18.

Are there any minimum age requirements for referees to referee in the various age groups?

AYSO certified U-8 Officials are only authorized to referee games with players under the age of 8. Once a referee becomes certified as an AYSO Regional Referee, there are no restrictions regarding the age players they may referee.

As a general guideline, it is usually a good idea for the referee to be older than the players he or she is refereeing. However, there are some exceptional young referees who can manage games with player older than they are. A general rule of thumb has been suggested that the referee should be at least 2 years older than the players they are refereeing but this is just a suggestion and not a requirement.

It is also expected that reasonable and experienced adults are either scheduled to work with youth referees in games or that they are nearby watching the young referee and available to assist in cases where adult intervention may be needed. There is a delicate balance between allowing a youth referee the freedom and independence to perform the referee's duties and knowing when a youth referee may need a responsible adult to step forward and provide assistance.

What are referees authorized to do when subjected to abusive or negative comments from spectators or coaches?

The Laws of the Game, AYSO National Rules and Regulations and the AYSO Kids Zone Program make it clear that the referee has the authority and should take action to deal with inappropriate spectator or coach behavior. Exactly what to do in these situations or how it should be done is left to the judgment of the referee. Referees should request the assistance of coaches when dealing with inappropriate spectator behavior but ultimately it is the referee who is responsible and must take action. Referees may require spectators or coaches to improve their behavior and may request they leave the area or even suspend or terminate the game if the individual is unwilling to comply. Interpersonal skills and common sense are the referee's tools to accomplish the task.

What happens when a match is abandoned?

According to the Laws of the Game "An abandoned match is replayed (completely) unless the competition rules provide otherwise". Referees should not declare who the winner is when a match is abandoned. The referee simply records the circumstances surrounding the reason the match was abandoned and it is then up to the governing body to determine the appropriate action according to the competition rules.

Is a female player allowed to use her hands to protect her chest?

All players (male and female) may PROTECT themselves from being hit by the ball by using their hand or hands. This may happen unexpectedly during play or from a free kick when they are positioned as defensive players in a wall (commonly seen at upper levels of play). Self defense is not



a foul; however, DELIBERATE use of the hands to CONTROL the ball or otherwise alter its path, is a foul.

Referees are charged with determining whether or not the contact of ball and hand was deliberate to control the ball or self protection. Coaches should not be teaching players to use their hands to control the ball unless they are goalkeepers or to take a throw-in. Female players who use their hands or arms to CONTROL a ball which is about to hit them in the chest are guilty of deliberately handling the ball. The same would be true for male players who used their hands or arms to CONTROL a ball which was about to hit them in the groin area.

Is there an official minimum number of players needed per team for short sided games to proceed in AYSO?

The short answer is: there is no AYSO official minimum number of players needed for short sided games to proceed in AYSO. The longer answer depends upon the circumstances and common sense.

When one of the teams does not have the minimum number of players recommended per side for short sided play in AYSO, every effort should be made to allow the game to proceed and for the players in attendance to have the maximum amount of playing time possible. If win/loss standings are important for determining division winners, tournament standings, who gets trophies, etc., then the official rules established for the competition should be followed (forfeit, reschedule game or whatever the rules state). More importantly, once the decision is made regarding the “official” outcome, the question is, “Is there a way to let the kids play anyway?” Of course there is, and that is when a “friendly” game is in order.

A “friendly” game is one where the outcome has no bearing on standing, trophies, etc. but is played simply for the enjoyment of playing – similar to a scrimmage between two teams during practice. When one team is short players, players from the opposing team can be shared or players from both teams can be divided into two new teams and a “friendly” game can proceed. The coaches are there with the medical release forms if needed, the referees are ready, the field is ready, the spectators are ready and the players want to play, so... let 'em PLAY!

When are substitutions allowed in AYSO U-16 and U-19 games where Monitored (free) Substitution is being used rather than the normal AYSO substitution at “quarters”?

Monitored Substitution is allowed in AYSO U-16 and U-19 age divisions “...only if it is handled in a manner which will ensure that every participant plays at least one half of every game by requiring a separate time monitor, independent of either team or coach, who checks each player in or out of the game.”

Where Monitored Substitution is being used in AYSO U-16 and U-19 games, substitutions will be permitted with the referee’s permission during any stoppage in play as specified in the FIFA Laws of the Game, Law 3 (The Number of Players) as well as in the section titled “Interpretation of the Laws of the Game and Guidelines for Referees”. Substitution rules used in High School, College or other soccer organizations do not apply to AYSO games. The substitution procedures used in games played according to the FIFA Laws of the Game will be in effect. Namely, when a substitution is requested (the assistant referee signals a substitution has been requested), the referee will determine when there is an appropriate stoppage in play and will then allow the substitution to occur as outlined by the Laws of the Game.

Stoppages in play include the eight identified restarts plus other stoppages where, in the opinion of the referee, the substitution will not unfairly interfere with play, e.g., injury stoppages, outside agent stoppages, stoppages to administer misconduct sanctions and free kicks where the team taking the kick has not elected to take a quick kick.

