

2010

**PROCEDURES AND RULES OF COMPETITION
FOR RECREATIONAL PLAY**

**NORTH COUNTY YOUTH SOCCER
ASSOCIATION**

Revised August 11, 2010



NCYSA Procedures and Rules of Competition for Recreational Play 2010

NCYSA Procedures and Rules of Competition for Recreational Play 2010

PREAMBLE: All games and competitions under NCYSA shall be conducted subject to the "Laws of the Game" as published or authorized by FIFA and subject to the Rules of Competition of the WSYSA. NCYSA Playing Rules and Regulations are intended to modify and supplement FIFA and WYS laws and rules and shall supersede any rule in conflict.

Team Responsibilities	Page 4
Coach Responsibilities	Page 5
Coach Ethics	Page 7
Referee (Game Official) Responsibilities	Page 8
Player Responsibilities	Page 9
Scorekeeping and Standings	Page 11
Disciplinary Procedures (Protests and Appeals)	Page 11
NCYSA Rules of Competition	Page 14
Under-8 Rules	Page 15
Under-9 Rules	Page 20
Under-10 Rules	Page 25
Under-11 Through Under-19 Rules	Page 29
Under-14 Through Under-19 Co-ed Rules	Page 32
Sample Game Roster	Page 34
Game / Field Ethics	Page 35
Information for Field Directions	Page 36
Concussion Law Information	Page 36
Coaches Ethics	Page 39

The Disciplinary Committee of NCYSA usually meets Wednesday nights during the regular recreational soccer season; it is made up of representatives from all the clubs in the Association and its Inter-tie affiliations. If you have any questions about the disciplinary process during the season, you should call the NCYSA office (425) 252-2099. Official complaints, protests etc... will not be accepted unless in writing and are accompanied by appropriate fees if applicable.

These rules are for NCYSA and Inter-tie Recreational Teams.
District and WYSL teams shall be governed by WYS Rules of Competition.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Introduction

This booklet has been organized to provide a set of regulations and expectations for all participants (e.g., coaches, players and referees). Coaches and referees are expected to familiarize themselves with the **entire document** so that they understand the expectations and processes used within NCYSA. Coaches are expected to relay necessary information to their teams.

The NCYSA Rules of Competition are separated by age group and define NCYSA modifications to the FIFA Laws of the Game for all recreational-level play. Coaches and referees are expected to be familiar with these laws. The FIFA Laws of the Game may be accessed via the North Chapter Soccer Referees web site at www.ncrefs.org.

These procedures and playing rules shall be amended in the same manner as the NCYSA By-Laws (see Article XI of the By-Laws). The only exception is that a two-thirds majority vote of the quorum is all that is needed for approval of playing rule amendments.

Team Responsibilities

1. The home team (club) shall be responsible for the preparation of the field by game time.
2. The home team shall supply a ball of proper size and inflation.
3. The home team (club) is required to provide goal nets and ensure the safety of the goals, as well as encouraged to provide corner flags for all matches.
4. The home team and its respective parents and spectators shall occupy the side of the field selected by the home team coach.

The visiting team and its respective parents and spectators shall occupy the other side of the field unless the physical configuration of the field will not reasonably accommodate this.

5. In the event of a color conflict it is the responsibility of the **home** team to wear a different color jersey. The alternate color jersey does not require a number.
6. Understanding that many of our beginning referees participate in the recreational program, it is recommended that teams avoid selecting uniforms with yellow jerseys, as it is the primary referee uniform color. It is also recommended that the home team have available an alternate color (e.g., scrimmage vest) for the Referee if needed to avoid a color conflict.
7. All participants and spectators are required to remain at least two (2) yards off the field of play, and no closer to the goal line than the top of the penalty area. Clubs are encouraged to mark crowd control lines on all playing fields.
8. The suitability of the field (i.e. marking, surface condition, weather, etc.) shall be determined solely by the discretion of the Referee.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

9. The home team shall be responsible for policing the game field for holes, glass, rocks or foreign objects that might be dangerous to a participant.
10. Both teams shall be responsible for cleaning debris from field after every game. (Coaches are encouraged to bring paper sacks or garbage bags.)
11. Matches that are canceled due to unplayable field conditions may be rescheduled at the discretion of the NCYSA scheduler, and must be reported by both coaches within seven (7) days of cancellation.
12. For U-11 and above, a team must field a minimum of seven (7) eligible players in order to commence or continue a match. For U-8 through U-10, a team must field a number of eligible players equal to the defined maximum number of field players. At all age levels, **teams may not use loaned or other non-rostered players** to make up a minimum team.
13. For U-11 and above, failure of a team to field a minimum number of players within fifteen (15) minutes of the scheduled match time shall result in a 1 - 0 loss for that team. If neither team can field a minimum of players, both teams will have the game result recorded as a forfeit and no points will be awarded in the standings.
14. For U-11 and above, if either team has less than seven (7) players to continue a match through injury or ejection, they shall be awarded a 1 - 0 loss.
15. Failure of a Referee to appear within fifteen (15) minutes of the scheduled match time will **not** be cause for canceling the game. The coaches must mutually agree to a substitute Referee; or a home team coach shall referee the first half of the game and a visiting coach shall referee the second half. Once the match has commenced under the supervision of a selected alternate Referee(s), the match shall continue as if said alternate(s) was originally scheduled to referee the match. The alternate(s) may only be replaced by a late arriving scheduled Referee and only upon consent of the alternate(s) who have been selected and commenced the match.

Coaches shall report referee no-show to NCYSA via website www.ncyouthsoccer.com.

16. WYS insurance is **not** in effect for non-sanctioned events (e.g., indoor competition, etc.).
(from WYS rules)

Coach Responsibilities

1. It is recommended that coaches obtain the official FIFA rulebook and become familiar with the Laws. The ultimate decision of the interpretations lies with the Referee in charge of your game, whether you agree or not.
2. Coaches shall supply a team roster to opposing coach and Referee **at all games, U-08 and above**.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Roster shall include player's full name, jersey number, and date of birth. Should a player change jersey number during season, both the old and the new number should appear. Any jersey change during the game requires notification to opposing coach and the referee.

- a. Any additions, transfers and/or deletes to a team must be submitted to the Club Registrar prior to the player being eligible for any games.
 - b. **A player shall be registered in only one Association and on only one single gender team at any given time.** A player may also simultaneously register for coed play.
3. All players who regularly attend and fulfill all requirements of turnouts shall be given a chance to play a minimum of fifty percent (50%) of the match unless there are discipline problems.
 4. For mod age levels (U-8 through U-10) USYSA recommends that should a goalkeeper be used, that this position not be the responsibility of just one player, but all team members take turns playing this position.
 5. Coaching/Sideline Conduct: *[from WSY 305.11]*
 - a. Coaching from the sidelines – giving direction to one's own team on points of strategy and position – is permitted, provided:
 - 1) Neither mechanical or electronic devices are used;
 - 2) The tone of voice is informative and not a harangue.
 - b. All coaches, substitute players and other bench personnel or spectators are to remain within the "coaching area" (two yards behind the touchline, and not closer to the goal line than the top of the penalty area).
 - c. No player, coach, substitute player or other bench personnel or spectators are to make derogatory remarks or gestures to the referees, coaches, other players, substitutes, or spectators.
 - d. No player, coach, substitute player or other bench person is to incite, in any manner, or engage in any kind of disruptive behavior.
 - e. It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager and team, club or league official shall be held primarily accountable for the conduct of the spectators for or from their respective teams. At no time shall foul or abusive language be permitted at any field by coach, player, substitute player or spectator. *Note: In the event parents or spectators are on opposite sideline from teams coaches are still responsible for their conduct.*

NCYSA Procedures and Rules of Competition for Recreational Play 2010

- f. If the above rules are violated, the Referee shall ask the responsible coach for compliance with the rules. The Referee may file a written incident report to the NCYSA office, attn: NCYSA Disciplinary Committee.
 - g. In the event that compliance is not received from the offending party, the Referee shall ask the responsible coach to remove the offending party from the playing area. If this request is made, the Referee must file a written incident report to the NCYSA office, attn: NCYSA Disciplinary Committee.
 - h. If the offending party refuses to leave the playing area, or returns after leaving, the Referee shall abandon the match and file a written report of the game abandonment with the NCYSA office, attn: NCYSA Disciplinary Committee.
6. It is the duty of coaches to telephone the Disciplinary Chair to report serious infractions within 24 hours, 425-252-2099. *[From NCYSA by laws (IX 1.b)]*
 7. Referee assault results in an automatic suspension from participation in WYS sanctioned activities, and if upheld, can result in suspension for 1 year or more. Referee abuse results in a suspension of a minimum of 3 games. Threats or physical assaults of any individual result in automatic suspension. *[From NCYSA By-laws (IX 1.c.4) and WYS]*
 8. Violation of any automatic suspension results in forfeit of games played. *[From NCYSA By-laws (IX 1.c.6.b)]*
 9. Refusal to take the field when directed to by the Referee can result in an abandoned game. Coaches who cause games to be abandoned must go to the Disciplinary Committee, and may be suspended for 1 to 3 games or more. *[From NCYSA disciplinary section]*

Coach Ethics

Coaches, assistant coaches, team manager, trainers, etc, are required to adhere to the WYS Code of Ethics. This code has been developed to clarify and distinguish approved and professional, ethical, and moral behavior from that behavior which is detrimental to the development of soccer within the Washington State Youth Soccer Association. All coaches should familiarize themselves with the Code of Ethics, see page 39.

1. Club recreational soccer is intended to focus on development and fun. The stacking of a team is prohibited. Stacking is defined as any action, whether direct or indirect, overt or covert, by a coach, assistant coach, or parent/guardian to improve the quality of their team by transferring players to their team. *(from Article X, Section 2.b., NCYSA By-laws)*
2. Each coach shall be responsible for all information on the roster and that all statements regarding birth date of players on the team are correct. No player shall

NCYSA Procedures and Rules of Competition for Recreational Play 2010

take the field on or against any association team in league play unless his/her name is on the club generated roster for that team. No player may play on more than one team {except for play on coed}. Playing improperly registered players will result in forfeiture of any games such players participated in. *(from Article X, Section 4.d and 4.f, NCYSA By-laws, and WYS A rules)*

3. Any coach, manager, or official found guilty by the WYS Ethics Committee of knowingly using an ineligible player (over-age, improperly registered, or under disciplinary suspension) will be suspended from participation in all WYS activities for a period not to exceed the current and subsequent seasonal years. *(from Article X, Section 4.d and 4.f, NCYSA By-laws, and WYS rules)*
4. Teams registered with WYS may not compete with non-affiliated teams without a prior, written exception. (Examples of exceptions considered include a single practice or exhibition games only. No league or tournament play is ever allowed). The coach is responsible for complying, and can be suspended for up to one year for violation of this rule. *(from WYS rules)*

Referee (Game Official) Responsibilities

1. The Referee's judgment and discretionary rulings on the field of play in **all** cases will be final.
2. No coach, team, club, other individual shall dictate to the Referee's association or any of the Referee's schedulers a preferred or unacceptable Referee for any match or matches.
3. Understanding the emphasis on professional appearance, the Referee should always have an alternate color jersey or shirt to avoid color conflicts with the team's uniforms. While an alternate referee jersey is preferred, reasonable alternatives may be used.
4. Bleeding shall be considered an injury situation. The Referee shall send to the touchline a player with any bleeding to receive first aid.

Substitutions may be made at time of injury with Referee permission. The player may re-enter the game after bleeding has been controlled and covered and after removing bloodstained clothing. Injured player must check in with the Referee prior to re-entering the game.

5. If neutral assistant referees have not been assigned, the Referee may referee without assistance or may request that each coach provide a person to act as linesman. Assigned assistant referees shall be available at least five (5) minutes prior to the scheduled start of the match. Non-assigned Referee appointed assistants shall be deemed to be club linesmen, and shall be authorized to call the ball in and out of play only.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

6. It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager and team, club or league official shall be held primarily accountable for the conduct of the spectators for or from their respective teams. At no time shall foul or abusive language be permitted at any field by coach, player, substitute player or spectator.
7. If the above rules are violated, the Referee shall ask the responsible coach for compliance with the rules. The Referee may file a written incident report to the NCYSA office, attn: NCYSA Disciplinary Committee.
8. In the event that compliance is not received from the offending party, the Referee shall ask the responsible coach to remove the offending party from the playing area. If this request is made, the Referee must file a written incident report to the NCYSA office, attn: NCYSA Disciplinary Committee.
9. If the offending party refuses to leave the playing area, or returns after leaving, the Referee shall abandon the match and file a written report of the game abandonment with the NCYSA office, attn: NCYSA Disciplinary Committee.
10. Any participant who physically strikes or attempts to strike a referee, shall be barred from all NCYSA soccer activities until WYS makes a decision regarding this case. All assaults are forwarded to WYS for adjudication. If a non-participant (such as a parent or friend or spectator) strikes or attempts to strike a match official, the coach of the team accountable shall be issued a red card and the Referee may abandon the match.
11. The Referee shall complete a written misconduct report for each issuance of yellow (caution) or red cards (ejection) in an association game. Misconduct reports must be submitted within 48 hours of the game to the NCYSA office, attn: Disciplinary Committee. The misconduct report form may be accessed via the North Chapter Soccer Referees web site at www.ncrefs.org.

Player Responsibilities

1. All players must be attired in matching uniforms of jersey, shorts, socks, and approved shin guards and soccer shoes or gym shoes; to the satisfaction of the Referee.
2. All uniforms shall bear numbers (minimum size 6" x 4") and all players on the same team shall each have different numbers. Goalkeeper jerseys do not require a number.
3. ALL PLAYERS MUST WEAR SHINGUARDS. Socks must be worn up and over the shin guards.
4. Goalkeepers must wear colors that distinguish them from other players on both teams.
5. Players may wear prescription glasses, provided they have no sharp edges or points.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

6. A player shall not wear anything that may be dangerous to other players or to themselves (i.e., jewelry, watches, earrings and all body piercing, barrettes, buckles, pins, medals, etc.). **Only** Medical ID bracelets may be covered with tape; all other jewelry **must** be removed.
7. For protection, players may wear knee pads or elbow pads, provided they are not being used for unfair advantage, and do not contain any wood, metal or plastic; at the discretion of the Referee.
8. All or any member(s) of a team may wear extra protective clothing against the cold, including gloves, without dangerous, protruding or hard objects, providing that:
 - a. The proper team Jersey is worn outermost; and
 - b. Any hat should be without peak, bill or dangling or protruding object of any kind; however, the goalkeeper may wear a soft-billed hat; and
 - c. Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
9. No player wearing a cast or splint of any kind shall be permitted to play in any regularly scheduled game.

WYS has changed the policy leaving the decision to the referee's discretion whether to allow injured players to play. NCYSA has voted to maintain our rules on the side of safety; therefore no recreational player may play with a cast or splint.

10. No player shall be allowed to play in a regularly scheduled game with an injury or a known medical condition which can be aggravated by playing.
11. Protective orthopedic devices, prosthetic devices, and any equipment, gear, appliance, or apparatus that is protective for a known medical condition may be worn during a regularly scheduled game provided that:
 - a. The equipment, gear, device, appliance, or apparatus has been approved by a licensed physician, prostheticist, therapist, or other practitioner trained or licensed to prescribe, design, select, and/or fit such devices;
 - b. A letter is on file at the WYS office from a licensed physician, prostheticist, therapist, or other practitioner trained or licensed to prescribe, design, select, and/or fit such devices, stating that:
 - 1) he or she is licensed to prescribe, design, select, and/or fit such devices; and
 - 2) the device is properly fitted; and
 - 3) the device is suitable for use in youth soccer competition; and
 - 4) The player, coach, or team manager who is present, has with him or her written confirmation from the WSYSA that the required letter has been received; and
 - 5) The Referee determines the device conforms to Law 4 of the Laws of the Game.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Scorekeeping and Standings (U-11 and above only)

1. It shall be the responsibility of both teams to report the score online at www.ncyouthsoccer.com no later than the first Friday following the day of the game being played. Should both teams fail to report the result of their game, the game will be recorded as a forfeit, and no points will be awarded in the standings.
2. Standings will automatically be updated online as scores are submitted by coaches.
3. Reporting a score late may result in a \$25 fine, payable by check or money order to NCYSA.
4. Disputed scores must be reported within (7) days of the game in question to the NCYSA office. Disputes will be verified and corrected as appropriate. If disputed scores cannot be verified game, will be recorded a loss for both teams.
5. Standings shall be determined by a point system. Three (3) points shall be awarded for a win; one (1) point shall be awarded for a draw and zero (0) points shall be awarded for a loss or forfeiture. No points will be counted for goals.
6. Both coaches shall report lack of assigned Referee to NCYSA scorekeeper.
7. Matches that are canceled due to unplayable field conditions must be reported by one or both coaches within seven (7) days of cancellation, and may be rescheduled at the discretion of the NCYSA scheduler.
8. Re-scheduling game between teams shall be allowed as long as both coaches have agreed in writing, both clubs and NCYSA have been informed of new date, time, location.

Disciplinary Procedures (Protests and Appeals)

1. The Disciplinary Committee of NCYSA usually meets Wednesday nights during the regular recreational soccer season; it is made up of representatives from all the clubs in the Association and its Inter-tie affiliations.
2. Protests or complaints involving improper player equipment will not be considered valid and timely unless the equipment being objected to has been previously called to the attention of the Referee during the playing of the match.
3. Protests of game results shall be made according to the By-Laws of the NCYSA and shall be addressed to the V.P. of Competition or Disciplinary Chair. These protests, as provided for in the By-Laws, must be **phoned in within twenty-four (24) hours and a written report within forty-eight (48) hours of the game**, accompanied by a twenty-five (\$25.00) dollar fee payable to NCYSA.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

4. Yellow Card (Caution): Cards will be filed and team total points will be maintained in the NCYSA office. If you feel a coach or player has received a yellow card unfairly, do not wait until that player has accumulated a three-card total to state an objection to the first card. Three yellow cards in a season will result in a one- (1) game sit out penalty.
5. Red Cards: A player (or coach) receiving a red card (ejection) will leave the game at once. No substitution is made (assistant coach or designated parent will take over if coach is asked to leave). Participants who are ejected from the match may be suspended from participation in the next regularly scheduled match, pending a Disciplinary Committee review. Participants ejected during a match shall not participate further in the match (including post-game handshake, cheer, etc.) in any way; and when possible, should leave the vicinity of the field.
6. The Disciplinary Committee shall determine the actual length of suspensions, the player (coach) and the Club President will be notified of the suspension.

The player (coach) will receive an official report that is to be signed by the Referee stating that the person sat out each of the required games. When the form is completed for the required number of games, it must be returned to NCYSA within fourteen (14) days. Failure to return the form to NCYSA after the appropriate time will result in the player's team being reported to the Association President and further disciplinary action.

7. The Disciplinary Committee may, at its discretion, require players, coaches and/or Club representatives to appear at a Disciplinary Committee hearing as circumstances warrant.
8. A coach shall have the right to protest any misapplication of "The Laws of The Game" they feel **affected the outcome of the game**. The following steps shall be followed to issue protest: COACHES SHOULD REVIEW BY-LAW ARTICLE IX SECTION 2.D (i.e. involves a judgment call or discretionary decision by an official.)
 - a. Protesting coaches shall formally notify the Referee and/or opposing coach of the intent to protest, as well as the nature of the protest, before leaving the field of play. The Referee shall notify the opposing coach immediately.
 - b. The protesting coach shall call the NCYSA office within twenty-four (24) hours of 9:30 p.m. of the day of the match, (425) 252-2099, and provide a written report within forty-eight (48) hours, for the protest to be valid.
 - c. A protest fee of \$25.00 shall be paid to NCYSA at or before the hearing on the protest (this fee may be refunded if the appeal is upheld).
 - d. The coach shall appear before the Disciplinary Committee as required. Failure to comply may result in the matter being referred to the WSYSA Ethics Committee.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

- e. Upon receipt of a written protest the Disciplinary Committee shall hold a hearing to determine the validity of the protest and apply appropriate sanctions. Proceedings of the Disciplinary Committee are pursuant to Article IX of the NCYSA By-laws.
9. Abandoned games (WYS Rules & Regulations shall apply).
 10. Any NCYSA player, coach or spectator receiving a red card (or incident report) for "violent conduct" during any WYS sanctioned game, that is subsequently upheld by the Disciplinary Committee, will be suspended from participation in any further WYS sanctioned games until that player, coach or spectator has met with the NCYSA Executive Board. This action is independent of actions taken by league disciplinary boards. The Executive Board may suspend the individual or the entire team for a number of games or for the remainder of the season.
 11. Any complaint or comment regarding a Referee's ability, demeanor, or appearance shall be submitted to the Club Referee Assignor or to the NCYSA office, attn: VP Development.



NCYSA Procedures and Rules of Competition for Recreational Play 2010

NCYSA Rules of Competition

The FIFA Laws of the Game may be accessed via the North Chapter Soccer Referees website at

www.ncrefs.org.

For the following sections, only applicable modifications to the Laws will be included.



NCYSA Procedures and Rules of Competition for Recreational Play 2010

Under-8 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-8	4 max. including GK	8 max.	Two – 25 min halves	3

Field Dimension Chart

Age Group	Recommended * Field Size	Recommended Goal Size	Min/Max Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-8	20x35 yd. to 35x40 yd.	6 ft. x 12 ft.	6 ft. high 6 - 18 ft. long	6 yd.	2 yd. to 4 yd.	6 yd. to 8 yd.	1 yd.	No

*Size given is nominal; at minimum field dimensions, goal and penalty area sizes may need to be reduced to be consistent with overall field size limitations.

Law I-The Field of Play

Conform to FIFA with the following exceptions:

1. Dimensions: The field of play shall be rectangular. Age specific recommendations for field sizes are included in the Field Dimension Chart. The length in all cases shall exceed the width.
2. Markings: Distinctive lines not more than five (5) inches wide. A halfway line shall be marked out across the field. The center circle, goal area, penalty area, and corner arcs should be marked using the age-appropriate dimensions from the Field Dimension chart. Field markings may be delineated using disk cones where chalk or paint are or not feasible (e.g., artificial turf, multi-age group use of the same fields, conflicts with school district or public park field use policies, etc.).
3. Goals: Age specific requirements for recommended and maximum goal size are included in the Field Dimension Chart. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times. For U-8, in the event that there are no permanent or portable goals, traffic cones may be set up or any other safe object may be used to mark the goals. In this case the top of the goalkeeper's hands will determine the "imaginary" height of the crossbar.

Law II-The Ball

Conform to FIFA with the following exceptions:

A legal ball at the start of the match is defined as spherical, of the following circumference, weight and pressure: Size 3 ball -- 23-24 in., 08-10 oz., 9-10.5 lbs. /sq. inch

Law III-The Number of Players

Conform to FIFA with the following exceptions:

1. Age specific requirements for number of players on the field at any one time are included in the Game Format Summary Chart.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

2. Age specific requirements for number of players on the roster are included in the Game Summary Chart.
3. Age specific requirements for use of goalkeepers are included in the Game Format Summary Chart.
4. Substitutions may be made, with the consent of the referee, during any stoppage of play.
5. The number of substitutes shall be unlimited unless a Age specific requirements competition superceding the jurisdiction of the WSYSA determines otherwise.
6. Permission for substitution is not required at quarter break or half time break.

Law IV-The Players Equipment

Conform to FIFA with the following exceptions:

Refer to Player Responsibilities section for equipment related rules.

Law V-The Referee

Conform to FIFA with the following exceptions:

Rather than require a Certified Referee, an OFFICIAL (Game Manager, Coordinator, Observer, Parent, or Coach) may be used for U-8. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are the same as a Referee under the FIFA Laws of the Game: keep time, enforce the rules, stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer, too, and the best time to educate all on the Laws of The Game.

Law VI-The Assistant Referees

Conform to FIFA with the following exceptions:

Assistant Referees are not required in the small-sided game. Volunteer linesmen may be used at the discretion of the referee for the purpose of calling the ball in or out of play only.

Law VII-The Duration of the Match

Conform to FIFA with the following exceptions:

1. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
2. Half-time break shall be five (5) minutes.

Law VIII-The Start and Restart of Play

Conform to FIFA with the following exceptions:

1. Preliminaries.
 - a. A coin is tossed and the team winning the toss decides which goal it will attack in the

NCYSA Procedures and Rules of Competition for Recreational Play 2010

first half of the match.

- b. The other team takes the kick-off to start the match.
- c. The team winning the toss takes the kick-off to start the second half of the match.
- d. In the second half of the match the teams change ends and attack the opposite goals.

2. Start of Play

- a. The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle (i.e., 6 yards for U-8).
- b. The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player.
- c. For any infraction of the kickoff procedure, the kickoff shall be retaken.
- c. A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

3. Restart of Play

- a. After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
- b. Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA with the following exceptions:

- 1. A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the cross bar.
- 2. In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's arms.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

3. In the case the goal marker (cone) is knocked over or moved as a result of a direct hit by the ball as it crosses the goal line, the goal will not be allowed. In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. As in all judgment calls, the referee's decision will be final.

Law XI-Offside

Conform to FIFA with the following exceptions:

The offside rule will not apply to any U-8 team; however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach.)

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

1. All fouls will result in an INDIRECT FREE KICK with the opponents eight (8) yards away.
2. In addition to those offenses defined in the FIFA Laws of the Game, an **INDIRECT KICK** shall be awarded to the opposing team if a player, in the opinion of the referee: Slide tackles (**Slide tackling is not allowed for U-8.**)
3. Consistent with the educational intent of the Small-Sided Program, the referee should inform the offending player of the infraction that was committed.
4. Charging the goalkeeper:
 - a. No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever.
 - b. Included in "having control of the ball" is, if the goalkeeper holds the ball on the ground with one or both hands.

Law XIII-Free Kicks

Conform to FIFA with the following exceptions:

1. Shall be classified under one heading – Indirect.
2. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.
3. No kicks shall be taken by the attacking team within the defending team's goal area.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Law XIV- The Penalty Kick

Conform to FIFA with the following exceptions:

No Penalty Kicks will be granted at U-8.

Law XV-The Throw-In

Conform to FIFA with the following exceptions:

1. For U-8, a second throw-in will be allowed if an incorrect throw occurs. Before the “offending” player takes the throw-in, the referee will instruct the thrower on the proper technique and then proceed with the throw-in.
2. The thrower may not play the ball until another player has touched it. If the thrower plays the ball a second time before another player has touched it, the above re-throw rules will apply. The referee will explain the proper procedure and allow a re-throw for U-8. If a U-8 player plays the ball twice again, an indirect free kick shall be awarded to the opposing team from the spot where the infringement occurred.
3. A goal shall not be scored directly from the throw-in.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA with the following exceptions:

If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. For any infraction of these laws at U-8, the corner kick shall be retaken.



NCYSA Procedures and Rules of Competition for Recreational Play 2010

Under-9 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-9	5 max. including GK	9 max.	Two 25-minute periods	4

Field Dimension Chart

Age Group	Recommended Field Size	Recommended Goal Size	Min/Max Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-9	20x30 yd. to 35x45 yd.	6 ft. x 12 ft.	6 ft. high 8 - 18 ft. long	6 yd to 8 yd.	4 yd. to 6 yd.	8 yd. to 10 yd	1 yd.	No

Law I-The Field of Play

Conform to FIFA with the following exceptions:

1. Dimensions: The field of play shall be rectangular. Age specific recommendations for field sizes are included in the Field Dimension Chart. The length in all cases shall exceed the width.
2. Markings: Distinctive lines not more than five (5) inches wide. A halfway line shall be marked out across the field. The center circle, goal area, penalty area, and corner arcs should be marked using the age-appropriate dimensions from the Field Dimension chart. Field markings may be delineated using disk cones where chalk or paint are or not feasible (e.g., artificial turf, multi-age group use of the same fields, conflicts with school district or public park field use policies, etc.).
3. Goals: Age specific requirements for recommended and maximum goal size are included in the Field Dimension Chart. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times.

Law II-The Ball

Conform to FIFA with the following exceptions:

A legal ball at the start of the match is defined as spherical, of the following circumference, weight and pressure: Size 4 ball -- 25-26 in., 11-13 oz., 9-10.5 lbs. /sq. inch

Law III-The Number of Players

Conform to FIFA with the following exceptions:

1. Age specific requirements for number of players on the field at any one time are included in the Game Format Summary Chart.
2. Age specific requirements for number of players on the roster are included in the Game Summary Chart.
3. Age specific requirements for use of goalkeepers are included in the Game Format

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Summary Chart.

4. Substitutions may be made, with the consent of the referee, during any stoppage of play.
5. The number of substitutes shall be unlimited unless a competition superceding the jurisdiction of the WSYSA determines otherwise.
6. Permission for substitution is not required at quarter break or half time break.

Law IV-The Players Equipment

Conform to FIFA with the following exceptions:

Refer to Player Responsibilities section for equipment related rules.

Law V-The Referee

Conform to FIFA with the following exceptions:

1. Registered Referee.
2. Parent/Coach or Assistant.
3. Referee's decision on points of fact connected with the game shall be final.
4. All rule infractions shall be briefly explained to the offending player.

Law VI-The Assistant Referees

Conform to FIFA.

Assistant Referees are not required in the small-sided game. Volunteer linesmen may be used at the discretion of the referee for the purpose of calling the ball in or out of play only.

Law VII-The Duration of the Match

Conform to FIFA with the following exceptions:

1. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
2. Half-time break shall be five (5) minutes.

Law VIII-The Start and Restart of Play

Conform to FIFA with the following exceptions:

1. Preliminaries.
 - a. A coin is tossed and the team winning the toss decides which goal it will attack in the first half of the match.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

- b. The other team takes the kick-off to start the match.
 - c. The team winning the toss takes the kick-off to start the second half of the match.
 - d. In the second half of the match the teams change ends and attack the opposite goals.
5. Start of Play
- a. The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle (i.e., 6 yards for U-8).
 - b. The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player.
 - c. For any infraction of the kickoff procedure, the kickoff shall be retaken.
 - c. A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.
6. Restart of Play
- a. After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
 - b. Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA with the following exceptions:

- 1. A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the cross bar.
- 2. In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's arms.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

3. In the case the goal marker (cone) is knocked over or moved as a result of a direct hit by the ball as it crosses the goal line, the goal will not be allowed. In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. As in all judgment calls, the referee's decision will be final.

Law XI-Offside

Conform to FIFA with the following exceptions:

The offside rule will not apply to any U-9 team; however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach.)

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

1. All fouls will result in an INDIRECT FREE KICK with the opponents eight (8) yards away.
2. The Referee must explain ALL infractions to the offending player.
3. In addition to those offenses defined in the FIFA Laws of the Game, an **INDIRECT KICK** shall be awarded to the opposing team if a player, in the opinion of the referee: Slide tackles (**Slide tackling is not allowed for U-9.**)
4. Charging the goalkeeper:
 - a. No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever.
 - c. Included in "having control of the ball" is, if the goalkeeper holds the ball on the ground with one or both hands.

Law XIII-Free Kicks

Conform to FIFA with the following exceptions:

1. Shall be classified under one heading – Indirect.
2. A goal may not be allowed until the ball has been played or touched by a second player of either team.
3. No kicks shall be taken by the attacking team within the defending team's goal area.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Law XIV- The Penalty Kick

Conform to FIFA with the following exceptions:

No Penalty Kicks will be granted at U-9.

Law XV-The Throw-In

Conform to FIFA with the following exceptions:

A second throw-in will be allowed if the player commits a foul on the initial attempt. The referee will instruct the thrower on the proper method before allowing the player to re-throw.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA with the following exceptions:

If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. For any infraction of these laws at U-9, the corner kick shall be retaken.



NCYSA Procedures and Rules of Competition for Recreational Play 2010

Under-10 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-10	6 max. including GK	10 max.	Two 25-minute periods	4

Field Dimension Chart

Age Group	Recommended Field Size	Recommended Goal Size	Min/Max Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-10	30 x 35 yd. to 35 x 55 yd.	6 ft. x 18 ft.	6 ft. high x 12 ft. 6ft - 18 ft. long	8 yd.	6 yd.	10 yd.	1 yd.	None

Law I-The Field of Play

Conform to FIFA with the following exceptions:

1. Dimensions: The field of play shall be rectangular. Age specific recommendations for field sizes are included in the Field Dimension Chart. The length in all cases shall exceed the width.
2. Markings: Distinctive lines not more than five (5) inches wide. A halfway line shall be marked out across the field. The center circle, goal area, penalty area, and corner arcs should be marked using the age-appropriate dimensions from the Field Dimension chart. Field markings may be delineated using disk cones where chalk or paint are or not feasible (e.g., artificial turf, multi-age group use of the same fields, conflicts with school district or public park field use policies, etc.).
3. Goals: Age specific requirements for recommended and maximum goal size are included in the Field Dimension Chart. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times.

Law II-The Ball

Conform to FIFA with the following exceptions:

A legal ball at the start of the match is defined as spherical, of the following circumference, weight and pressure: Size 4 ball -- 25-26 in., 11-13 oz., 9-10.5 lbs. /sq. inch

Law III-The Number of Players

Conform to FIFA with the following exceptions:

1. Age specific requirements for number of players on the field at any one time are included in the Game Format Summary Chart.
2. Age specific requirements for number of players on the roster are included in the

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Game Summary Chart.

3. Age specific requirements for use of goalkeepers are included in the Game Format Summary Chart.
4. Substitutions may be made, with the consent of the referee, during any stoppage of play.
5. Permission for substitution is not required at quarter break or half time break.

Law IV-The Players Equipment

Conform to FIFA.

Law V-The Referee

Conform to FIFA with the following exceptions:

1. Registered Referee.
2. Parent/Coach or Assistant as per NCYSA Playing Rule V, #3.
3. Referee's decision on points of fact connected with the game shall be final.
4. All rule infractions shall be briefly explained to the offending player.

Law VI-The Assistant Referees

Conform to FIFA with the following exceptions:

Club linesman at the discretion of the referee for purpose of calling the ball in or out of play only.

Law VII-The Duration of the Match

Conform to FIFA with the following exceptions:

1. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
2. Half-time break shall be five (5) minutes.

Law VIII-The Start and Restart of Play

Conform to FIFA with the following exceptions:

1. Preliminaries.
 - a. A coin is tossed and the team winning the toss decides which goal it will attack in the first half of the match.
 - b. The other team takes the kick-off to start the match.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

- c. The team winning the toss takes the kick-off to start the second half of the match.
 - d. In the second half of the match the teams change ends and attack the opposite goals.
2. Start of Play
- a. The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle (i.e., 6 yards for U-8).

Kick-offs for U10 and above shall be played per FIFA rules.

3. Restart of Play
- a. After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
 - b. Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA.

Law XI-Offside

Conform to FIFA.

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

1. Free kicks shall be classified under 2 (2) headings: "**Direct**", from which a goal can be scored by a direct kick against the offending side and "**Indirect**", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
2. In addition to those offenses defined in the FIFA Laws of the Game, an **INDIRECT KICK** shall be awarded to the opposing team if a player, in the opinion of the referee: Slide

NCYSA Procedures and Rules of Competition for Recreational Play 2010

tackles (**Slide tackling is not allowed for U-10.**)

Law XIII-Free Kicks

Conform to FIFA with the following exceptions:

1. Opponents must be eight (8) yards away before kick is allowed.
2. Direct and indirect free kicks awarded to an attacking team as a result of a foul by a defending team within its own penalty area, will be taken on the penalty area line closest to where the foul occurred.

Law XIV- The Penalty Kick

Conform to FIFA with the following exceptions:

No Penalty Kicks will be granted at U-10.

Law XV-The Throw-In

Conform to FIFA.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA with the following exceptions:

Opponents must be eight (8) yards away before kick is allowed.



NCYSA Procedures and Rules of Competition for Recreational Play 2010

Under-11 through Under-19 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-11	9 max. including GK	14 max.	Two 30-minute periods	4
U-12	11 max. including GK	18 max.	Two 30-minute periods	4
U-13 & U-14	“	“	Two 35-minute periods	5
U-15 & U-16	“	“	Two 40-minute periods	5
U-17 thru U-19	“	“	Two 45-minute periods	5

Field Dimension Chart for U-11

Age Group	Recommended Field Size	Recommended Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-11	35 x 50 yd. to 50 x 80 yd.	8 ft. x 24 ft.	10 yd.	6 yd.	18 yd.	1 yd.	12 yd.
U-12 thru U-19	min. 50 yd. x 100 yd. max. 100 yd x 130 yd	“	“	“	“	“	“

Law I-The Field of Play

Conform to FIFA, with the exception for U-11:

U-11 the minimum field dimensions shall be 35 yards by 50 yards, and the maximum shall be 50 yards by 80 yards. Interior markings shall conform to FIFA.

Law II-The Ball

Conform to FIFA with the following exceptions:

1. The home team shall supply a proper (i.e. size, weight and pressure) ball.
2. The referee shall have the authority to select the best ball available from the equipment of either team. The game shall be played in the discretion of the referee, with the best ball available, even if that ball is improper (i.e. wrong size, rubber, etc.)
3. A legal ball at the start of the match is defined as spherical, of the following circumference, weight and pressure:
 - U-11 through U12: Size 4 ball -- 25-26 in., 11-13 oz., 9-10.5 lbs. /sq. inch
 - U13 through U19: Size 5 ball -- 27-28 in., 14-16 oz., 9-10.5 lbs. /sq. inch

Law III-The Number of Players

Conform to FIFA with the following exceptions:

Substitutions:

1. May be made, with the consent of the referee, at any stoppage of play.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

2. The referee shall allow each team up to a maximum of three (3) players per substitution.
3. Players shall enter and leave the field at the halfway lines.
4. Permission for substitution is not required at half time break.

Law IV-The Players Equipment

Conform to FIFA with the following exceptions:

Refer to Player Responsibilities section.

Law V-The Referee

Conform to FIFA with the following exceptions:

1. The referees judgment and discretionary rulings on the field of play in all cases will be final.
2. Bleeding shall be handled as a normal injury situation. Referee shall send to the touchline a player with any bleeding to receive first aid. Player may re-enter the game after bleeding has been controlled and covered. Substitutions may be made at time of injury with Referee permission. Injured player must check in with Referee prior to re-entering the game.

Law VI-The Assistant Referees

Conform to FIFA with the following exceptions:

1. If neutral assistant referees have not been assigned, the referee may referee without assistance or he may request that each coach provide a person to act as linesman. Assigned assistant referees shall be available at least five (5) minutes prior to the scheduled start of the match. Non-assigned referee appointed assistants shall be deemed to be club linesmen.
2. If the referee elects to utilize club linesmen, said club linesmen shall be used only to call "in" or "out" of play.

Law VII-The Duration of the Match

Conform to FIFA with the following exceptions:

1. Game Durations:
 - U11 thru U12 – two (2) thirty (30) minute halves
 - U13 thru U14 – two (2) thirty-five (35) minute halves
 - U15 thru U16 – two (2) forty (40) minute halves
 - U17 thru U19 – two (2) forty-five (45) minute halves
2. Any team leaving the field of play prior to the completion of the match shall result in that team being awarded a 1 - 0 loss.
3. The referee is the only official timekeeper for the game.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Law VIII-The Start and Restart of Play

Conform to FIFA.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA.

Law XI-Offside

Conform to FIFA.

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

1. In all under-11 age groups and below, no player shall make physical contact with the goal keeper within the penalty area, or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. ("Having control of the ball" is the keeper touching the ball with any part of the body.)
2. In all under-12 age groups and above, no player shall make physical contact with the goalkeeper with in the goal area, harass the goalkeeper, or attempt to play the ball once the goalkeeper has complete control of the ball in any manner and to any degree whatsoever.

Note: Also included in "having control of the ball" is, if the goalkeeper holds the ball on the ground with one or both hands.

3. For infringements of 1 or 2, an indirect free kick shall be awarded.

Law XIII-Free Kicks

Conform to FIFA.

Law XIV- The Penalty Kick

Conform to FIFA.

Law XV-The Throw-In

Conform to FIFA.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Under-14 through Under-19 Co-ed Rules

Law I-The Field of Play

Conform to FIFA.

Law II-The Ball

Conform to FIFA.

Law III-The Number of Players

Conform to FIFA with the following exceptions:

1. A player may be simultaneously registered on a single-sex team and on a co-ed team.
2. Co-ed Rules: No more than five (5) males per team on the field, excluding the goalkeeper. Teams may play with fewer males and more females.
3. Team names shall not be sexually suggestive or profane.

Law IV-The Players Equipment

Conform to FIFA.

Law V-The Referee

Conform to FIFA.

Law VI-The Assistant Referees

Conform to FIFA.

Law VI-The Assistant Referees

Conform to FIFA.

Law VII-The Duration of the Match

Conform to FIFA.

Law VIII-The Start and Restart of Play

Conform to FIFA.

Law IX-The Ball In and Out of Play

Conform to FIFA.

Law X-The Method of Scoring

Conform to FIFA.

Law XI-Offside

Conform to FIFA.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Law XII-Fouls and Misconduct

Conform to FIFA with the following exceptions:

Reckless play that endangers any player is a foul (even when unintentional). Fouls may be called even if there is no contact. These fouls include, but are not limited to:

- a. Tripping, kicking, pushing, or colliding into players while “going for the ball”
- b. Slide tackling
- c. Running out of control, or too fast, and almost colliding with any player
- d. Intimidation by action or words – (this penalty results in an indirect free kick)

Law XIII-Free Kicks

Conform to FIFA.

Law XIV- The Penalty Kick

Conform to FIFA.

Law XV-The Throw-In

Conform to FIFA.

Law XVI-The Goal Kick

Conform to FIFA.

Law XVII-The Corner Kick

Conform to FIFA.



Sample Game Roster

REQUIRED FOR ALL GAMES U8 through U19
see page 4 Coach Responsibilities 2.

Team Name: Blue Thunder
Team Age/Gender – U11B
Coach Name: John Smith

Player Full Name	Player DOB	Player's Jersey Number
Johnny Smith	8-1-95	10
Peter Brown	8-2-95	11
Tim Jones	8-3-95	12
Sam Johnson	8-4-95	13

Recommend to make a roster then make 20 copies. Even if the referee does not ask for this, please support our rules and hand it to them anyway.

Game Etiquette

- a. Abusive behavior toward referees, coaches, players or other spectators will not be tolerated.
- b. Misconduct by coaches and players will be controlled by game official with issuing of yellow and red cards.
- c. Spectator misconduct may result in spectator and responsible coach being removed from the field and possibly being barred from future games.
- d. Remember this is a kid's game. Always encourage good sportsmanship.

Field Etiquette

We are all guests; no matter if our soccer fields belong to schools, cities/county or are privately owned. If there are posted rules, please abide by them. If not, here are a few rules to remember.

- a. No alcoholic beverages.
- b. No use of tobacco products.
- c. No pets (e.g., dogs, etc.) are allowed at the fields. Keep your pets at home.
- d. Utilize appropriate parking spaces. Do not block roadways or obstruct traffic. Drive slowly as children will always be present.
- e. Keep off the goals and nets. Goals are not intended to be used as climbing apparatus for children.
- f. Pick up your garbage. Carry garbage bags as trash cans are not always available.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

Field Directions

Can be found at www.ncrefs.org
click on fields (on the left)

If facility / complex is not listed
go to www.ncyouthsoccer.com
go to fields under "Rec. Standings/Schedules page (on the left)
for address then go to
www.mapquest.com

If field is not listed at either of these sites contact your opponent and verify the field and directions.

Coach's Concussion Resources

Zackery Lystedt Law. Effective July 26, 2009, the Lystedt Law directly affects youth sports and head injury policies particularly how you, as a coach, need to respond to player injuries. The new law requires that:

An informed consent must be signed by parents and youth athletes acknowledging the risk of head injury prior to practice or competition.....

A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”.....

A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play.**

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.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
-and-
2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS AND SYMPTOMS SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- 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 ATHLETE

- Headache or "pressure" in 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"

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a **health care professional** (see Licensed Health Care Provided list below) with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases. Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.** Teach athletes safe playing techniques and encourage them to follow the rules of play. Encourage athletes to practice good sportsmanship at all times. Make sure athletes wear the right protective equipment for their activity (such as shin guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome.^{4,5} Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

NCYSA Procedures and Rules of Competition for Recreational Play 2010

- Cause of the injury and force of the hit or blow to the head
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first 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 the activity until the player receives appropriate medical evaluation and approval for return to play.

Licensed Health Care Providers - What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

Medical Doctors (MD)

Doctor of Osteopathy (DO)

Advanced Registered Nurse Practitioner (ARNP)

Physicians Assistant (PA)

Licensed Certified Athletic Trainers (ATC)

Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. Washington Youth Soccer will update clubs/associations and the wsysa.com website as this information becomes available.

If you think your athlete has sustained a concussion...take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

WYS Coaches Ethics

Purpose: This code of ethics has been developed to clarify and distinguish approved and accepted professional, ethical and moral behavior from that which is detrimental to the development of soccer within the Washington Youth Soccer (WYS).

- Responsibilities to Players

- (1) The coach shall never place the value of winning over the safety and welfare of players.
- (2) Coaches shall instruct players to play within the laws of the game and within the spirit of the game at all times.
- (3) Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players.
- (4) Coaches should not tolerate inappropriate behavior from players regardless of the situation.
- (5) Demands on players' time should never be so extensive as to interfere with academic goals or progress.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

(6) Coaches must never encourage players to violate WYS recruitment, eligibility or players rules and policies.

(7) Coaches should direct players to seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery.

(8) Coaches should take an active role in educating their players about sports nutrition, fitness and about prevention of tobacco use. Coaches should avoid the use of all tobacco and tobacco related products when in the presence or view of players at WYS sanctioned events and related activities.

- Responsibility to WYS and Member Associations

(1) Adherence to all WYS and Member Association rules and policies, especially those regarding eligibility, team formation and recruiting are mandatory and should never be violated. It is the responsibility of each coach to know and understand these rules.

(2) Any problems that cannot be resolved between coaches should be referred to the appropriate WYS or Member Association officer or committee.

- Responsibilities to the Laws of the Game

(1) Coaches should be thoroughly acquainted with and demonstrate a working knowledge of the Laws of the Game.

(2) Coaches are responsible to assure their players understand the intent as well as the application of the Laws.

(3) Coaches must adhere to the letter and spirit of the Laws of the Game.

(4) Coaches are responsible for their players' actions on the field and must not permit them to perform with intent of causing injury to opposing players.

(5) The coach must constantly strive to teach good sporting behavior.

- Responsibility to Officials

(1) Officials must have the support of coaches, players and spectators. Coaches must always refrain from criticizing officials the presence of players or spectators.

(2) Professional respect, before, during and after the game, should be mutual. There should be no demeaning dialogue or gestures between official, coach or player.

(3) Coaches must not incite players or spectators or attempt to disrupt the flow of the game.

(4) Comments regarding an official should be made in writing to the appropriate organization assigning the official.

- Responsibilities regarding Scouting and Recruiting

(1) All WYS rules pertaining to recruiting shall be strictly observed by coach, manager or any team representative.

(2) It is inappropriate to recruit player(s) actively playing for another team.

(3) It is unethical for a player to be recruited or enticed from the Olympic Development Program (ODP) setting, either by his ODP coach or any other coach, manager, player, parent or team representative.

(4) When discussing the advantages of his/her organization, the coach has an obligation to be forthright and refrain from making derogatory remarks regarding other coaches, teams and organizations.

(5) It is unethical for any coach to make a statement to a prospective athlete which cannot be fulfilled; illegal to promise any kind of compensation or inducement for play; and immoral to deliver same.

NCYSA Procedures and Rules of Competition for Recreational Play 2010

(6) Coaches shall not scout any team, by any means whatsoever, except in regularly scheduled games.

- Responsibility of Public Relations

(1) Coaches have a responsibility to promote the game of soccer to the public. Comments and critiques of governing bodies, teams, coaches, players, parents or media should be positive and constructive.

(2) Coaches have the responsibility to assist their players in conducting themselves properly when in public when representing their team, member association and WYS.

(3) Coaches must not attempt to influence member associations or WYS in political or financial dealings outside the framework of their own rules and bylaws.

- Other Responsibilities

(1) A coach's behavior must be such as to bring credit to himself, his organization and the sport of soccer.

(2) While the concept of rivalry is wholly embraced, it cannot take precedence over exemplary professional conduct.

(3) The attitude and conduct of the coach towards officials, players, spectators and coaches should be controlled and undemonstrative.

(4) It is unacceptable for a coach to have any verbal altercation with an opposing coach or bench before, during or after the game.

(5) Coaches must use their influence on his/her spectators that demonstrate intimidating and/or unacceptable



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