

# PROCEDURES AND RULES OF COMPETITION FOR RECREATIONAL PLAY

## NORTH COUNTY YOUTH SOCCER ASSOCIATION

Revised July 2019



## **NCYSA Procedures and Rules of Competition for Recreational Play**

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

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The Disciplinary Committee of NCYSA will meet as needed on Wednesday nights during the regular recreational soccer season; the committee 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.

These rules are for NCYSA and Inter-tie Recreational Teams.  
Select (NPSL), WYS and RCL teams shall be governed by WYS Rules of Competition.

# NCYSA Procedures and Rules of Competition for Recreational Play

## 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 IFAB Laws of the Game for all recreational-level play. Coaches and referees are expected to be familiar with these laws. The IFAB Laws of the Game may be accessed via the North Chapter Soccer Referees web site at [www.ncrefs.org](http://www.ncrefs.org).

These procedures and playing rules shall be amended in the same manner as the NCYSA 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.
5. 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.
6. In the event of a color conflict it is the responsibility of the **home** team to wear a different color jersey or scrimmage vests. The alternate color jersey does not require a number.
7. 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.

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8. 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.
9. The suitability of the field (i.e. marking, surface condition, weather, etc.) shall be determined solely by the discretion of the Referee.
10. 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.
11. Both teams shall be responsible for cleaning debris from field after every game. (Coaches are encouraged to bring paper sacks or garbage bags.)
12. 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.
13. For U-13 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-12, a team must field a minimum number of eligible players equal to the defined maximum number less one. At all age levels, **teams may not use loaned or other non-rostered players** to make up a minimum team.
14. 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.
15. For U-11 and above, if either team has less than the minimum required players to continue a match through injury or ejection, they shall be awarded a 1 - 0 loss.
16. 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.
17. Coaches shall report referee no-show to NCYSA via website [www.ncyouthsoccer.com](http://www.ncyouthsoccer.com).
18. WYS insurance is not in effect for non-sanctioned events (e.g., indoor competition, practice games with non-affiliated teams, etc.).

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## Coach Responsibilities

1. It is recommended that coaches obtain the official IFAB rulebook and become familiar with the Laws of the Game. 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 both the opposing team's coach and referee at **all games U-08 and above**.
  - a. **Failure of either team to supply an approved roster to both the referee and opposing coach will result in a yellow card issued to the coach for "at risk of being considered irresponsible"**.
  - b. The format of an approved roster shall be a printed roster from the team's club registration system (Bonzi, Korrio, Affinity, etc). The roster shall include; team name, club name, age group, coach name, and each player's full name, jersey number, and date of birth. Other than an exception for jersey numbers there should be no hand written additions/changes to a team's roster.
    - 1) Providing a roster via electronic means (ie. Cell phone, tablet, etc.) is not considered as providing an approved roster, and the coach may be subject to 2.a.
  - c. The Roster by definition is a list players who have been correctly registered by the Club at the correct age group and added to the roster of this one team.
  - d. Any additions, transfers and/or deletes to a team's roster must be submitted to the Club Registrar. The coach must have a new official roster, showing the new player prior to the player being eligible for any games.
  - e. A player may not be registered with any "Competitive" registered team recognized by USSF during a given season and on a NCYSA Rec team at the same time. A player may simultaneously register for coed play.
  - f. Should a player change jersey numbers 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.
  - g. Any team to be found violating the registration/roster rules shall be subject to a 1-0 loss in that game.
    - 1) Coaches who do not supply a roster to the opposing team and referee by the start to the match, shall be shown a yellow card for unsporting behavior by the referee and reported as such.
  - h. Further any coach who knowingly plays players who are not properly registered to that team may be subject to disciplinary actions for violation of coaching ethics.

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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:
  - 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.
  - f. If the above rules are violated, the Referee shall ask the responsible coach for compliance with the rules. The Referee may file an 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 NCYSA to report serious infractions within 24 hours, 425-252-2099.

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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.
8. Referee abuse results in a suspension of a minimum of 3 games. Threats or physical assaults of any individual result in automatic suspension.
9. Violation of any automatic suspension results in forfeit of games played.
10. 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 appear before the Disciplinary Committee, and may be suspended for 1 to 3 games or more.

### **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 Youth Soccer. All coaches should familiarize themselves with the Code of Ethics, see page 36.

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.
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 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.

And, may result in disciplinary action against the coach.

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.
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

# NCYSA Procedures and Rules of Competition for Recreational Play

## 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 an assistant referee. 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 assistant referees, and shall be authorized to call the ball in and out of play only.
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 his/her 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 must file an 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 an 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.

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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 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 website at [www.ncrefs.org](http://www.ncrefs.org) or at [www.ncyouthsoccer.com](http://www.ncyouthsoccer.com).

### Player & Parent/Guardian 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.
6. A player shall not wear anything for personal adornment or that may be dangerous to other players or to themselves (i.e., jewelry, watches, earrings and all body piercing, barrettes, buckles, pins, medals, fit bits, 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.

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9. Starting with the 2019 Fall Rec. Soccer Season, NCYSA is allowing casts or splints to be worn by a player during a game, so long as referee approval has been given. Players are not to use the cast or splint in a manner that could be considered “dangerous play”, and if found guilty of this, shall be subject to the punishment per the Laws of the Game.
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.

### Game Re-scheduling Policy

1. Clubs may re-schedule games on day of play (time and/or field); if reasons are due to field or referee availability. Games may be rescheduled also due to unforeseen emergency situations (i.e. field closures, weather (lightening, etc.).
2. All parties (coaches and home field rep) must agree to the change before submittal to NC for update to schedule. Written notification is required to be provided at time of submittal to NC.
3. **At no time should a coach directly contact North County (NC) office for assistance in reschedule of a game. The clubs involved are responsible for game re-schedules.**
4. The policy for a game re-schedule is:
  - a. Requesting coach is to contact opposing coach as soon as known situation has presented itself. Provide current situation, and obtain agreement that the game can be moved to a new date/time/field.
  - b. Forward the request to the home club rep (registrar, vp of teams, or other designated official) informing of the situation. That official will notify the referee assignor and NC.
  - c. When both teams agree on a re-schedule date/field/time the home club rep shall contact the referee assignor and NC office to provide details on updated game information. Proof of both coaches agreeing is required for NC to update the website.
  - d. At no time may a coach reschedule a game without the permission of opposing coach, home club and North County.

### 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](http://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 may 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.

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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 as "no game played" 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.
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.

### **Disciplinary Procedures (Protests and Appeals)**

1. The Disciplinary Committee of NCYSA will meet as needed on 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 Policies and/or By-Laws of the NCYSA and shall be addressed to the V.P. of Competition or Disciplinary Chair. These protests must be **phoned in within twenty-four (24) hours (425) 252-2099 and a written report within forty-eight (48) hours of the game**, accompanied by a twenty-five (\$25.00) dollar fee payable to NCYSA.
4. Yellow Card (Caution): Cards will be filed and team total points will be maintained in the NCYSA office. Three yellow cards in a season will result in a one (1) game sit out penalty.
5. Red Cards: A player/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 ejected). 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, will leave the vicinity of the field.

Coach expulsion carries a minimum one (1) game suspension and up to four (4) game suspension depending on the type of infraction and pending review by the Disciplinary Committee.

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6. The Disciplinary Committee shall determine the actual length of suspension/s using WYS guidelines. The player/coach (via team contact) and the Club President will be notified of the suspension.

The player/coach (via team contact) will receive an official notice that is to be signed by the Referee stating that the person has 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 players' team being reported to the Association President and possible additional disciplinary action.

7. Penalty points will be accumulated over the seasonal year. Yellow cards will be accumulated at one (1) point each, red cards at three (3) points each. A player receiving two (2) yellow cards in one game, resulting in a red card will count as three (3) points and will be suspended for one (1) game. Should this player have a yellow card from a previous game, that card will carry forward and count for future infractions.
8. Players that accumulate seven (7) points from red and/or yellow cards during the seasonal year will be suspended and be required to petition the Disciplinary Committee for reinstatement of eligibility to compete on any Washington Youth Soccer team. Upon reinstatement, the Disciplinary Committee will set the terms and conditions of probation. Failure to comply with the terms and conditions of probation may cause those player(s) to be suspended for the remainder of the seasonal year.
9. The Disciplinary Committee may, at its discretion, require players, coaches and/or Club representatives to appear at a Disciplinary Committee hearing as circumstances warrant.
10. A coach shall have the right to protest any misapplication of "The Laws of The Game" they feel **affected the outcome of the game**.
  - a. Protesting coaches shall formally notify the Referee and opposing coach of the intent to protest, as well as the nature of the protest, before leaving the field of play. If necessary 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 WYS Ethics Committee.
  - 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.

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11. Abandoned games: In the event a report is received by the referee of an abandoned game, the disciplinary committee, upon review will determine the official outcome of game. Team causing abandonment will be awarded a 1-0 loss and further disciplinary action may be issued to coach, player/s involved.
12. 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, may 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.
13. 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

## Build Out Line Instructions

Due to the nature of the Build out line and its numerous rules/practices around it, NCYSA has broken the Build Out Line information separately from the playing rules for user ease. Infractions of the Build Out Line and guidelines are still contained within the playing rules in addition to what is written below.

- 1) Off Side-
  1. The Offside line will be based upon the age group playing
    - a. For U9-U11 the Build Out Line will be the determining line for start of offside.
    - b. No player that is within the area between the build out line and the halfway line shall be called for an Offside offense.
    - c. Once a player has passed the Build Out Line, the IFAB Laws of the Game for Offside (Law XI) are used to determine an Offside offense.
- 2) Goal Kicks
  1. All opposing players are to be behind the build out line prior to the kick taken.
  2. A ball will be considered to be in play when one of 3 things has happened:
    - a. A ball has been played by a player within the Penalty Area per the IFAB laws of the game
    - b. The ball has left the Penalty Area when not being touched by another player (I.E., Defender is standing outside of the Penalty area to receive a Goal Kick).
    - c. If the opposing team is attempting to retreat to the build out line and the kick hits them, the ball is considered live.
  3. If the opposing team goes past the build out line prior to the ball going into play, a re-kick is taken.
- 3) Goalie Possession
  1. Once a goalie has clear possession of a ball, the defending team is to retreat to the build out line.
  2. A ball will be considered to be in play once the goalie has released possession of the ball.
    - a. Releasing possession is rolling/throwing the ball
    - b. Releasing the ball to their own feet and attempting to play the ball
    - c. If the opposing team is attempting to retreat to the build out line and the goalie releases the ball and it hits them, the ball is considered live.
  3. If the opposing team goes past the build out line prior to the ball going into play, a drop ball to the goal is performed.

## NCYSA Procedures and Rules of Competition for Recreational Play

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



The WYS Rules of Competition and  
IFAB Laws of the Game  
may be accessed  
via the North County website.

[www.ncyouthsoccer.com](http://www.ncyouthsoccer.com)

# NCYSA Procedures and Rules of Competition for Recreational Play

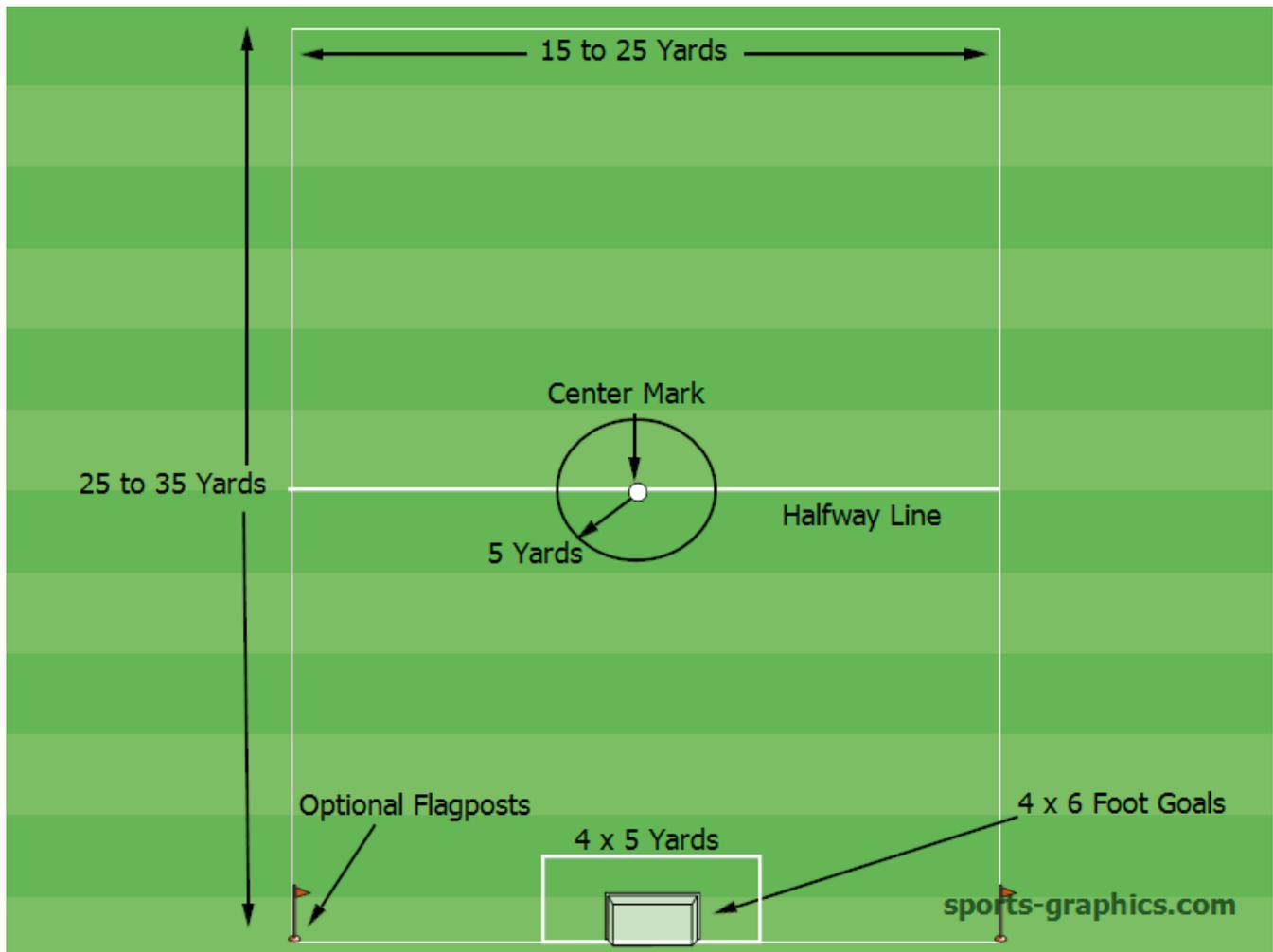
## Under-8 Rules

### Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-8	4 max. <b>(NO GOALKEEPERS)</b>	4 min - 8 max.	Four 10 min quarters	3

### Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-8	25 yd x 35 yd.	Min 15 x 25 yd Max 25 x 35 yd	4 ft. x 6 ft.	5 yd.	4 yd. x 5 yd.	None	1 yd.	None



# NCYSA Procedures and Rules of Competition for Recreational Play

## **Law I-The Field of Play** - Conform to IFAB 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.
4. Build Out Lines: The half line will be used as the build out line. The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line, the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

## **Law II-The Ball** - Conform to IFAB with the following exceptions:

1. The ball shall be a Size 3

## **Law III-The Players** - Conform to IFAB with the following exceptions:

1. Age specific requirements for number of players on the field at any one time and the minimum and maximum players on the roster are included in the Game Format Summary Chart.
2. There are NO goalkeepers at U8
3. Substitutions may be made, with the consent of the referee, during any stoppage of play.
4. The number of substitutes shall be unlimited unless an age specific competition superseding the jurisdiction of the WYS determines otherwise.
5. Permission for substitution is not required at breaks between periods.

# NCYSA Procedures and Rules of Competition for Recreational Play

**Law IV-The Players Equipment** - Conform to IFAB with the following exceptions:

Refer to Player Responsibilities section for equipment related rules.

**Law V-The Referee** - Conform to IFAB with the following exceptions:

1. Parent/Coach or Assistant.
2. The decision of the agreed upon official on points of fact connected with the game shall be final.
3. All rule infractions shall be briefly explained to the offending player.

**Law VI-The Other Match Officials** - Conform to IFAB with the following exceptions:

Assistant Referees are not required or encouraged in the small-sided game.

**Law VII-The Duration of the Match** - Conform to IFAB with the following exceptions:

1. The game shall be divided into four ten (10) minute quarters.
2. The two mid-period breaks shall be five (5) minutes each.

**Law VIII-The Start and Restart of Play** - Conform to IFAB with the following exceptions:

1. Preliminaries.
  - a. The Home Team shall choose the side of the field they wish to defend in first qtr. There shall be no coin toss.
  - b. Home team will kick off in 1st/3rd quarters.
  - c. The Away team will kick off in the 2nd/4th quarters.
  - d. Home/Away teams will switch sides between 2nd/3rd quarters.
2. Start of Play
  - a. The ball will be placed at the center of the field by the referee and the game will start , after 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., 5 yards for U-8).
  - b. The ball is in play when it is kicked and moves. 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.

## NCYSA Procedures and Rules of Competition for Recreational Play

- d. 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 IFAB.

**Law X-Determining the Outcome of a Match** - Conform to IFAB with the following exceptions:

1. Standings are not kept at U-8, do not record or report goal totals.

**Law XI-Offside** - Conform to IFAB 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, commonly referred to as 'cherry picking'. The game official 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 IFAB with the following exceptions:

1. All fouls will result in an **INDIRECT FREE KICK**.
2. All Free Kicks, the required distance for a defending player will equal that of the age-appropriate center circle (radius). 5 yards for U-8.
3. In addition to those offenses defined in the IFAB 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.**)
4. Consistent with the educational intent of the Small-Sided Program, the referee should inform the offending player of the infraction that was committed.

## **NCYSA Procedures and Rules of Competition for Recreational Play**

5. Deliberate heading is not allowed in the U-8 division. If the referee determines that a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.
6. No yellow or red cards will be issued or presented to players. Referees may suggest a player be substituted and provide a cooling off period. The referee or their parent will contact the referee assignor for coach or parent problems.
7. If a coach does not provide an Official roster prior to the start of the game to the opposing coach, the opposing coach shall report this to the NCYSA Office.

**Law XIII-Free Kicks** - Conform to IFAB with the following exceptions:

1. Shall be classified under one heading – Indirect.

**Law XIV- The Penalty Kick** -

**No Penalty Kicks will be granted at U-8.**

**Law XV-The Throw-In** - Conform to IFAB 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.

**Law XVI-The Goal Kick** - Conform to IFAB.

**Law XVII-The Corner Kick** Conform to IFAB with the following exceptions:

1. Opponents must be five (5) yards away before the kick is allowed.





## NCYSA Procedures and Rules of Competition for Recreational Play

### Law I-The Field of Play - Conform to IFAB 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.
4. **Build Out Lines: The build out line will be equal distant between the top of the penalty area and the halfway line and visible from touch line to touch line.** The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

### Law II-The Ball - Conform to IFAB with the following exceptions:

1. The ball shall be a size 4

### Law III-The Players - Conform to IFAB with the following exceptions:

1. Age specific requirements for number of players on the field at any one time and the minimum and maximum players on the roster are included in the Game Format Summary Chart.
2. Substitutions may be made, with the consent of the referee, during any stoppage of play.
3. The number of substitutes shall be unlimited unless an age specific competition superseding the jurisdiction of the WYS determines otherwise.
4. Permission for substitution is not required at breaks between periods.

### Law IV-The Players Equipment - Conform to IFAB with the following exceptions:

Refer to Player Responsibilities section for equipment related rules.

## **NCYSA Procedures and Rules of Competition for Recreational Play**

**Law V-The Referee** - Conform to IFAB with the following exceptions:

4. Registered Referee.
5. Refer to Team Responsibilities #16, page 4.
6. The decision of the agreed upon official or assigned referee on points of fact connected with the game shall be final.
7. All rule infractions shall be briefly explained to the offending player.

**Law VI-The Other Match Officials** - Conform to IFAB with the following exception:

1. Assistant Referees should not be assigned to small-sided game.

**Law VII-The Duration of the Match** - Conform to IFAB 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.
3. No Added time at the end of either half.

**Law VIII-The Start and Restart of Play** - Conform to IFAB

**Law IX-The Ball In and Out of Play** - Conform to IFAB.

**Law X-Determining the Outcome of a Match** - Conform to IFAB with the following exceptions:

1. Standings are not kept at U9 or U10, do not record or report goal totals.

**Law XI-Offside-** Conform to IFAB with the following exceptions:

A player can only be in an offside position if any part of the head body or feet is between the opponents build-out line and goal line.

NOTE: An attacking player would have to be between the build-out line and the opponent's goal line to possibly be in an offside position. By using the build-out line as the offside line, it's far less likely that passes over the top will be made and more space is created for movement off the ball for the second and third attackers

**Law XII-Fouls and Misconduct** - Conform to IFAB with the following exceptions:

1. The Referee should explain ALL infractions to the offending player.

## NCYSA Procedures and Rules of Competition for Recreational Play

2. A goal keeper may not Punt or Drop kick the ball.
  - a. An Indirect Free Kick is awarded at spot of foul.
  - b. If foul occurred in the Goal Area, it shall be brought to the goal area line
3. Charging the goalkeeper:
  - a. No player shall make physical contact with the goalkeeper within the Penalty Area. Included in “having control of the ball” is, if the goalkeeper holds the ball on the ground with one or both hands.
4. Deliberate heading is not allowed in the U-9/U10 divisions. If the referee determines that a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.
5. If a coach does not provide an Official roster prior to the start of the game, to the opposing coach and referee, the offending coach shall be shown a yellow card for “at risk of being considered irresponsible”.

**Law XIII-Free Kicks** - Conform to IFAB with the following exceptions:

1. All Free Kicks, the required distance for a defending player will equal that of the age appropriate center circle (radius). 8 yards for U-9, U10.

**Law XIV- The Penalty Kick** - Conform to IFAB.

**Law XV-The Throw-In** - Conform to IFAB.

**Law XVI-The Goal Kick** - Conform to IFAB.

**Law XVII-The Corner Kick** - Conform to IFAB with the following exceptions:

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



# NCYSA Procedures and Rules of Competition for Recreational Play

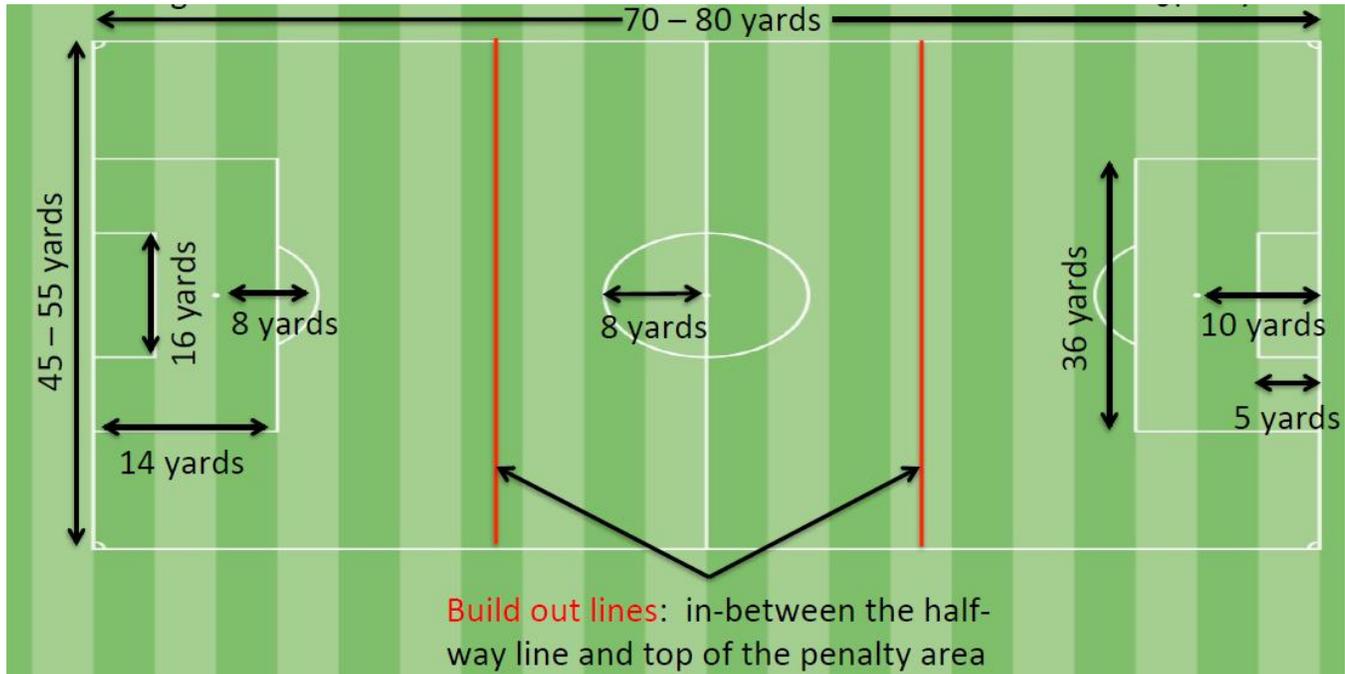
## Under-11 & Under-12 Rules

### Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-11 & U-12	9 max. including GK	9 min - 14 max.	Two 30-minute halves	4

### Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-11 U-12	55 yd. x 80 yd.	Min 45 x 70 yd Max 55 x 80 yd	6 ft. x 18 ft.	8 yd.	5 yd. x 16 yd	14 yd. x 36 yd	1 yd.	10 yd.



### Law I-The Field of Play - Conform to IFAB 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

## **NCYSA Procedures and Rules of Competition for Recreational Play**

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 goal size are included in the Field Dimension Chart, and the maximum size is 7 ft x 21 ft. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times.
4. **U11 Only - Build Out Lines: The build out line will be equal distant between the top of the penalty area and the halfway line and visible from touch line to touch line.** The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.
5. **U12 Only** – No build out line will be used for a U12 match. Clubs may use the same field as a U11, however the teams and referee are to ignore the line.

**Law II-The Ball** - Conform to IFAB:

**Law III-The Players** - Conform to IFAB with the following exceptions:

1. Age specific requirements for number of players on the field at any one time and the minimum and maximum players on the roster are included in the Game Format Summary Chart.
2. Substitutions may be made, with the consent of the referee, during any stoppage of play.
3. The number of substitutes shall be unlimited unless an age specific competition superseding the jurisdiction of the WYS determines otherwise.
4. Permission for substitution is not required at breaks between periods.
5. Min number of players to start or restart play is 6.

**Law IV-The Players Equipment** - Conform to IFAB with the following exceptions:

Refer to Player Responsibilities section for equipment related rules.

**Law V-The Referee** - Conform to IFAB with the following exceptions:

1. Registered Referee.
2. Refer to Team Responsibilities #16, page 4.

## NCYSA Procedures and Rules of Competition for Recreational Play

3. The decision of the agreed upon official 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 Other Match Officials** - Conform to IFAB with the following exceptions:

Assistant Referees should not be assigned to small-sided game

**Law VII-The Duration of the Match** - Conform to IFAB with the following exceptions:

1. The game shall be divided into two (2) equal halves of thirty (30) minutes each.
2. Half-time break shall be five (5) minutes.

**Law VIII-The Start and Restart of Play** - Conform to IFAB

**Law IX-The Ball In and Out of Play** - Conform to IFAB.

**Law X-Determining the Outcome of a Match-** Conform to IFAB

**Law XI-Offside** - Conform to IFAB with the following exceptions:

1. **U11 Only** – A player can only be in an offside position if any part of the head body or feet is between the opponents build-out line and goal line.

NOTE: An attacking player would have to be between the build-out line and the opponent's goal line to possibly be in an offside position. By using the build-out line as the offside line, it's far less likely that passes over the top will be made and more space is created for movement off the ball for the second and third attackers

**Law XII-Fouls and Misconduct** - Conform to IFAB with the following exceptions:

- 1) No player shall make physical contact with the goalkeeper within the Penalty Area. Included in "having control of the ball" is, if the goalkeeper holds the ball on the ground with one or both hands.
2. **U11 Only** – Deliberate heading is not allowed at the U11 Division. If a referee determines a deliberate heading has occurred:
  - a. Foul shall be at spot of occurrence
  - b. If heading occurred in the Goal Area, it shall be brought to the goal area line parallel to the nearest from point of infringement.
3. **U11 Only** – A goal keeper may not Punt or Drop kick the ball.
  - a. An Indirect Free Kick is awarded at spot of foul.
  - b. If foul occurred in the Goal Area, it shall be brought to the goal area line
4. If a coach does not provide an Official roster prior to the start of the game, to the opposing coach and referee, the offending coach shall be shown a yellow card for "at risk of being considered irresponsible".

## NCYSA Procedures and Rules of Competition for Recreational Play

**Law XIII-Free Kicks** - Conform to IFAB with the following exceptions:

All Free Kicks, the required distance for a defending player will equal that of the age-appropriate center circle (radius). 8 yards for U-11/U-12.

**Law XIV- The Penalty Kick** - Conform to IFAB

**Law XV-The Throw-In** - Conform to IFAB.

**Law XVI-The Goal Kick** - Conform to IFAB.

**Law XVII-The Corner Kick** - Conform to IFAB with the following exceptions:

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



# NCYSA Procedures and Rules of Competition for Recreational Play

## Under-13 through Under-19 Rules

### Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-13	11 max. including	11 min - 18 max.	Two 35-minute periods	5
U-14	GK	11 min - 18 max.	Two 35-minute periods	5
U-15	11 max. including	11 min - 22 max.	Two 40-minute periods	5
U-16	GK	11 min - 22 max.	Two 40-minute periods	5
U-17 thru U-19	11 max. including GK 11 max. including GK 11 max. including GK	11 min - 22 max.	Two 45-minute periods	5

### Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Recommended Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-13 thru U-19	75 yd. x 115yd.	Min 50 x 100 yd Max 75 x 115 yd	8 ft. x 24 ft.	10 yd.	6 yd.	18 yd.	1 yd.	Laws of the Game

**Law I-The Field of Play** - Conform to IFAB

**Law II-The Ball** - Conform to IFAB

**Law III-The Players** - Conform to IFAB with the following exceptions:

Substitutions:

1. May be made, with the consent of the referee, at any stoppage of play.
2. Maximum team roster size for age U-15 through U-19 is 22 registered players. The maximum number of players suited up to play and noted on the game sheet presented to the referee in a match is 18.

**Law IV-The Players Equipment** - Conform to IFAB with the following exceptions:

Refer to Player Responsibilities section.

## **NCYSA Procedures and Rules of Competition for Recreational Play**

**Law V-The Referee** - Conform to IFAB with the following exceptions:

1. The decision of the agreed upon official on points of fact connected with the game shall be final.

**Law VI-The Other Match Officials** - Conform to IFAB

**Law VII-The Duration of the Match** - Conform to IFAB with the following exceptions:

1. Game Durations:
  - U13, U14 – two (2) thirty-five (35) minute halves
  - U15, 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.

**Law VIII-The Start and Restart of Play** - Conform to IFAB.

**Law IX-The Ball In and Out of Play** - Conform to IFAB.

**Law X-The Method of Scoring** - Conform to IFAB.

**Law XI-Offside** Conform to IFAB.

**Law XII-Fouls and Misconduct** - Conform to IFAB with the following exception:

1. If a coach does not provide an Official roster prior to the start of the game, to the opposing coach and referee, the offending coach shall be shown a yellow card for “at risk of being considered irresponsible”.

**Law XIII-Free Kicks** - Conform to IFAB.

**Law XIV- The Penalty Kick** - Conform to IFAB.

**Law XV-The Throw-In** - Conform to IFAB.

**Law XVI-The Goal Kick** - Conform to IFAB.

**Law XVII-The Corner Kick** - Conform to IFAB.

# NCYSA Procedures and Rules of Competition for Recreational Play

## SPRING RULES

Shall conform to all above NCYSA Fall League Rules with one exception:

No scores or standings will be kept for any age group.



# NCYSA Procedures and Rules of Competition for Recreational Play

## Sample Game Roster

**REQUIRED FOR ALL GAMES U8 through U19**

see page 4 Coach Responsibilities 2

Club: Everett  
Team Name: Blue Thunder  
Team ID: 113347123  
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.**

**COMPUTER GENERATED ROSTER FROM CLUB REQUIRED.**

### **WYS Player Insurance**

A player's insurance coverage is in effect once the registration process is completed and covers the player from the time they leave the house for a game or practice to the time they return home. Insurance coverage is secondary coverage with a deductible TBD by WYS. Insurance coverage is in effect for all WYS sanctioned games and events. In the event a player does get hurt in a practice or game, and it is necessary to file a claim go to the WYS website [www.washingtonyouthsoccer.org](http://www.washingtonyouthsoccer.org) for instructions and appropriate forms.

# NCYSA Procedures and Rules of Competition for Recreational Play

## Game Policy

- 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 Policy

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

- a. No alcoholic beverages, or other controlled substances (ie. Cannabis, Illegal drugs, etc..).
- b. No use of tobacco, vaping, etc.. 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.

## Field Directions

Can be found at [www.ncrefs.org](http://www.ncrefs.org) click on fields (on the left)

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

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

## **NCYSA Procedures and Rules of Competition for Recreational Play**

### **Weather/Lightning Policy**

Should a game be suspended due to weather conditions all players, coaches, officials, spectators should seek shelter as appropriate. Play will not be resumed until 30 minutes after the last thunder/lightning sighting. Match officials are required to stay on site (sheltered) as long as the match can still be resumed. If the coaches indicate they will not resume due to weather/time then referees need to indicate that on the match report and contact their assignor. Coaches should notify their appropriate club. It is very likely that there is a match scheduled behind the current one and you may not be able to resume play.

If a game is delayed for weather, please try and get the game played. Re-scheduling is, as you may well guess, difficult. However, you need to be realistic; the lights may go off, other teams may be scheduled after your game etc. It's possible you may need to shorten the halves; officials please include the coaches in your discussion, this may resolve some questions about whether to play or not given scheduling concerns. Games are considered played in full after so many minutes have been played, but that is not the decision of the referee. Referees should note on the score sheet at what minute game was suspended and what the score was. The club/association administration will determine whether the game needs to be replayed or the score stands.

Remember that the final decision as to safety lies with the referee once the match has started. If the field conditions are not safe, then don't play the game. Policy regarding weather issues references thunderstorms but works for snow and other conditions as well.

#### Lightning

##### Recognizing the threat

(1) Apply the 30-30 rule when you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving shelter.

(2) Know and heed warning systems and community rules. Many communities or park systems have lightning detection and warning systems. Use this information and obey the rules established by the community or park system.

(3) Know and apply the rules or procedures established by the competition authority

(4) Minimize the risk of being struck. 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. Remember, if you can hear the thunder, you are within reach of lightning.

##### Seeking proper shelter

## NCYSA Procedures and Rules of Competition for Recreational Play

- (1) No place outside is safe near thunderstorms
- (2) The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.
- (3) If there is no proper shelter, avoid the most dangerous locations: Higher elevations; wide open areas, including fields; tall isolated objects, such as trees, poles, or light posts; unprotected open buildings; rain shelters; bus stops; metal fences and metal bleachers.
- (4) If you cannot avoid these locations, crouch down on the balls of your feet, with your head tucked into your chest and your hands over your ears. If someone is hit, remember that all deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to-mouth resuscitation, respectively, are the recommended first aid. Referees should become involved in such assistance only if they have proper training.
- (5) Remain calm. A calm official will often be able to prevent panic by young players.

### WYS Code of Ethics

**Purpose:** As a member, referee, administrator, volunteer, paid staff, parent and/or legal guardian, I understand that the purposes of this policy are to protect the integrity of the Washington Youth Soccer organization's decision-making process, to enable our constituencies and the public to have confidence in our integrity and to protect the reputations of all members, referees, administrators, volunteers, paid staff, parents and/or legal guardians.

**Communication:** As a member, referee, administrator, volunteer, paid staff, parent and/or legal guardian, I understand the need to communicate openly and keep the appropriate parties in the communications loop. I understand that in most cases, the best form of communication is directly with the other party. I commit to communicate with the appropriate starting level of authority (i.e. individual, coach, team, club, Member Association, District, or State). I will exhaust all options for communicating directly with the individual or

Group involved in a problem before moving to the next higher level of authority. I will not circumvent communicating with the proper lines of authority by communicating directly with a higher level of authority before exhausting all options with the appropriate level of authority. I will respect and support the established communications process and will not engage in communications designed to circumvent, undermine, sabotage or keep appropriate parties out of the communications loop.

**Competition:** I will ensure that I understand the Rules of Competition and seek to ensure that everyone involved adhere to the letter, intent and spirit of the Rules of Competition. It is my responsibility to understand both the intent and application of the Rules of Competition. I will not place my personal interests above the mission and goals of Washington Youth Soccer. While the concept of rivalry is wholly embraced, it is one of my responsibilities to ensure that it not take precedence over exemplary professional conduct. I understand that my attitude and conduct towards others should at all times be respectful, controlled and professional. I also

## **NCYSA Procedures and Rules of Competition for Recreational Play**

understand that it is unacceptable to have any verbal altercation with an official, opposing coach, team or parents before, during or after a game.

***Conflict of Interest:*** The standard of behavior at Washington Youth Soccer is that all members, referees, administrators, volunteers, paid staff, parents and/or legal guardians scrupulously avoid conflicts of interest between the interest of Washington Youth Soccer on one hand, and personal, professional and/or business activities of the other. This includes avoiding potential and actual conflicts of interest, as well as perception of conflicts of interest. In the course of meetings or activities, I will disclose any interest in a transaction or decision where (including my business or other nonprofit affiliations), my family and/or my significant other, employer or close associate will receive a benefit or gain. I understand that a conflict of interest will result in my removal from the meeting or activity and potentially from Washington Youth Soccer membership.

***Governing and Operating Documents:*** As a member, referee, administrator, volunteer, paid staff, parent and/or legal guardian, I understand my responsibility to thoroughly acquaint myself with Washington Youth Soccer's Operating and Governing Documents and demonstrate a working knowledge of these documents. I understand my responsibility to follow and enforce all Washington Youth Soccer and Member Association bylaws, policies, procedures and rules at all times. This includes adhering to the letter, intent and spirit of the documents. I will respect and support the spirit and intent of the documents and will not engage in activities designed to undermine or sabotage the documents. I understand that there is an established process for making changes to the documents and I commit to follow those processes if I desire to make a change to the documents.

***Health and Nutrition:*** As a member, referee, administrator, volunteer, paid staff, parent and/or legal guardian, I understand my responsibility to be educated about sports nutrition, fitness and health. I also understand that Washington Youth Soccer is committed to a smoke free environment. As such, I will avoid the use of tobacco and tobacco related products at Washington Youth Soccer competitions, events and related activities.

***Support of Washington Youth Soccer:*** I will support Washington Youth Soccer by considering myself a "trustee" of the organization and will do my best to ensure that I will approach all Washington Youth Soccer issues with an open mind, prepared to make the best decision for everyone. I will respect and support a majority decision and will not engage in activities designed to undermine or sabotage a decision once it is made. I understand that there is an established process for changing a decision and commit to follow those processes if I desire to change a decision. I understand that I have a responsibility to promote the game of soccer to the public in a positive manner. When in public, on e-mail, blogs, websites, and all social media, my comments and critiques of governing bodies, members, referees, administrators, volunteers, and paid staff shall be constructive. I commit to conduct myself in a professional, respectful manner when in public and representing an individual, team, club, Member Association, District and Washington Youth Soccer. I will also strive to assist others in conducting themselves in a professional, respectful manner when in public and representing their team, club, Member Association, District and Washington Youth Soccer.

***Suspension and/or Revocation:*** I understand that failure to follow the Washington Youth Soccer Operating Code of Ethics will result in ethics charges being filed against me and may

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result in suspension from involvement with Washington Youth Soccer or revocation of my membership with Washington Youth Soccer. I understand that this Code of Ethics is meant to supplement good judgment, and I will respect its spirit as well as its wording.

### 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.**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |   |  |
|---|--|
| <input type="checkbox"/> Headaches                        | <input type="checkbox"/> Amnesia   |
| <input type="checkbox"/> “Pressure in head”               | <input type="checkbox"/> “Don’t feel right”  |
| <input type="checkbox"/> Nausea or vomiting               | <input type="checkbox"/> Fatigue or low energy                                       |
| <input type="checkbox"/> Neck pain                        | <input type="checkbox"/> Sadness   |
| <input type="checkbox"/> Balance problems or dizziness    | <input type="checkbox"/> Nervousness or anxiety                                      |
| <input type="checkbox"/> Blurred, double, or fuzzy vision | <input type="checkbox"/> Irritability  |
| <input type="checkbox"/> Sensitivity to light or noise    | <input type="checkbox"/> More emotional  |
| <input type="checkbox"/> Feeling sluggish or slowed down  | <input type="checkbox"/> Confusion   |
| <input type="checkbox"/> Feeling foggy or groggy          | <input type="checkbox"/> Concentration or memory problems<br>(forgetting game plays) |
| <input type="checkbox"/> Drowsiness                       | <input type="checkbox"/> Repeating the same question/comment                         |
| <input type="checkbox"/> Change in sleep patterns         |  |

## **Signs observed by teammates, parents and coaches includes consciousness**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit

- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

**and**

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

## **RETURN TO PARTICIPATION PROTOCOL**

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If your child has been diagnosed with a concussion they **MUST** follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

### **SUDDEN CARDIAC ARREST** SSB 5083 – SCA Awareness Act Effective date July 24, 2015

#### Information Sheet

Sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

#### ***SCA is also the leading cause of sudden death in young athletes during sports***

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

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**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

***Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!***

### CARDIAC 3-Minute Drill

#### 1. Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### 2. CALL 9-1-1

- Call for help and for an AED

#### 3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### 4. AED

- Use AED as soon as possible

#### 5. CONTINUE CARE

- Continue CPR and AED until EMS arrives