

## **RULES & REGULATIONS**

**Please read in its entirety as there are changes to this season's  
Sportsmanship/Volunteer criteria.**

**NOTE: U8 Division Will have a Goalie.**

### **GENERAL**

WHAT IS AYSO? The American Youth Soccer Association is a nonprofit nontaxable, non-stock California Corporation. Our motto is: "Everyone Plays".

Our objectives are to teach, promote, and develop American youngsters in body and character and to foster soccer competition for such youths. Providing every youngster the opportunity to participate must be uppermost in our minds.

**TEAMS:** Players will be assigned to each team under the direct supervision of the Regional Commissioner. Every effort will be made to balance team strengths within each division.

**TEAM NAMES:** Team names shall bear no resemblance to a religion or nationality and they shall reflect the spirit and the philosophy of AYSO. Team names will be subject to the approval of the Regional Commissioner.

**TEAM PLAY:** Teams shall participate only in games approved by the Regional Commissioner.

**UNIFORMS AND EQUIPMENT:** Each registered player shall be issued a uniform consisting of jersey, shorts and socks. Should a player lose his uniform during regular season there will be a \$25.00 replacement charge. Each coach will receive a game ball to be available at every game.

**CONDUCT AND SAFETY:** To make the AYSO experience a positive one for all players, spectators and volunteers, the following rules will be strictly enforced:

- 1) No alcoholic beverages.
- 2) No smoking is allowed on any of our playing fields or school property.
- 3) Bicycles, skateboards, roller blades, scooters or any wheeled toy are not permitted to be ridden on any field or school property.
- 4) It is mandatory for all players to wear shin guards and proper shoes during all practices and games.
- 5) No climbing on fences or swinging from goal posts.
- 6) No pets are to be brought to the soccer fields or on school property. The only exception is certified service animals (Guide dogs)

## COMPETITION:

- 1) In determining league standings, a win will count as three (3) points, a tie as one (1) point and a loss as zero (0) points.
- 2) Teams shall field the following number of players according to division:
- 3) U19 – U14 = 11 players; U12 = 9 players; U10 = 7 players; U8 = 7 players; U6 = 5 players.
- 4) It shall be mandatory to play the regularly scheduled regional league games. In case of failure to play such a game, the offending team shall forfeit the game and the record will reflect a loss of 1-0.
- 5) **Coaches, spectators (parents) or other officials shall not enter the field of play unless specifically requested to by the referee.**
- 6) Games will be postponed and rescheduled only as authorized by the Regional Commissioner or his/her designated representative.
- 7) Cancellation of games due to bad weather:
  - a) The cancellation of any individual game or complete day's schedule will be determined by the Regional Commissioner or his/her designated representative.
  - b) All teams will meet at the field at the scheduled time unless notified of cancellation by the Regional Commissioner or his/her designated representative.
  - c) If, during the progress of a particular league game, the referee deems the weather and/or field conditions do not allow effective play to continue, the referee may stop that game.
- 8) Those games cancelled or stopped may or may not be replayed. The decision to reschedule will be made by the Regional Commissioner or his/her designated representative.
- 9) In divisions U10 – U14, participation in the league and area play-offs will go to the team that has accumulated the minimum number of required Volunteer points by the end of regular season play.
- 10) The following will break a tie:
  - a) Head to head results during season.
  - b) Least goals scored against.
  - c) Use Don Jennings' tiebreakers

The Regional Commissioner will make the final decision.

## DURATION OF GAMES

Division U19 2 x 45 minute halves  
Division U16 2 x 40 minute halves  
Division U14 2 x 35 minute halves  
Division U12 2 x 30 minute halves  
Division U10 2 x 25 minute halves  
Division U8 2 x 20 minute halves  
Division U6 2 x 14 minute halves  
Division U5 see your U5 guidelines

All half time periods shall be a minimum of (5) minutes in length, (10) minutes in U16/U19

## BALL SIZE:

Divisions U19, U16, U14 #5  
Division U12, U10 #4  
Divisions U8, U6 #3  
Divisions U5, #3

## LAWS OF THE GAME

The rules and regulations of the soccer competitions shall be designated by F.I.F.A. (Federation of International Football Association), except as noted below:

- 1) Length of games (see Duration of Games)
- 2) Substitutions (See Substitutions,)
- 3) Charging the goalkeeper shall not be permitted in the penalty area, nor shall the goalkeeper be harassed or interfered with while attempting to put the ball into play. In the event of stopped play due to injury when the goalkeeper has possession of the ball in the penalty area, the resumption of play shall take place with a dropped ball outside the penalty area at the nearest location on the six-yard line.
- 4) Players shall not be allowed to participate in games wearing jewelry (piercings cannot be taped), any type of cast or splint, hard ponytail holders or clips with decorative balls or attachments. Fingernails shall not extend past the tip of the finger

## SUBSTITUTIONS:

- 1) All registered players in attendance at AYSO games in Div U6-U10 must participate and play at least three quarters of each game. Players must be recognized by the referee prior to exiting or entering the playing field. Players in Div U12-U19 must participate and play at least two quarters of each game.

Such participation is controlled as follows:

- a. Halfway through the first half and halfway through the second half, the referee halts the game (when the ball is out of play) and notes on the line-up cards, those players substituted. Stoppage is made when the ball is out of play, such as during a throw-in, corner kick, goal kick, following a goal or before a free kick is to be taken. Additionally, substitutions may be made at half time.
- b. Respective coaches of each team may substitute any number of players (or none) during such interruptions.

c. If a player is injured, the coach may provide a substitute for that player, in which case the injured player may not return until the beginning of the next quarter. Only the player who is injured is credited with the quarter of play, regardless of the actual time played. The coach may choose to play short, thereby allowing the injured player to return during the quarter in which he/she was injured with center referee approval.

2) Late arriving players shall be substituted as follows:

a. If the player arrives during the first quarter, the player must play a minimum of two (2) of the remaining three (3) quarters.

b. If the player arrives during the second or third quarter, the player must play a minimum of one (1) quarter.

3) It is the coach's responsibility to ensure that all players in attendance have met the above conditions.

4) Should it become apparent at the conclusion of a match that a team did not utilize all players in attendance, in accordance with the above rules, such team, if it won the match initially, will automatically lose by a forfeit of 1-0.

**ATTENDANCE:** All players must maintain a minimum 50% attendance record at practices over three (3) week period (based on a maximum of two practices per week). A coach may request that a player be dropped from the team for excessive absences without valid justification. Such request, with pertinent details, shall be made in writing to the Regional Commissioner. Final decision on the request lies with the Regional Commissioner.

If a player misses 50% of the practices as described above, the coach at his/her discretion may do the following:

1. Contact the player's parents to validate the absences
2. Contact the Regional Commissioner in writing as outlined above. The Regional Commissioner shall then make the final decision on whether to drop the player from the team. In the event of such a drop, the Regional Commissioner shall notify the registrar of said drop.

**DROPPING OF PLAYERS:** In the event it becomes necessary, in the interest of the region, to drop a player, such action shall be subject to the approval of the Regional Commissioner.

**INJURY/DAMAGE:** Any injury to, or damage caused by an AYSO participant shall be reported to the Regional Commissioner and Regional Safety Director immediately and incident report prepared.

If after an extended absence from practice or league play due to illness or injury, any AYSO player must submit a "Participation Release Form" to his coach, who shall forward this form to the Regional Commissioner. This regulation is for the safety of the players and must be followed prior to the child returning to practice.

**EJECTION OF A PLAYER, COACH OR SPECTATOR FROM A GAME, DOCUMENTED BY A REFEREE:** In the event a player or coach is ejected from the game by the referee, that player or coach will immediately leave the field for the remainder of the game, and is automatically ineligible to be on the field as a player or as a coach for his/her next official AYSO game. The team who had someone ejected, will lose one (1) game point from overall standings.

#### COACHES GUIDELINES:

- 1) It shall be the duty of all coaches to conduct themselves in a manner becoming a member of AYSO, and at all times encourage fair competition and good sportsmanship. Coaches shall train their respective teams to the best of their abilities and engage in positive coaching that instructs and encourages the players during AYSO games. Negative or sarcastic comments about players and verbal complaints about refereeing will not be tolerated.
- 2) A maximum of two (2) coaches per sideline is allowed. Opposing coaches shall be on opposite sides of the field.
- 3) Volunteer coaches often have thankless, yet very important jobs. Parents entrust to them their children's physical and emotional welfare. Winning is important, but it is only part of the game. Our youngsters are registered strictly on the basis of their desire to play soccer, not on their skills. The AYSO philosophy of "Everyone Plays" should be evident at both practices and games. Probably the easiest task for the volunteer coach is to learn the basic skills and rules of the game.

What distinguishes a successful AYSO coach are the intangibles:

- Respect for each individual
  - Respect for each individual's talent and differences
  - Impartiality to all team members
  - Graceful acceptance of win and losses
  - A sense of humor
- 4) The coach of each team will be held responsible for the behavior of his team, parents and spectators. In the event the coach is unable to control his team, parents or spectators during an AYSO game, the referee may eject a parent, spectator or coach, usually, but not always after a warning has been given.
  - 5) **No slaughter rule** - In spite of all efforts to balance teams, some teams may end up stronger than others. When a team has scored a four (4) goal margin over its opponent, coaches should take the opportunity to give the less experienced players more playing time and lineups should be changed in order to give players experience in other positions. After a five (5) point lead, the coach shall continue to rearrange the team and discourage his players from scoring. This is good sportsmanship and common sense.

Note that three points are awarded for a win, regardless of the goal margin.

- 6) U-10 and above - If no center referee is available for the game, the coaches will try to recruit a trained referee by the assigned starting time for the game. If no mutually agreeable center referee is available, each coach will center referee one half of the game. The game should begin on time or within 10 minutes of the originally scheduled time; any lost time shall be taken off the first and second halves equally.

## **AYSO Region 254**

### **Volunteer Program**

#### **I. Purpose**

The volunteer program is designed to increase parent participation while rewarding referee and coach training and participation.

#### **II. Requirements**

- 1) **Season Volunteers** – To get credit a volunteer must complete all required courses and required paperwork. 1) Volunteer form signed and received, 2) Coach Certification for appropriate Division, 2) Safe Haven certification and 4) Livescan completed. (Check EAYSO for completed certifications)

#### **III. Volunteer Point System**

Volunteer points are accumulated as follows:

1. Coaches: 10 points
2. Assistant Coaches: 5 points
3. Team Manager: 5 points
- 2) **Weekly Assignments**
  1. Designated Center Referee: 4 points per game
  2. Assistant Referee (trained): 3 points per game
  3. Assistant Referee: (untrained): 1 point per game
  4. Field Monitor: 1 point per game slot
- 3) **Event Participation**
  1. Volunteer 2 hrs for various one time events: 5 points  
examples: Picture day, trophy pickup, etc.
- 4) Board Member – An active participating board member (as determined by the Executive Board) will earn 10 points for the season
- 5) **Deductions**
  1. Failure to turn in Player Ratings by Picture day: -10 points
- 6) Minimum points required to qualify for playoffs: 60 (POINTS ARE NOT TRANSFERABLE). Points must be allocated at the time earned

- 7) Volunteer points will be posted weekly on the website. Any disputes must be made in writing to the volunteer coordinator within 1 (one) week of posting, no exception.

APPROVAL: These Regional Rules and Regulations were approved by the Regional Board at a regular meeting held on 4/28/06. They shall remain in effect until officially revised. These Rules and Regulations may only be amended by a majority vote of the Board Members.