



AYSO REGION 210

QUICK REFERENCE GUIDE

For Coaches and Referees

General Information and Local Rules

**EVERYONE PLAYS
BALANCED TEAMS
OPEN REGISTRATION
POSITIVE COACHING
GOOD SPORTSMANSHIP
PLAYER DEVELOPMENT**

Basic Information

Division	School Grade	Ball Size	Players on Field	Length of Halves
U19 (co-ed)	9 th – 12 th grade	#5	11 v 11	45 min.
U14 (co-ed)	7 th and 8 th grade	#5	11 v 11	35 min.
U12	5 th and 6 th grade	#4	9 v 9	30 min.
U10	4 th grade	#4	8 v 8	25 min.
U9	3 rd grade	#4	7 v 7	20 min.
U8	2 nd grade	#3	6 v 6 (No Goalie)	20 min.
U7	1 st grade	#3	5 v 5 (No Goalie)	18 min.
U6	Kinder- garten	#3	4 v 4 (No Goalie)	16 min.
U5	Pre-K	#3	N/A	N/A

Throw-In and Penalty Information

Division	Throw-In	Penalties
U19 (co-ed)	1 try	Standard rules (penalty kick allowed)
U14 (co-ed)	1 try	Standard rules (penalty kick allowed)
U12	1 try	Standard rules (penalty kick allowed)
U10	1 try	Standard rules (penalty kick allowed)
U9	1 try	Standard rules (penalty kick allowed)
U8	2 tries, lose ball after 2 nd bad try	All penalties require direct free kick
U7	2 tries, lose ball after 2 nd bad try	All penalties require direct free kick
U6	2 tries, 2 nd is always good	All penalties require direct free kick

Scoring Limits

Division	Player Limit *	Team Limit
U19 (co-ed)	2 goals	No team limit, however, it is up to the coaches to control lopsided scores
U14 (co-ed)	2 goals	No team limit, however, it is up to the coaches to control lopsided scores
U12	2 goals	No team limit, however, it is up to the coaches to control lopsided scores
U10	2 goals	No team limit, however, it is up to the coaches to control lopsided scores
U9	2 goals	Losing team adds player if losing by 3 goals; adds 2 nd player if losing by 4 goals, etc.
U8	2 goals	Losing team adds player if losing by 3 goals; adds 2 nd player if losing by 4 goals, etc.
U7	2 goals	Losing team adds player if losing by 3 goals; adds 2 nd player if losing by 4 goals, etc.
U6	None, but coaches should encourage players to play defense or pass to teammates after scoring 2 goals	Losing team adds player if losing by 3 goals; adds 2 nd player if losing by 4 goals, etc.

* Only if team is winning – additional goals scored by player will not be counted by referee and will be put in play as a goal kick

Local Rules

All AYSO games shall be conducted in accordance with the current FIFA Laws of the Game for AYSO with any exceptions noted below:

Slide Tackling: Slide tackling is not allowed in divisions U12 and below – a penalty shall be called for any player that performs a slide tackle. For divisions U14 and U19, we strongly discourage slide tackling, but if performed properly it is not a foul.

Offside: Offside rules apply to divisions U10 and older.

U6, U7 and U8 Divisions: These three age groups play without goalkeepers. Defensive players must stay outside a 10-foot arc in front of the goal unless the ball is pursued inside the arc. Penalties should not be called if a player is inside the arc at inappropriate times. Rather the player's coach and the game referee are responsible for moving the player out of the arc. Coaches are not allowed on the field to coach the players. Goal kicks and corner kicks should be taken on the goal line where the ball left the field.

Restarts (out-of-bound return to play): All age groups should restart the ball by the standard restarts: goal kick, corner kick, throw-ins, drop ball.

Game Times: Games must start and end at designated times.

Coach Bags contain: Coaches are responsible to install and retrieve corner flags at each game for U7 fields and above. No corner flags for U6 fields.

Game cards	First aid kit
Ball pump	Return to . . . card
Linesmen flags	Ice packs
Copy of local rules	Soccer rule book
Corner Flags	

Local Rules (cont.)

Playing Time: Each player must play at least one half of every game. No player shall play all four quarters until all players have played three quarters. Approximately mid-way through the first half and mid-way through the second half at a normal stoppage in play, the referee halts the game, stops the watch and notes on the line-up cards those players substituting. Stoppage is made when the ball is out of play and prior to the appropriate restart. Additionally, substitutions may be made at halftime. Players substituting must report to the referee.

Game Cards: Coaches must prepare their line-ups on the game cards and submit them to the game referee before the game. The coach should prepare a line-up for each quarter of the game. The referee will ensure that the players are rotated per the game cards at the mid-half stoppages in play and at the halftime period.

Substitutions: Player substitutions are not allowed in AYSO except at the three designated stoppages in play as indicated above or in the case of injury. If a player is injured the coach may substitute for the player, in which case the injured player may not return until the beginning of the next quarter of play. Only the injured player is credited with a quarter of play, regardless of the actual time played. The coach may elect to play short allowing the injured player to return in the quarter in which s/he was injured.

Text Alerts: Please sign-up for our text alerts system that allows us to send you a short text message to your cell phone and/or email account. No more wondering if the games or practices are canceled. Now you'll be instantly alerted no matter where you are, even in the middle of a game day. Just go to the website listed below to sign-up for this secure alert system and we'll keep everyone instantly updated. Everyone in the region (all volunteers and parents) can sign up for this. Please note that we will send a message **only** if practices/games are canceled. Here is the website to sign up for this service:

<http://www.simplifiedalerts.com/optin.asp?id=97>.

Practice Status: Announcements will be made for practice cancellations. Notification will be posted on our website (www.aysohinsdale.org) as well as via text. Practices can also be canceled at the discretion of the coaches. Coaches are urged to cancel practices if the fields are so wet that playing on them will damage the grass. Remember that AYSO is now held financially responsible for damage to fields that are too wet to play on.

Local Rules (cont.)

Game Status: Go to our website (www.aysohinsdale.org) each Saturday morning to confirm that games will be played. A game status message will be posted on the homepage. The message will announce game day status beginning at 7:00 AM Saturday mornings, rain or shine. If the fields are too wet for play on Saturday mornings, even though the sun may be out, the games can be canceled. We do not want to destroy the playability of our fields for the rest of the season by playing games on fields that are too wet. If field or weather conditions are unsafe (unsafe equipment, standing water on field, bad traction, thunder or lightning, etc.) the referee should determine that the game will not be played. Do not wait to see if a thunderstorm will just pass over before stopping the game.

Contact Information for Other Coaches: If you need to get in touch with the coach of another team (e.g., to reschedule a missed game), a list of names, email addresses and home phone numbers for all head coaches is located with the practice schedules on our website (www.aysohinsdale.org).

Make-Up Games Policy: You are not required to make-up missed games. It is at the discretion of the coaches for both teams whether to schedule a make-up game. The coaches should go to the master practice schedule (located on the Practice Schedule page of our website, www.aysohinsdale.org) and find an available field of the appropriate size for their division. The permitted times for each field (which vary widely) are located on each field page of the master practice schedule. Unassigned field times and locations are available on a first come, first serve basis. You do not need to notify the Game Scheduler or the Practice Scheduler about make-up games.

AYSO Incident Report Form: The AYSO Incident Report Form is used whenever there is a personal injury, damaged property, or threats of or actual physical violence surrounding an AYSO game, practice, event or property. The form should be prepared by the coach, AYSO Official, or AYSO Volunteer which may be a member of the regional staff such as the regional safety director, or by tournament or event staff members. Further instructions and a copy of this form can be downloaded from the Coaches area of our local website (www.aysohinsdale.org).

Local Rules (cont.)

Player Division Placement: Players are placed in divisions based on date of birth. A copy of a birth certificate is required during registration for each new player (if a birth certificate has already been shown we do not need to see it again). The cut-off date for each division is July 31st per AYSO National guidelines. There are only two exceptions to this placement. First, parents may request that their child “play up” to their grade level to coincide with the State of Illinois school cutoff date of September 1. Second, exceptions to “play down” will be considered for children with certain significant medical conditions that adversely impact their motor skills. Requests for play up and play down are considered by contacting the Regional Commissioner.

Thor Guard Lightning Prediction System: The Village of Hinsdale has installed a system that predicts the possible occurrence of lightning 8-20 minutes before it could potentially strike. When a threat is detected, a warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is a potential for a lightning strike within the coverage area. Upon hearing this blast, you must immediately leave the field and seek appropriate shelter. When the threat has diminished, you will hear three short 4-second blasts and the strobe light will turn off. At this time you may resume your practice or game. There are 3 Thor Guard locations: Hinsdale Swimming Pool, Robbins Park and Pierce Park. For additional information on the Thor Guard Lightning Prediction System, please visit the following website:

<http://www.villageofhinsdale.org/thor/default.php>.

Additional AYSO Guidance: Our National office has provided additional publications to assist you. Please visit these websites and print the following documents for your reference:

AYSO National Rules & Regulations:

http://www.ayso.org/resources/governing_documents/rules_regulations.aspx

AYSO Edition of the FIFA Laws of the Game:

http://www.ayso.org/resources/referee_res.aspx

AYSO Guidance for Referees and Coaches:

<http://www.aysotraining.org/man/login.html>

(You will need your AYSO ID number to access this manual)

Training for Coaches

There are two parts to coach training. One is an on-line course (located at www.aysotraining.org) which covers team management, safety, volunteer protection and AYSO's principles. This course is known as AYSO's Safe Haven. There is also an age-specific training which covers soccer techniques, strategies and teaching ideas appropriate to the age group. You must take both the on-line Safe Haven course and the age-specific course for your player's division in order to be fully covered by the Volunteer Protection Act. The mandatory age-specific training courses are as follows:

- U6 Coach: Covers U6 Coaches
- U8 Coach: Covers U7 and U8 Coaches
- U10 Coach: Covers U9 and U10 Coaches
- U12 Coach: Covers U12 Coaches
- Intermediate Coach: Covers U14 Coaches
- Advanced Coach: Covers U19 Coaches

Please contact the Regional Coach Administrator at coachadmin@aysohinsdale.org for the schedule of upcoming coach training courses.

Training for Referees

There are two parts to referee training. One is an on-line course (located at www.aysotraining.org) called AYSO's Safe Haven. This course teaches that the referee has a responsibility to help make the environment safe, as well as fun. It focuses on safety and appropriate behavior with children as well as first aid and other on-field issues. There is also age-specific training for referees. You must take both the on-line Safe Haven course and the age-specific course for your player's division in order to be fully covered by the Volunteer Protection Act. The mandatory age-specific training courses are as follows:

- U8 Referee: Covers U6, U7 and U8 Referees
- Basic Referee: Covers U9 and above

Please contact the Regional Referee Administrator at refadmin@aysohinsdale.org for the schedule of upcoming referee training courses.

Additional Resources for Coaches and Referees

National AYSO website: www.ayso.org

Fédération Internationale de Football Association (FIFA) website:
www.fifa.com

Guidelines for Coaches

- Coaches are expected to be on their best behavior . . . you are the face of AYSO
- Keep winning in perspective . . . the number of wins does not determine whether you've had a successful season
- Practice time is for the coaches, game time is for the players
- You may practice only during your assigned practice time at your assigned practice location
- Only AYSO-registered players are allowed to practice or play in games; only Division Commissioners can add players to teams
- During games, restrict coaching to a few tactical suggestions
- Win by three goals or less
- Allow the referee to control the games
- Every player must play at least 50% of every game
- Stay in the technical area – coaches should not be on the field of play
- Make sure parents stay in the spectator area – parents are not allowed on the field and they should not approach the coaches or players during a game
- No one is allowed to be near the goalkeepers or behind the goal area
- No one is to make disparaging remarks towards a referee and no one is to argue with a referee
- Coaches are responsible for spectators' behavior
- If you referee a game, you are to be unbiased and are not to coach your players

Safety Issues for Coaches

- Put safety first: make sure players are always under your supervision
- Have player waivers and first aid kit at all practices and games
- Never leave team members alone at practice or game fields
- There should always be at least two adults present around team members; one adult must be a certified coach volunteer
- Do not move a team member who has possible neck or back injuries
- Be prepared to call an ambulance in an emergency
- Do not allow players to climb on soccer goals
- Players cannot participate if they have a cast or splint; earrings are also prohibited (they must be removed)

Checklist for Referees

Before the Game

- Arrive 15 minutes before game time
- Check field for any debris or holes (ask parents to help with cleaning field and minor field repairs)
- Line up players from each team to check for shin guards (cannot play without), rubber cleats or sneakers (no steel spikes) and no jewelry (must be removed, cannot be taped over)
- Jerseys shall be tucked in (best way to monitor holding during play) and worn over any other clothing
- Confirm roster cards and designate parent or assistant referee to monitor player rotation (number of quarters played as well as position)
- Briefly meet with coaches at centerfield to confirm rules, playing time, number of players on field, etc.
- Call captains to centerfield to flip coin, winner may select kick-off or side of field
- The game must finish by the designated time (15 minutes prior to next game); if there is a late start, shorten each period as required

During the Game

- Check roster cards at end of each quarter
- If improper rotation, call coach to centerfield to correct. No player shall play a third quarter until everyone has played two. And no player shall play a fourth quarter until everyone has played three. Also, coach must rotate players through defense, mid-field and offense.
- If there is unsportsmanlike coaching from sidelines by coaches or parents, at next break in play call coach to centerfield to request him/her to correct the behavior. You may relieve the coach of his/her position for the remainder of the game or remove player if the parent is not cooperative.

After the Game

- Players and coaches shall line up at centerfield to shake hands
- Collect roster cards and place in the red bag located at each field
- Retrieve linesmen flags and place at centerfield
- Report any problems to the Regional Referee Administrator

FIELD INSPECTION HAZARD LIST

Many things can make a field unsafe for play, represent a potential injury to players or put volunteers and spectators at risk. The following are just some of the potential hazards to look for and remedy:

Playing Field Conditions

- Water saturated, wet, slippery playing field or goal area
- Dry, hard playing field
- Permanent hazards (move playing field):
 - Sprinklers
 - Utility Access covers
 - Pipes/faucets
 - Drains
- Debris (cleared before each game)
 - Broken glass
 - Rocks, gravel
 - Bottles or Cans
 - Pencils, Pens
 - Trash including paper
- Bikes/toys too close to touchlines
- Gopher holes, large divots or bumps

Surrounding Areas

- Walls, fences, concrete edging too close to playing fields
- Poles/posts
- Trees, shrubs protruding into field of play or too close to touchlines
- Playing fields so close to each other that players, stray balls and spectators enter games in play
- Coach, player, spectator seating areas too close to touchlines
- Field equipment from other sports like backstops, football sleds, infields
- Parked cars
- Standing water – West Nile, mosquito breeding ground

GOAL INSPECTION CHECKLIST

Inspect and ensure the following:

- There are no open hooks used to attach nets.
- There are no rusted or weak places in the post.
- There are no jagged, sharp points or edges.

For posts in the ground:

- Posts are not weakened at the ground or just below ground level.
- Posts cannot be moved by pressing against the posts and shaking them.
- Posts appear to be vertical and are not leaning.

For posts not in the ground:

- The goal is built so that it does not tip easily when weight is applied to the top or horizontal bar.
- The goal is built such that it does not tip or topple easily when the rear supporting part to the goal is raised.
- Stake any goal that will tip or topple easily if not staked. Please remember that a goal which requires staking to be stable is easily unstaked.
- Any such goal should be dismantled and removed when not in use.

Connections or intersections of pipe – Inspect and ensure the following:

- Each connection is not deteriorated or weakened by rust or fatigue.
- Each connection will properly support the weight of the members it supports.
- Supporting Braces – Inspect and ensure the following:
 - There are no rusted or weak places.
 - There are no jagged or sharp points or edges.
 - Supporting braces are not rusted or weakened at the ground or just below ground level.

For any goal found to be a problem, tag or place on it an easily seen warning that it is not to be used. Immediately notify, verbally and in writing, the Regional Commissioner or Fields Commissioner so that the problem can be remedied. Re-inspect the goal after the repair has been done to ensure that the repair has properly resolved the problem(s) observed.

Contact Information For Region 210

Website: www.aysohinsdale.org

Email Addresses

Regional Coach Trainer: coachtrainer@aysohinsdale.org

Regional Coach Administrator: coachadmin@aysohinsdale.org

Regional Referee Trainer: reftrainer@aysohinsdale.org

Regional Referee Administrator: refadmin@aysohinsdale.org

Division Commissioners:

U6 (Kindergarten) Girls: u6girls@aysohinsdale.org

U7 (1st Grade) Girls: u7girls@aysohinsdale.org

U8 (2nd Grade) Girls: u8girls@aysohinsdale.org

U9 (3rd Grade) Girls: u9girls@aysohinsdale.org

U10 (4th Grade) Girls: u10girls@aysohinsdale.org

U12 (5th and 6th Grade) Girls: u12girls@aysohinsdale.org

U6 (Kindergarten) Boys: u6boys@aysohinsdale.org

U7 (1st Grade) Boys: u7boys@aysohinsdale.org

U8 (2nd Grade) Boys: u8boys@aysohinsdale.org

U9 (3rd Grade) Boys: u9boys@aysohinsdale.org

U10 (4th Grade) Boys: u10boys@aysohinsdale.org

U12 (5th and 6th Grade) Boys: u12boys@aysohinsdale.org

U5 (Pre-K) Co-Ed: u5coed@aysohinsdale.org

U14 (7th and 8th Grade) Co-Ed: u14coed@aysohinsdale.org

U19 (High School) Co-Ed: u19coed@aysohinsdale.org

Extra Program Coordinator: extra@aysohinsdale.org

Regional Commissioner: commissioner@aysohinsdale.org