

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	20 min.
U7	1 st grade	#3	5 v 5 (No Goalie)	16 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 and U7 Divisions: These two 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 stop at designated times.

Field Bags and Corner Flags: Red field bags and corner flags are delivered to and picked up from fields each Saturday. The first coach to play games should install the corner flags and the last coach to play games should retrieve the corner flags and place them together at one corner of the field. U6 fields do not have corner flags. Field bags contain:

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

Local Rules (cont.)

Playing Time: All 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 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. Referees and/or coaches should place game cards in the field bags after the games. These cards are reviewed by the members of the Regional Board to monitor lopsided games and referee comments.

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.

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. If you cannot access our website, call our hotline at 630-654-AYSO for an update. Both of these messages will announce game day status beginning at 7:00am 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 and home phone numbers for all coaches is located with the practice schedules as well as the game schedules.

Practice Status: Announcements will be made for practice cancellations only. Notification will be posted on our website (www.aysohinsdale.org) as well as on our hotline (630-654-AYSO). 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.

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).

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 registration forms 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

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 correct. You may relieve coach of his/her position for the remainder of the game or remove player if 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.

Contact Information For Region 210

Website: www.aysohinsdale.org

Hotline: 630-654-AYSO (messages checked every 24-48 hours)

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

Regional Commissioner: commissioner@aysohinsdale.org

Additional Resources for Coaches and Referees

National AYSO website: www.soccer.org

Detailed AYSO referee information: www.aysohelp.org

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