

LCYSA Handbook



Parents, Players and Soccer Coaches

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Organizational Chart

Washington Youth Soccer

Lewis County Youth Soccer Association
Thurston County Youth Soccer Association
Grays Harbor/Foothills Youth Soccer Association

Lewis County Soccer Association—(LCYSA) Clubs--Centralia, Chehalis, Morton, White Pass, Mossyrock, Napavine, Onalaska, Toledo and Winlock

Thurston County Youth Soccer Association—Clubs--Lacey (ChinQually Booters), Olympia (Olympia United) , Yelm (Prairie Soccer Club) Rochester, Tenino, Tumwater, Blackhills Football Club*

* **Blackhills Football Club** Is the premier level soccer club of the Thurston County Youth Soccer Association; a local association of soccer clubs in the greater Olympia area. We have players traveling from Lewis, Grays Harbor, Thurston, Mason, and Pierce Counties.

Grays Harbor/ Foothills Association—Clubs--Harbor, Montesano, South Beach, North Beach, Willapa Harbor, Elma/ McCleary, South Mason

Seasons of Play

Fall Season –Main Season of play

U6-U8 Boys and Girls are submitted to play with a local club

U10/U12 Boys and Girls will play with their chosen club and play within Lewis County

U13-U19 Boys and Girls Play is offered to play in Lewis, Mason, Thurston and Grays Harbor Counties

Spring Season

U6-U19, if your club does not offer Spring Soccer and you have played in the Fall your State Id can be transferred to the Spring Club that you wish to play for.

Centralia does U6-U19 for spring soccer and Chehalis offer U8-U19 (this may change)

If you want a more competitive option, they may send you to play in Thurston County; otherwise U6/U8 may play home with their chosen club,

Summer Season

Local Clubs in Lewis County can participate in Thurston County Youth Soccer Association. If a Team would like to participate contact your Local Club to get you Registered with the District. Centralia usually offers summer registration if you have a coach.

Other Opportunities

LCYSA – Napavine U8 Tournament

U10 5 A-side

U12 End of Year Tournament

Modified League (MLS) cup--June

Tumwater Soccer Club “Kick in the Grass” Tournament –July

South Mason Kick Off –August

State Wide opportunities are listed on www.washingtonyouthsoccer.com under the Tournaments tab

How teams are formed—Recreational Teams

- **Coaches may not recruit players**—players may request a coach as long as it is written on their registration form. Coaches who pick their teams is no longer considered a recreational team and become a select team and will play with select level of play.
- Club has the decision on rosters. granted a waiver by Washington Youth Soccer on medical grounds or by the appropriate Director of Competition for special circumstances.
- Girls are permitted to play on boys' teams, but boys are not permitted to play on girls' teams.
- Roster size is determined by league guidelines. The appropriate Director of Competition may grant a waiver for special circumstances.
- Open roster spaces will be filled at the club's discretion.
- Club determines teams and registers players to the club database.
- Club registrar registers coaches and runs RMA (Risk management Assessment, national background check and places coach with a team.
- Club has a coaches meeting and gives rosters to the coaches.

Coaches' Responsibilities

- Coach calls players within days of meeting to set up a team meeting.
- Coach introduces themselves to team, sets rules, review credentials (especially a love of the game and commitment to sportsmanship), expectations for players, and practice day/ time/ location All medical, concussion and parent/ player contracts must be signed and kept with the coach at every practice and game.
- If you do not have an active RMA, you may not coach or participate in practices or games activities to get cleared communicate with your club registrar.
- Addresses Spectators Code of Conduct and emphasizes important points. KEEP
- Make a list of what team is to bring to practices (ex: **Do Bring** Shin guards, Cleats Water bottle and ball **Do not bring** Computers, iPods, jewelry, gum cell phone are to remain off the practice field).
- Coaches please communicate with your team continually throughout season by phone, text, email, to keep everyone informed.
- Coaches, please ask for parent to volunteer to organize team game half time and end of game snacks.
- Only registered players may participate in practice and games
- Detailed rosters are for coaches/team manager's use only (Use safe roster for games which lists only player name number and birth date for referees).
- If club does not have a sponsor for the team, the club may allow the coach to name the team., Remember to email this information to the club manager.

Uniforms

- Shin guards are required; Socks are required to be **worn over** shin guards.
- Cleats are recommended –Toe cleats, baseball and football style cleats are not permitted
- Clubs are responsible for T-shirt, jersey, and socks; matching shorts are not required

Playing time Expectations

- Each child should see a minimum of 50% playing time per game. This is *recreational soccer*. It is expected that coaches should make at least a reasonable effort that to ensure that every player plays at least 50% of the game over the course of the season.

Injuries

- At registration, Parents should inform the club of all medical needs and special conditions and place the information on the registration form so that it can be distributed to the coach, i.e. : bee stings, food allergies, etc.. Be sure that players with special needs such as asthma, diabetes are recognized to be made sure it is under control during practice and games.
- All medical release forms should be kept with coaches at all practices and games.

- If a player is injured, WYS provides secondary insurance. The Player Injury Medical Claim Form can be found at www.Washingtonyouthsoccer.org The Form must be submitted within 30 days from injury, do not wait for other insurance to be processed. The coach must sign the form.

Game Day Weather

- No games are to be played for 30 minutes of the last thunder/ lighting strike, if a game is suspended, talk with the appropriate U-10 coordinator/ scheduler before rescheduling games.
- Games will be played in the rain. The referee has the authority to suspend the game if there are safety concerns.
- If the fields are flooded, games will be rescheduled to other fields and scheduler will shuffle the schedule.

Game Day Responsibilities

- The home team provides two (2) properly inflated game balls. Flags and or cones may be placed at the corners. It should be the responsibility of the club to have them out or have access to them.
- The away team chooses the sideline for their team and their supporters with the agreement from the home field coach. Spectators may share a sideline.
- Coaches are to provide a "safe" game roster to the referee at every match.
- If two teams have (nearly) identical jersey colors, it is the responsibility of the home team to wear an alternative shirt. Scrimmage vests (pennies) may be worn. The referee is the final judge on color conflict.
- Teams playing in U10 and up leagues must report game scores. The league will email the team contact and request the score. This enables the league to update standings in a timely manner (where appropriate) and to monitor the performance of all teams so that teams are placed in division that will get them a similar level of competition.
- If a referee is not at the game, then the coaches can ask a volunteer to referee the game.

Referees

- Coaches, players and parents are to be respectful to all referees, regardless of age or experience level.
- The referee has the responsibility to enforce the laws of the game to the best of his/her ability. It is not the place of the players, coaches or spectators to make the job of the referee more difficult by dissent through words and/or actions.
- Clubs and association have a zero tolerance for abuse of game officials and will not tolerate profanity whether directed at referees or otherwise.
- Referees are encouraged to take appropriate action to maintain control over a game. Any player, coach or spectator who is given a card and sent off the field of play or sideline for abuse of a referee will be subject to disciplinary provisions and process of Washington Youth Soccer **NOTE: Lewis County rules state that a coach or spectator who is given a red card for dissent will also be given \$100.00 fine as well as suspended from the next 2 games.** If coach or spectator does not pay fine they will not be able to attend another game for up to a year. They may also be asked to attend a referee clinic to receive certification to referee.
- Coaches and spectators are not allowed on the field unless invited by the referee.

Sportsmanship

- Teams should not run up the score against opponents. As a show of good sportsmanship, after being more than 5-6 points at the end of the game. Coaches are asked to take actions to limit large differences in scores during games where teams are not well matched, i.e. player positioning, giving weaker players more playing time, shooting with weaker foot, passing more etc.
- Coaches are responsible for the behavior of their sidelines which includes both player and spectators. All participants should show good sportsmanship towards the opposing team and the referee.

- All though the offside rule does not apply to the U6 and U8 divisions, teams must respect the spirit of the rule and referees are advised to penalize players or teams for flagrant abuses.
- No spectators, players or coaches are allowed to be positioned behind a goal or between the end line and even with the top of the 18-yard line of the penalty box or the equivalent line in Mod-soccer games.
- Substitutions may be made at any stoppage of play with the consent of the referee.
- The use of noisemakers, cow bells, horns or such devices at fields are prohibited—It is your responsibility as a coach to enforce this rule.
- If a player receives a red card, it is an automatic one match (minimum) suspension. If a coach or an adult receives a red card, they must leave the field and parking area immediately. Youth players may stay with their team but may not participate further in the match. The one match suspension may be increased to reflect more serious offenses. A referee may instruct the coach to request a spectator to leave the field area. The coach must comply with the instructions but should not *physically* eject the spectator. If the Spectator fails to comply with the request the referee may terminate the match, or police may be called. The coach must report such incidents, within 48 hours of the match to the LCYSA Director of Competition.
- At the end of each match shake hands with the opposing team coaches and thank the referees.

Coaches' Code of Conduct

As a coach for Lewis County Youth Soccer Program, I realize that I responsible for the emotional, physical and skill growth of each player through his/her participation in soccer.

With regard to players on my team

1. I will endeavor to learn more about the game of soccer.
2. I will learn the laws of the game and the specific laws for my team's age group.
3. I will strive to be a good instructor and positive role model for my players.
4. I will teach my players to understand and play within the letter and spirit of the laws of the game.
5. I will always put winning in it proper perspective; we win when we do our best no matter what the score is.

With regard to opposing teams

1. I will endeavor to make my team a positive role model.
2. I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
3. Players and spectators will not display hostile behavior toward player(s), supporters of the opposing team.
4. I will applaud good play by players on my team and the opposing team.
5. I will emphasize winning without boasting and losing without bitterness.

With regard to referees

1. I will recognize that the referee is responsible for the application of the laws of the game and the exercise of judgment.
2. I believe that referees, just as coaches and players, do their best to be impartial.
3. I will instill in my players and spectators respect for all referees.
4. We will respect the referee's decision before, during and after a game.

With regard to my parents and spectators:

1. I will instruct my parents in the appropriate manner in which to demonstrate good sportsmanship.
2. I will ask that they not instruct players unless asked to part of the coaching staff.
3. I will involve parents whenever I can.
4. I will instill respectful behavior from my parents by being what I want them to be.

Spectator's Code of Conduct

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of characters."

I commit to the following:

- I will remember that children participate to have fun and that ***the game is for them.***
- I will inform the coach of any disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- I (and my guests) will be positive role model for my child and encourage sportsmanship by showing respect for all players, coaches, officials and spectators at every game, practice or other team or league event.
- I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
- I will teach my child to play by the rules.
- I will teach my child that doing one's best is more important than the outcome of the game.
- I will encourage my child to compete fairly.
- I will never ridicule or yell at my child or other participant for making mistakes.
- I will emphasize skill development and practices and how they benefit my child.
- I will respect the officials and their authority during games and will never question, discuss or confront coaches or referees at the game field.
- I will speak with my coach at an agreed upon time and place to discuss any concerns I might have.
- I will refrain from coaching my child or other players during games and practices, unless I am a designated coach or assistant for the team.

U-6 AND SUPER MOD 3 V 3 RULES

1. Each team plays with 3 players on the field at a time (NO goalkeepers).
2. **Field size:** see diagram on last page for dimensions.

3. Field Marking

The outside edge of the field may be indicated by chalked or painted lines not more than 4" in width. When painted lines are not feasible or permitted other means may be used.

4. **Goal size:** see diagram in last section for dimensions. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times. In the event there are no permanent or portable goals, traffic cones or corner flags may be used to mark the goals. In this case the referee will set the "imaginary" height of the crossbar.

THE GAME

Games are 50 minutes with a recommended half time of 5 minutes. (25 minute halves with a 5-minute halftime.).

Ball Size

The ball size will be #3.

5. When the attacking team last plays a ball and it goes over the defending team's goal line, the defending team takes a goal kick from the top of their goal box. (note: The defending team then becomes the attacking team.) Defending team must retreat behind the buildout line (halfway line) and allow attacking team to complete a first pass inside the goal area boundary line then may advance once the ball has crossed the line.
6. When the defending team last touches the ball and it goes over their own end line, the attacking team takes a corner kick on the side nearest where the ball went out of play. The kick is taken in the general corner area of the goal line and touch line. (U6 and U8 only).
7. Any time a serious foul occurs play should be restarted with a free (indirect kick) taken by the fouled team. (Indirect kick defined: kick cannot score directly: it must touch another player.)
8. When the ball goes completely over the touch line it is out of play. A throw in is taken at the point where the ball exited the field, by the team that did not touch the ball last. Opponents should be five yards from a throw in. Players should be taught to keep feet down but not important at this time. Throwing over the head is.
9. A goal is scored when the ball completely crosses the line. After being scored on, a team takes the ball to the center line. On this particular restart, the opposing team must retreat to their own side of the field or goal area. The non-scoring team starts the next play with a kick off after the whistle.
10. There is no picking the ball up and kicking it (Also known as the Drop Kick.)
11. Time is continued during a rotation. A rotation of players is taken when play is dead by the ball going out of play or a goal is scored.
12. A referee and players will be the only people on the field during play. Coaches and parents are not allowed at the end lines or behind the goals.

LCYSA MODIFIED UNDER 8 SOCCER RULES

1. Each team plays with 4 or 5 players on the field at a time, including goalkeeper.

2. **Field size:** see diagram on last page for dimensions.

3. Field Marking

The outside edge of the field may be indicated by chalked or painted lines not more than 4" in width. When painted lines are not feasible or permitted other means may be used.

4. **Goal size:** see diagram on last page for dimensions. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times. In the event there are no permanent or portable goals, traffic cones or corner flags may be used to mark the goals. In this case the referee will set the "imaginary" height of the crossbar.

THE GAME

2 x 25-minute halves = 50 minutes total playing time. There shall be a five-minute break between halves.

Ball Size

The ball size will be #3.

Players on the Team

There will be up to eight players on a team's roster. Clubs may approve larger roster sizes by agreement with LCYSA to enable players to participate.

Players on the Field

There will be four or five players on the field including the goalkeeper. LCYSA recommends that teams rotate at least two players through the goalkeeper position during the game.

Substitutions

Substitutions may be made, with consent of the referee during any stoppage of play. The number of substitutions shall be unlimited unless a competition superseding the jurisdiction of LSUSA determines otherwise. Players not on the field of play, coaches and spectators must remain two yards behind the touchline and may not be between the penalty box and the corner flag or along the goal line.

Player Equipment

- All players will wear shin guards. Socks must be worn up and over the shin guards.
- All players shall be in uniform to play. A minimum "official" uniform is the standard league shirt (with a number).
- Goalkeepers shall wear shirt colors that distinguish them from other players. If a player misplaces a jersey a same colored shirt maybe worn.
- All players shall wear footwear. A player may not play in their bare feet. A player shall not wear anything that may be dangerous to other players or to him/her.
- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that: the proper team uniform is worn outermost and any hat should be without peak, bill or dangling or protruding or hard objects of any kind. The goalkeeper may wear a soft-billed hat. Referee discretion is used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat. Headbands may be worn they can be shiny, or glittery in color.

Officiating

All games will be officiated by both coaches; They will mutually agree which will referee before the game.

Coaching

Soccer presents an excellent opportunity to learn, develop and establish group behavior, friendly relationships, fair competition, doing things in an organized manner, enjoyment and many other items. Above and beyond anything else, it must be fun!

1. The coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must fill the required RMA (Risk Management Assessment) forms and comply with all Risk Management requirements. There must be an approved adult at all functions. An approved adult is defined as a registered, risk management cleared adult volunteer.
2. The coach is responsible for his own behavior as well as that of his players and spectators.
3. Coaches are encouraged to provide each player with at least 50% of the available playing time unless they are not able to play due to illness or injury.
4. All coaches should attend their club's coaches' pre-season meeting and are encouraged to take appropriate level coaching clinics.
5. Coaching from the sidelines is permitted but not recommended. **Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.**

RULES OF PLAY

A coin is tossed; the team that wins the toss then decides which goal it will attack in the first half or period of the match. The other team takes kick-off to start the match. The teams will alternate the kick-off prior to the start of the second half. Teams will only switch ends at half time of a game.

1. **Start of Play:** The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be outside the center circle. The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infraction of these laws, the referee will explain the proper procedure and the kick off shall be retaken.
2. **Restart of Play:** 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. To start the second half, the game will be restarted with a kickoff by a player of the opposite team to that of the player who started the game.
3. **Restarting play after temporary delay:** In the case of a temporary suspension due to 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.
4. **Ball In and Out of Play:** The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air. The ball is out of play, when the referee has stopped the game.

Method of Scoring: A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air. As in all judgment calls, the referee's decision will be final. In the case the goal marker (cone or flag) is knocked over or moved as a result of a direct hit by the ball and it crosses the goal line, the goal will not be allowed. In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. The ball striking the inside of the goal marker and deflecting into the goal shall constitute a good goal. As in all judgment calls, the referee's decision is final.

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

FOULS AND MISCONDUCT

1. **Free Kicks** are classified under two headings: "Direct", from which a goal can be scored without the ball touching another player and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
2. **No direct free kicks and no penalty kicks** shall be awarded at u8 level. **Slide tackling is not permitted at U8 level.** If a slide tackle occurs it shall be considered dangerous play. The referee will stop play and instruct the player of their infraction then award the opposing team an indirect free kick at the spot of the foul. For all free kicks, the opponent shall be at least six yards from the ball.
3. **Charging the Goalkeeper:** No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. Included in "having control of the ball" is the situation where, the goalkeeper holds the ball on the ground with one or both hands. **Once the goalkeeper has the ball the defending team must leave the goal area and may not attack until the ball has crossed the buildout line.** The goalie may pass to a player inside the area but the opposing team cannot attack until the ball crosses the line.
4. **Throw-ins:** When the whole of the ball passes over the whole touch line, either in the air or on the ground, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team. The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

For U8, in the event of any infraction of these laws, the throw-in shall be retaken. Instructions shall be given by the referee. A goal cannot be scored directly from the throw-in.

Goal Kicks

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick. A goal kick may be taken from any point inside the penalty area. Drop kicking and punts are **NOT** allowed in U8 games. Any defending player, including the goalkeeper, may take the goal kick. The kicker shall not play the ball a second time until it has been touched or played by another player. The ball is in play when it crosses outside the penalty area boundary line.

Corner Kicks

When the whole of the ball passes over the whole of the goal line excluding that portion between the posts and under the crossbar, (either on the ground or in the air), having last been played by one of the defending team, a player of the attacking team shall have a corner kick. The ball shall be placed within a one yard arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.

A goal may be scored directly from a corner kick. Players from the opposing team to the kicker shall not approach within six yards of the corner arc until the ball is in play. If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from the spot where the infringement occurred. For any other infringement, the kick shall be retaken. There is no picking the ball up and kicking it (Also known as the Drop Kick)

Under 10 Rules

LCYSA MODIFIED UNDER 10 SOCCER RULES

For U10 in compliance with WSYSA rules for small sided games

FIELD OF PLAY

Field size: see diagram in last section for dimensions.

Field Marking

The outside edge of the field may be indicated by chalked or painted lines not more than 4" in width. When painted lines are not feasible or permitted other means may be used.

Goal size: see diagram on last page for dimensions. In case permanent goals are not available, portable goals are acceptable but must be staked down to ensure player safety at all times. In the event there are no permanent or portable goals, traffic cones or corner flags may be used to mark the goals. In this case the referee will set the "imaginary" height of the crossbar.

THE GAME

Duration: 2 x 25 minute halves = 50 minutes total. There shall be a five-minute break between halves.

Ball Size

The ball size will be # 4

Players on the Team

There will be up to 12 players on a team's roster. Clubs may approve larger roster sizes by agreement with LCYSA to enable players to participate.

Players on the Field

There will be seven players on the field including the goalkeeper.

Substitutions

Substitutions may be made, with consent of the referee during any stoppage of play.

The number of substitutions shall be unlimited unless a competition superseding the jurisdiction of WSYSA determines otherwise.

Players not on the field of play, coaches and spectators must remain at least three yards behind the touchline and may not be between the penalty box and the corner flag or along the goal line.

Player Equipment

- All players shall wear shin guards. Socks must be worn up and over the shin guards.
- All players shall be in uniform to play. A minimum "official" uniform is the standard league shirt (with a number). Goalkeepers shall wear shirt colors that distinguish them from other players.
- All players shall wear footwear. A player may not play in their bare feet. A player shall not wear anything that may be dangerous to other players or to him/her.
- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that the proper team uniform is worn outermost and any hat should be without peak, bill or dangling or protruding or hard objects of any kind. The goalkeeper may wear a soft-billed hat. Referee discretion is used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- Head bands may be worn and can be shiny and glittery.

Officiating

All games will be officiated by referees approved and assigned by or on behalf of LCYSA. In the event that a referee is not present, both coaches will agree upon one. If one cannot be agreed upon, each coach or an appropriate adult from each team will referee one-half.

Rosters

Prior to the start of the game, the coach will provide to the referee an official roster of the team, which the coach will sign verifying that it is correct.

Coaching

Soccer presents an excellent opportunity to learn, develop and establish group behavior, friendly relationships, fair competition, doing things in an organized manner, enjoyment and many other items. Above and beyond anything else, it must be fun!

1. The coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must fill out the required RMA Risk Management Assessment forms and comply with all Risk Management requirements. There must be an approved adult at all functions. An approved adult is defined as a registered, risk management cleared adult volunteer.
2. The coach is responsible for his own behavior as well as that of his players and spectators.
3. Coaches are encouraged to provide each player with at least 50% of the available playing time unless they are not able to play due to illness or injury.
4. All coaches should attend their club's coaches' pre-season meeting and are encouraged to take appropriate level coaching clinics.
5. Coaching from the sidelines is permitted. **Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.**
6. All coaches and parents will refrain helping or talking to the goalie from the goal area. Coaches and parents must be about the 18-yard line or Goal area Boundary line

RULES OF PLAY

A coin is tossed; the team that wins the toss then decides which goal it will attack in the first half or period of the match. The other team takes kick-off to start the match. The teams will alternate the kick-off prior to the start of the second half. Teams will only switch ends at half time of a game.

Start of Play: The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be outside the center circle.

The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infraction of this law (double-touch), the referee will award an indirect free kick to the other team.

Restart of Play: After a goal has been scored, the game shall be restarted in the center.

To start the second half, the game will be restarted with a kickoff.

Restarting play after temporary delay: In the case of a temporary suspension due to 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.

Ball In and Out of Play: The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air. The ball is out of play, when the referee has stopped the game.

Method of Scoring: A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air. As in all judgment calls, the referee's decision will be final.

In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. The ball striking the inside of the goal marker and deflecting into the goal shall constitute a good goal. As in all judgment calls, the referee's decision is final.

Offside Rule: U10 will play with the offside rule. This starts at the buildout line.

FOULS AND MISCONDUCT

Free kicks are classified under two headings: "Direct", from which a goal can be scored without the ball touching another player and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. No penalty kicks will be awarded for U10. **All penalties in the box will be taken at the top of the box and will be an indirect kick for the safety of the defending players**

Direct Kicks shall be awarded for the following nine intentionally committed offenses:

1. Kicking an opponent
2. Tripping an opponent
3. Jumping at an opponent
4. Charging at an opponent in a violent or dangerous manner
5. Charging an opponent from behind
6. Striking an opponent
7. Holding an opponent
8. Pushing an opponent
9. Handling the ball, with the exception of the goalkeeper in the designated area.

Indirect Kicks shall be awarded for the following offenses:

1. Dangerous play (high kicking)
2. Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved
3. Impeding progress of an opponent
4. Obstructing the goalkeeper (there will be no intentional physical contact with the goal keeper in the "penalty area")
5. Preventing the goalkeeper from releasing the ball from his hands.
6. Lying on the ball and not allowing others to play it
7. Unsporting behavior

NO HEADERS

NO DROP KICKS BY THE GOALIE

Slide Tackling

This is not permitted at U10 level. If a slide tackle occurs it shall be considered dangerous play. The referee will stop play and instruct the player of his infraction then award the opposing team an indirect free kick at the spot of the foul. **For all Free Kicks, the opponent shall be at least ten yards from the ball.**

Charging the Goalkeeper

No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. Included in "having control of the ball" is the situation where the goalkeeper holds the ball on the ground with one or both hands.

Once the goalkeeper has the ball the defending team must leave the goal area (behind the build out line) and may not attack until the ball has been put into play.

Buildout Lines:

- Goal-Kick: The opposition can enter the build area as soon as the ball leaves the penalty area, unless a player from the defending team accepts the ball in the penalty area. Then the ball is in play and action can occur.
- GK is in possession with their hands: The opposition can enter the build area as soon as goal keeper puts the ball into play with one of their players.
- If the GK puts the ball into play quickly, the opposition can now defend immediately, even if they are inside the "buildout line" area. Example – If the GK makes a save and is in possession with their hands

the opposition drops behind the buildout line and if the keeper places the ball on the ground and kicks it, or passes to his/her player standing inside the buildout line.

Throw-ins

When the whole of the ball passes over the whole touch line, either in the air or on the ground, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team.

The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

For U10, in the event of any infraction of these laws, the throw-in shall be retaken.

A goal cannot be scored directly from the throw-in.

Goal Kicks

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick. A goal kick may be taken from any point inside the goal area. **Drop kicking is NOT allowed at U10.** Any defending player, including the goalkeeper, may take the goal kick. The kicker shall not play the ball a second time until it has been touched or played by another player. The ball is in play when it crosses outside the penalty area.

Corner Kicks

When the whole of the ball passes over the whole of the goal line excluding that portion between the posts and under the crossbar, (either on the ground or in the air), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.

The ball shall be placed within a one yard arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.

A goal may be scored directly from a corner kick.

Players from the opposing team to the kicker shall not approach within 10 yards of the corner arc until the ball is in play.

If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from the spot where the infringement occurred.

Infractions in the penalty area an indirect kick is awarded and will be taken at the top of the penalty box (for the safety of the players)

Defensive players who kick the ball back to the Goalkeeper and is picked up by the goalie is not allowed and will be an infraction in the penalty area. The Goalkeeper must kick the ball when it arrives

Send Offs

Washington Youth Soccer Disciplinary Rule 605: Any coach or player receiving a send-off or two cautions in a single game is automatically suspended for the next scheduled game.

Unless otherwise modified the standard laws of the game will apply. In all cases the referee's decision is final.

GOOD JUDGMENT, SPORTSMANSHIP AND FAIR PLAY SHOULD GOVERN THE DECISIONS AND ACTIONS OF ALL COACHES, REFEREES AND SPECTATORS.

Laws of the Games rule details go to: fifa.com

U12 and Above Rules

- Law 1 – The Field of Play
- Law 2 – The Ball
- Law 3 – The Number of Players
- Law 4 – The Players' Equipment
- Law 5 – The Referee
- Law 6 – The Assistant Referees
- Law 7 – The Duration of the Match
- Law 8 – The Start and Restart of Play
- Law 9 – The Ball In and Out of Play
- Law 10 – The Method of Scoring
- Law 11 – Offside
- Law 12 – Fouls and Misconduct
- Law 13 – Free Kicks
- Law 14 – The Penalty Kick
- Law 15 – The Throw-in
- Law 16 – The Goal Kick
- Law 17 – The Corner Kick

Select team soccer players are NOT ALLOWED to play on a recreational soccer team.

- **Referees will check player cards to make sure all players are on the correct rostered team.**