



# Hand Book

Parents, Players and Soccer Coaches  
Updated: March 2021

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## Organizational Chart

**Washington Youth Soccer**  
Lewis County Youth Soccer  
Thurston County Youth Soccer  
Gray Harbor/Foothills Youth Soccer

**Lewis County Soccer Association**—(LCYSA) Clubs—Centralia, Chehalis, Morton/ White Pass (MWP), 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, Black hills Football Club\*

\* **Black hills 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 Boys and Girls** will play with their chosen club and play within Lewis County

**12- U19 Boys and Girls** Lewis, Mason, Thurston and Grays Harbor Counties

**High School Girls** are offered a league in the Spring

### Spring Season

U-10--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.

The Chehalis Club does start with U-8 soccer but to the lack of teams, teams will play home and away games in and around the Tumwater, Olympia, and Lacey area

### Summer Season

Local Clubs in Lewis County can participate in District 7 Summer Leagues. If a Team would like to participate contact your Local Club to get you Registered with the District.

### Other Opportunities

LCYSA – Napavine U8 Tournament – October

U10 5 A-Side – Typically in October

Centralia U12 End of the Season Tournament – Typically Very end of the Season

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](http://www.washingtonyouthsoccer.com) under the Tournaments tab

### **How teams are formed—Recreational Teams**

- **Registration:** The Term 'Youth Player' Shall mean an amateur player who is born within the age requirements defined by WYS. Age classifications will be defined in accordance with WYS rules.
  - LCYSA and all clubs that participate through LCYSA leagues are limited to recreational players. Absent express approval of a waiver, select, competitive and premier players are prohibited from being registered on a recreational team in any playing year in which the player was registered with a select, competitive or premier club or team.
    - A Recreational player is any player who plays on a team where the use of tryouts, invitations, recruiting or any like process to roster players selectively on the basis of talent or ability is PROHIBITED.
    - A select, competitive or premier player is any player who plays, or is registered, on a team formed through the use of tryouts, invitations, recruiting, or any like process to roster players selectively at any time during the current playing year, regardless of whether said player was registered with a LCYSA member club with some other Association.
  - The Director of Competition, in counsel with participating clubs, will, prior to the beginning of each playing season, determine the age groups of individual league divisions based on fairness, balanced competition and registered number of teams. The Director of Competition will assign teams to maximize competitive balance. At the discretion of the Director of Competition, adjustments regarding the placement of teams may occur during the season of play.
  - On application from individual clubs the Director of Competition may (but is not obligated to do so) grant waivers to roster players on teams where players would otherwise be ineligible provided such determination does not negatively impact the competition balance or create an unreasonable safety risk.
  - Team Registration Shall be in the form prescribed by LCYSA. All Member Clubs shall have a designated person, who, in cooperation with the LCYSA Registrar, shall oversee the proper registration of players, coaches, assistant coaches, and other volunteers, and liaises with WYS on matters related registration, player and team verification and risk management. The LCYSA Registrar must be afforded FULL access to the registration information of all clubs with teams competing in any LCYSA league.
  - All Players participating in LCYSA leagues and competitions must be registered with an Association that operates under the umbrella of WYS and in accord with WYS requirements. No Club or team may allow any unregistered player to participate in any competition. Any team playing a player who is ineligible to play for any reason, shall forfeit any game(s) in which the player has taken part. Any individual who knowingly allows an ineligible player to participate in any LCYSA competition shall be subject to disciplinary action.
- **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 Rec 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
- 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 Data Base.

- Club Registrar, registers Coaches and runs RMA (Risk management Assessment, National background check) places coach with a team
- Club has a Coaches meeting and gives rosters to the coach

### Coaches Responsibilities

- Coach calls players within days of meeting to set up a “Team Meeting.”
- Coach introduces themselves to team, sets rules, credentials (especially a love of the game and commitment to Sportsmanship) expectations for players and Practice/Day/ time/ Location/ Intro. 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.
- Make a list of what players are to bring to practices (**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)
- Coach’s, please communicate with team continually throughout season Phone, Text, email, to keep informed
- Coaches 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 Manger.

### 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. This is in line with District 7 expectations.

### 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 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.
- Reminder 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](http://www.Washingtonyouthsoccer.org) Form must be submitted within 30 days from injury, do not wait for other insurance to be processed. Coach must sign the form.

### Game Day Weather

- No games are to be played for 30 minutes of the last Thunder/ Lighting Strike, if game is suspended talk with the U-10 Coordinator/ Scheduler before rescheduling games.
- Games will be played in the rain. Referee has the authority to suspend the game if there are safety concerns

- Flooded fields, games will be rescheduled to other fields and scheduler will shuffle the schedule.
- Should Air Quality become an issue, LCYSA Board shall speak with each club accordingly and reach a decision by 1PM daily and distribute to each club, post via social network and sent emails VIA the LCYSA webpage to emails we have in the system.
  - This is also true for any other Emergency weather situation that should arise.

### **Game Day Responsibilities**

- Home Team provides 2 properly inflated game balls. Flags and or Cones maybe placed at the Corners (Should be the Responsibility of the Club to have them out or have access to
- 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 alternative Shirt of scrimmage (Pennies) Vest may be worn. Referee has the final judge on color conflict.
- Teams playing in U12 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 other wise
- 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 states 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 will 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.
- Home team provides the referee(s) and pays for his/her compensation.

### **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; player positioning giving weaker players more playing time shooting with weaker foot, passing more ect.
- 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 offsides 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 or a coach receives a red card it is an automatic one match (Minimum) suspension and an adult 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 its 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 referee's**

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

**Players:** Each team plays with 3 players on the field at a time (NO goalkeepers). No More than 8 Per Roster.

**Field Size:** The field is 25 yards long by 20 yards wide. The Field can Vary from 30-40 Yards X 20-30 Yards

**Field Markings:** 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:** 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 he "imaginary" height of the crossbar.

## ***THE GAME***

Games 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 a size 3

### **Officiating**

All games will be officiated by both coaches, they will mutually agree which will Referee before the game

### **Start of Play:**

- The team that wins the toss of a coin decides which goal it will attack in the first half, they get the ball first the second half, their opponent gets the ball the first half.
- For the second half, the teams change ends and attack the opposite goals.
- All players, except the player taking the kick off, must be in their own half of the field. The opponents of the team taking the kick off must be at least 10 yards from the ball until it is kicked off.
- The ball must be stationary on the center marker prior to kick off each time. The ball is in play when it clearly moves.
- A goal may be scored, but not counted directly against the opponents from a kick off, if the ball directly enters the kickers goal, a corner kick is awarded to opponents.
- When the attacking team last plays a ball and it goes over the defending team's end line, the defending team takes a Goal kick from the top of their goal line. Defending team must allow attacking team to complete a first pass inside the goal area boundary line then may attack once the ball has crossed the line.
- 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 end line and sideline. (U6 and U8 only).
- 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.)
- When the ball goes completely over the sideline 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.
- 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 to allow the receiving team the opportunity to get the ball into play.
- There is no picking the ball up and kicking it (Also known as the Drop Kick)

- 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.
- 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

**Players:** Each team plays with 4 players on the field at a time, with a keeper. No more than 8 Per roster.

**Field Size:** The field is 25 yards long by 20 yards wide. The Field can Vary from 30-40 Yards X 20-30 Yards.

**Field Markings:** 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:** 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 he “imaginary” height of the crossbar.

### *THE GAME*

Games 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 a size 3

### **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.

**Start of Play:**

- The team that wins the toss of a coin decides which goal it will attack in the first half, they get the ball first the second half, their opponent gets the ball the first half.
  - For the second half, the teams change ends and attack the opposite goals.
  - All players, except the player taking the kick off, must be in their own half of the field. The opponents of the team taking the kick off must be at least 10 yards from the ball until it is kicked off.
  - The ball must be stationary on the center marker prior to kick off each time. The ball is in play when it clearly moves.
  - A goal may be scored, but not counted directly against the opponents from a kick off, if the ball directly enters the kickers goal, a corner kick is awarded to opponents.
- **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.
- **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 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:**

- **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 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.

#### **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 Goal Area Boundary 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 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.

**Drop Kicking:**

- There is no picking the ball up and kicking it (Also known as the Drop Kick)

# Lewis County Youth Soccer Association Under 10 Rules

**Players:** Each team plays with 7 players on the field at a time, with a keeper. No more than 12 Per roster.

**Field Size:** The Field can Vary from 60-70 Yards X 40-50 Yards. The Build Out line appearing half-way between the end line and the half way line at each end.

**Field Markings:** 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:** 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 he “imaginary” height of the crossbar. Goal Size is 12-18X6.

## ***THE GAME***

Games 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 a size 4

## **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. Typically, it is the home team’s responsibility to provide a referee.

## **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.**
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

## **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 super ceding 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.

## **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.

## **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 team that wins the toss of a coin decides which goal it will attack in the first half, they get the ball first the second half, their opponent gets the ball the first half.
- For the second half, the teams change ends and attack the opposite goals.
- All players, except the player taking the kick off, must be in their own half of the field. The opponents of the team taking the kick off must be at least 10 yards from the ball until it is kicked off.
- The ball must be stationary on the center marker prior to kick off each time. The ball is in play when it clearly moves.
- The referee gives the signal for kick off
- A goal may be scored, but not counted directly against the opponents from a kick off, if the ball directly enters the kickers goal, a corner kick is awarded to opponents.

**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.** Offside is in effect at the Buildout line, not the halfway line.

## **NO HEADING**

## **NO DROP KICKING BY THE GOALIE**

### **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
8. Heading the Ball

### **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. **NEW Rule for U10 Once the goalkeeper has the ball the defending team must leave the goal area and may not attack until the ball has crosses the Goal Area boundary line.** The goalie may pass to a player inside the area but the opposing team cannot attack until the ball crosses the line.

### **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 awarded to the other team.

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 allow 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 [FIFA.com](http://FIFA.com) for rule detail

## 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

LCYS Quick Game Diagram	Mini	Field	Developmental	Small Sided	13-14	Full Sided	17-19
Age Group	6-7	8	9-10	11-12	13-14	15-16	17-19
<b>Teams and Players</b>							
Maximun Roster	8	8	12	16	18	22	22
Players on Field	3	4	7	9	11	11	11
Maximum Suited Up to Play	8	8	12	16	18	18	18
Minimum Playing Time (season)	50%	50%	50%	50%	50%	50%	50%
<b>Rules</b>							
Game Duration (Minutes x Periods)	25x2	25x2	25x2	30x2	35x2	40x2	45x2
Breaks Between Period (Minutes)	5	5	5	5	5	5	5
Overtime (if required) Minutes x Periods	No	No	No	10x2 *1	10x2 *1	15x2 *1	15x2 *1
Ball Size	3	3	4	4	5	5	5
Goalkeeper	No	Yes	Yes	Yes	Yes	Yes	Yes
Goalkeeper Punts and Dropkicks	No	No	No	Yes	Yes	Yes	Yes
Direct Free Kicks	No	No	Yes	Yes	Yes	Yes	Yes
Indirect Free Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	Yes	Yes	Yes	Yes	Yes
Defender Distance from Free Kick (Yards)	3	3	10	10	10	10	10
Defender Distance from Throw-In (Yards)	2	2	2	2	2	2	2
Retake on Throw-In	Yes	Yes	No	No	No	No	No
Score from Goal Kick	No	No	Yes	Yes	Yes	Yes	Yes
Offside	No *2	No *2	Yes	Yes	Yes	Yes	Yes
Slide Tackling	No	No	No	Yes	Yes	Yes	Yes
Referee May Show Yellow/Red Cards	No *3	No *3	Yes	Yes	Yes	Yes	Yes
Heading Ball	No	No	No	Yes	Yes	Yes	Yes
<b>Field and Equipment</b>							
Field Size Length x Width (Yards)	30-40x20-30	30-40x20-30	60-70x40-50	70-80x40-55	100-115x50-75	100-115x50-75	100-115x50-75
Center Circle Radius (Yards)	3	3	5	7	10	10	10
Penalty Area Width x Depth (Yards)	No	No	20x10	30x12	44x18	44x18	44x18
Goal Keeper Area Width x Depth (Yards)	8x3	8x3	8x3	8x4	20x6	20x6	20x6
Penalty Mark (Yards)	No	No	7	8	12	12	12
Goal Posts Width x Height (Feet)	6x4	6x4	12-18x6	18x6	24x8	24x8	24x8
Build Out Line (Yards from Goal Line)	Half Way Line	Half Way Line	Mid-Point**	None	None	None	None

\*1: These are recommendations. Overtime determined by rules of individual league / tournament.

\*2: Spirit of the Offside Rule enforced

\*3: Referees may suggest a player be substituted and provide a cooling off period. Referee or referee parent will contact assignor for coach or parent pro

\*4: Maximum; no minimum proposed

\*\* Midpoint between top of penalty area and halfway line

### New U12 Lewis County Youth Soccer Association Rule

Referees will check player cards to make sure all players are on the correct team. No players may not be picked up before a game from any other team.

