

FYSA 2010 OUTDOOR SOCCER HANDBOOK FOR PARENTS & COACHES

You have your team roster – now what? Your first action as the Coach is contact all the players on the roster. Ask them to come to practice at a given date and time. Players must provide their own shin guards, water bottle, and tennis shoes or soccer cleats. The use of shin guards is mandatory for all practices and games. Use the appropriate size outdoor ball.

- Pick up your equipment at the FYSA designated pick up times.
- Copy the team roster and game schedule for each player.
- Choose practice field, locations included in your packet.
- Your practice should take approximately one to two hours depending on your age group
- Review your Coaching Practice Sheets, included in your packet.
- Keep your parents informed of practice changes. Avoid practicing on the weekends.
- Inform parents and players of proper equipment to bring to games; review FYSA Policies.

FIRST PRACTICE GUIDELINES

- Introduce yourself; explain your need for parent's participation.
- Explain your policies and goals, such as coming on time and picking up players on time. Your time is valuable, but FYSA policy mandates that players not be left unattended after games or practices. Prioritize having a good time, but also explain that you will focus on learning skills such as teamwork, support for one another, positive attitude and good sportsmanship. Handout the **Fair Play Codes of Ethics** Contracts go over them with the parents and the players. Instruct them to review them with their child and sign and bring back to you. You keep the forms with you during practices and games.
- Talk about equipment. Shirt must be tucked in during games. No jewelry or watches may be worn during games or practice. Player must wear shin guards during games and practice. A water bottle should be part of the uniform. The shirt of the goalkeeper must be a different color than that of any other player or referee shirt. You should have some first aid equipment and an ice pack available for minor injuries.
- Learn about special needs of players and insist that parents of players with special medical conditions are present during practice and games. Sport glasses are recommended and must have a safety tie to prevent them from falling off.
- Explain what you will do at practice – drills, warm-up routine, and ball skill exercises, play games and play a scrimmage game.
- It is recommended for the younger age groups that an hour should be the maximum and no more than once a week for practices. For information on using FYSA fields for practice please call the FYSA Program Director, there is a \$65.00 per hour charge for field usage; otherwise FYSA fields may not be used for practice. Please use existing school fields or large, open areas. See the list included in your packet
- Start the players with a light drill of dribbling or passing in order to warm their muscles Work on ball skills like trapping, ball control, passing, shooting, and throw-ins, **Focus on one major topic per practice.
- While taking a water break, use the time to explain the laws of the game.
- Practice with goalie. All players should have a chance to play goalie sometime. This is especially important for all recreation/developmental players.

GAME GUIDELINES

- Meet team 20 minutes early. Be on time. Warm-ups are necessary. Get help from Assistant Coach.
 - Games need to start on time and finish on time. Teams that delay the start of their games will have shortened game minutes in each half to ensure that they finish and clear the field so the next teams can begin on schedule. Referees are expected to inform team captains of the playing minutes in each half prior to the start of any delayed game.
- *During the game spectators are to be on the other side of the field opposite the players.* Please cooperate with the referee's in instructing your parents to please stay on the spectator's side of the field as indicated on the field map. All spectators must stand six feet back from the touchline to allow proper linesmen movement and observation. No spectators are allowed behind the goals or on the touchline less than ten yards from the corner.

- Choose captains for the team. The referee will call on the captains to choose side and kick-off by tossing a coin. You might select a different set of two for each game. At the youth level, the captains are mostly only a show of recognition but this is important to many players.
- Assign positions to the players. Line up team when the referee requests an equipment check; mandatory; shirts must be tucked into shorts. If your team is listed first, then you are considered to be the home team and expected to provide the game ball.
- During the game, only positive comments will be allowed and comments to the other team or the referee are unacceptable. Coaches shall be responsible for the conduct of their players and players' supporters. Coaches and/or players and/or teams can be penalized for poor sportsmanship by their spectators. Please help us to promote good sportsmanship by controlling any unsavory or negative comments.
- FIFTY PERCENT RULE: All players on recreational teams are guaranteed they will play fifty percent of the game. Playing time is not required to be all in one half. There is no requirement that all players be played an equal amount of time. Failure to play team members the required time per game may be grounds for disciplinary action against the coach and/or could result in suspension.
- FIVE POINT RULE: In order to ensure that teams do not humiliate one another the FYSA Board of Directors adopted a five-point-spread policy. Coaches, especially those of the stronger teams are requested to keep the game score between the teams within five points of one another. Coaches are expected to take measures to ensure that scores remain within this guideline. Rotate positions— forwards play back, etc. Coaches are also reminded that this is a recreational league and no team standings are maintained.
- Do not talk to the referee during the game. If there is a question, then the coach may ask the referee for clarification during half time or after the game. Keep parents, players and other spectators at least 6 feet away from the touchlines. This will prevent injuries and assist the linesmen in their job.
- SUBSTITUTION: Around 10 minutes of start of game, begin substituting players. When the ball is out of play (passed beyond the goal line or over the touch line and was last touched by an opposing player) you call out "substitution," and when you have the referee's permission, your players leave the field first, and the new players enter the field. The players may leave the field from any side or location, but they may only enter the field from the half way line. When a player injury occurs you may substitute immediately, when you have the referee's permission. Remember, some injuries could be severe. Time stops for an injury. Only move the player after a proper examination. If you cannot determine that the player is completely all right to move then call for medical attention. The game is secondary to the safety of the child.
- AFTER GAME: Upon game completion, teams are requested to remove themselves from the field as soon as possible to make way for oncoming teams. Assemble players for a short pep talk give positive comments. Clean up along the touchline. These are our fields and we should all do our part in keeping them clean.
- WEATHER: Soccer is played in all types of weather (rain, snow, wind, etc.). Calling a game due to inclement weather will only be done at the field, at the time of the match, by the Head Referee and Program Director. Lightning in the immediate area must always be considered dangerous and an immediate stoppage of play shall occur. Players and spectators must leave the field and seek shelter, preferably in vehicles. Remember, this can only be done at the fields at the time of the games. A game will only be rescheduled during tournament play by the Tournament Director.
- REFEREES: For referee questions, and concerns (not general complaints) please email Paula Gelineau the FSRA representative at bpelineau@acsalaska.net provide as much detail to identify the situation; include date, time of game, field location, team numbers, physical description of referee.
- Coaches should set a good example for their players. Good Sportsmanship is catching. FUN should be the basis for our program. Without this all-important ingredient our goal for FYSA cannot be achieved. A player not having fun will not enjoy the program and will not continue in the sport.

MISCELLANEOUS:

At the end of the season, the players will receive a participation award, this may be a medal, pin, water bottle, for specifics ask the FYSA Program Director. Some teams have end of the season parties.

Balls, keeper jerseys, pennies, cones, ball bags and coaches' bags are to be returned to the FYSA League at the end of the season at a designated location after the last game. Players keep their uniforms and socks.

For problems such as coaching and parent issues, etc. should be reported to the FYSA Office 456-3976

FYSA SUMMER LEAGUE POLICIES AND PROCEDURES

1. Each team will have:

<u>Division</u>	<u>Born Between</u>	<u>Ball Size</u>	<u>Lengths of Half</u>	<u>Roster Size</u>	<u>Keeper</u>
4	Must be 4 by 6-01-10	3	30 (min total)	7 – 8	No
U6	8/1/04-7/31/05	3	20 (minutes)	7– 8	No
U8	8/1/02-7/31/04	3	20 (minutes)	8–10	Yes
U10	8/1/00-7/31/02	4	25 (minutes)	8 – 14	Yes
U12	8/1/98-7/31/00	4	30 (minutes)	8 – 14	Yes
U14	8/1/96-7/31/98	5	35 (minutes)	11 –18	Yes
HS	8/1/91-7/31/96	5	45 (minutes)	11 –18	Yes

**U16 through U19 teams may be combined if not more than 4 teams in an age division register.*

Team having at least one boy on the roster, are considered a boys team.

A player shall be assigned to a team in their geographic area, by age, where possible. Coaches are not permitted to recruit or place players on their teams and shall UNDER NO CIRCUMSTANCES, ALLOW ANY PARTICIPATION BY NON-REGISTERED PLAYERS. Players who wish to register late are allowed to do so and will be placed on the team in their age division with the fewest players on the roster. They may be placed on teams out of their geographic district. In no cases will rosters exceed the maximum number of players. If there are no roster spaces available, the newly registered player will be placed on a waiting list until a space is available. Coaches will receive an email from the FYSA office when a player is added to their team. When unsure about a new player, call the Program Director to confirm before allowing the player to practice or play with the team. Allowing unregistered players onto a team may be grounds for disciplinary action against the coach and could result in suspension from coaching.

If a player wishes to play above his/her age group, they must request and receive permission from the Program Director. FYSA does not allow a player to play-up an age group if he/she is more than twelve months younger than the youngest player in the age group the player is requesting to enter in. Players are not allowed to play up into age groups where two age groups have been combined to form an age group. Contact the FYSA Office at 456-3976 for the Play-Up Form.

Team Guidelines:

U4 and U6 teams will be co-ed and there shall be no goalkeepers in the U4 and U6 age group so that all the players may chase the ball around the field. The kids need to be where the action is and at this age it is around the ball. This will provide the opportunity for the child to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. **U6 Coaches should not instruct or allow a player(s) to hang back in the goal area, referees may instruct players to go to the ball.**

U4 and U6 Coed teams must have at least one girl on the field at any given time.

U4 and U6 teams will play 4-a-side soccer with no goalkeeper.

U8 teams will play 6-a-side soccer including goalkeepers.

U10 & U12 teams will play 8-a-side soccer including goalkeepers.

U14 & HS teams will play 11-a-side soccer including goalkeepers.

Player Pass:

High School and Competitive Teams will have team players passes present at the referee equipment check before each FYSA sanctioned game.

FYSA Policy

1.8 Player Pass

a. All competitive players and high school age players must possess a valid player pass as designated by US Youth Soccer.

b. A valid player pass will show the current seasonal year, player's name, player's team name and ID number, player signature and recent player photo. A photo is not required for high school players.

Field size will vary with the age of the players.

No offsides for U6. For U8 players-only gross violations of offsides will be penalized (e.g., camped out beside goalkeeper). Referees will not penalize slight infringements. For U10 and older, offsides will be enforced.

U6 and U8 players can be asked to leave the field (be substituted) by the referee for dangerous or overly aggressive play. Yellow and red cards will not be used. U10 and above will be cautioned and/or sent off the field. Yellow and red cards will be used.

No penalty kicks will be awarded for U6 games. U8 and above will be awarded penalty kicks.

2. **Coaches must play each of their players at least fifty-percent of the playing time in each game. Failure to play team members the required time per game may be grounds for disciplinary action against the coach and could result in suspension from coaching.** FYSA's goal is to let all kids enjoy playing soccer, not just the more skilled players. Please remember, this is for fun and no league standings are kept.
3. **U8/U10 no single player** can play the whole game as the goalkeeper. **Coaches at all age levels are encouraged to play each of their players in each of the field positions to ensure a variety of opportunities for play.**
4. Play must start at the scheduled time. If a team is not able to field the minimum number of players by that time (3 for U6, 4 for U8, 6 for U10/U12 and 9 for U14/U19) they will forfeit the match. Should neither team be able to field the minimum number of players, the match will be considered a double forfeit. No make up games will be scheduled. Should either a single or double forfeit occur, a friendly scrimmage can be played at the discretion of the coaches. **Referees may not be available for scrimmages. Scrimmages must be abandoned ten minutes prior to the next scheduled matches.** Should a team play with less than the maximum players allowed, the opposing team is not required to reduce their number of players on the field to match that of their opponent, but may do so if they desire.
5. Half time will be 3 to 6 minutes. Teams switch sides and the team that did not kick off will start the 2nd half.
6. Shin pads are mandatory for all players in all age brackets for all FYSA games. Any dangerous attire must be removed prior to playing the game (ex: earrings, bracelets, string bracelets, watches, necklaces, etc.) Referees have the final authority to decide what constitutes "dangerous attire". The referee at the beginning of each game performs dangerous attire and uniform checks.
7. In the event that there is no referee present, contact the Referee Area Tent or FYSA Office at the fields.
8. Players are to enter the field of play at the halfway line on your team's side and players must be off the field before a substitute may enter. Players leaving the field may leave from any side of the field. Before a coach can substitute a player or players the referee must be notified and acknowledge the substitution. Failure to abide by this rule may result in a caution (yellow card) of the substitute. Remember all goalie changes must be reported to the referee,
9. Dangerous plays clarification: There is no specific call for "high kick" or for "ground play". If a player is away from other players and not endangering others or himself with their actions they may play the ball on the ground or kick as high as they are able. However, if the player is endangering others nearby, or himself, by their play, the referee's proper call is "dangerous play". Decisions about dangerous plays are judgmental and made by the referee and are final.
10. Charging the goalkeeper when the goalkeeper has clear possession of the ball is not allowed. If the goalkeeper does not have clear possession, the ball remains in free play and the goalkeeper is treated as any other player on the field. (However, the safety of the goalkeeper always comes first.)
11. Coaches will not yell at the game officials. Coaches can and will be removed by match referee. Please review the disciplinary rules and understand that only good sportsmanship is allowed. There are severe penalties for violations, especially abuse toward the referee. This goes as well for all players and spectators.
12. Coaches shall be responsible for the conduct of their players and players' supporters. Coaches and/or players and/or teams can be penalized for poor sportsmanship by their spectators. Please help us to promote good sportsmanship by controlling any unsavory or negative comments.
13. Alcoholic beverages and illegal drugs and tobacco products of any type are strictly prohibited. Severe disciplinary action will be taken against any player, coach, referee, league official or spectator who is involved with the use of alcoholic beverages and/or illegal drugs or smoking while participating in FYSA related activities.
14. For health and sanitary reasons, as well as aesthetics, **dogs are not permitted in the FYSA field complex at any time. Please inform players and their parents of the prohibition and the reasoning behind it.** This prohibition begins at the entrance gate at each side of the FYSA complex.
15. A game protest is discouraged but may be registered by notifying the game referee at the conclusion of the match. A written protest must be registered with the FYSA Appeals Committee within 48 hours and must be accompanied by a \$50.00 cash deposit. Decisions will be rendered within 72 hours of receipt of the protest. No judgment call of the referee is subject to protest in any manner. **Why protest? What will it accomplish?** If you have a problem, we encourage you to contact us 456-3976.

16. Coaches under no circumstances will approach their team's assigned sponsor for additional financial assistance without prior approval of the FYSA Program Director. Team sponsorship form and procedures is located on the FYSA website at www.fysasoccer.org.
17. Coaches should set a good example for their players. Good Sportsmanship is catching.
18. **FUN** should be the basis for our program. Without this all-important ingredient our goal for FYSA cannot be achieved. A player not having fun will not enjoy the program and will not continue in the sport. Make all practices and games enjoyable and you will see the results.

LAWS OF THE GAME

LAW – 1 THE FIELD OF PLAY

The field of play and appurtenances shall be as shown in the following plan:

1. DIMENSIONS

The field of play shall be rectangular, its length being not more than 130 yards nor less than 100 yards and its breadth not more than 100 yards or less than 50 yards. (In international matches and length shall be not more than 120 yards nor less than 110 yards and the breadth not more than 80 yards or less than 70 yards.) The length shall in all cases exceed the breadth.

2. MARKING

The field of play shall be marked with distinctive lines, not more than 5 inches in width (not by a V-shaped rut) in accordance with the plan, the longer boundary lines being called the touch-lines and the shorter the goal- lines. A flag on a post not less than 5 ft. high and having a non-pointed top shall be placed at each corner; a similar flag-post may be placed opposite the half-way line on each side of the field of play not less than 1 yard outside the touch-line. A half-way-line shall be marked out across the field of play. The center of the field of play shall be indicated by a suitable mark and a circle with a 10 yards radius shall be marked round it.

3. THE GOAL AREA

At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 6 yards from each goal-post. These shall extend into the field of play for a distance of 6 yards and shall be joined by a line drawn parallel with the goal-line. Each of the spaces enclosed by these lines and the goal-line shall be called a goal-area.

4. THE PENALTY AREA

At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 18 yards from each goal-post. These shall extend into the field of play for a distance of 18 yards and shall be joined by a line drawn parallel with the goal-line. Each of the spaces enclosed by these lines and the goal-line shall be called a penalty-area. A suitable mark shall be made within each penalty-area, 12 yards from the mid-point of the goal-line, measured along an undrawn line at right-angles thereto. These shall be the penalty-kick marks. From each penalty-kick mark an arc of a circle, having a radius of 10 yards, shall be drawn outside the penalty-area.

5. THE CORNER AREA

From each corner-flag post a quarter circle, having a radius of 1 yard, shall be drawn inside the field of play.

6. THE GOALS

The goals shall be placed on the center of each goal-line and shall consist of two upright posts, equal distant from the corner-flags and 8 yards apart (inside measurement), joined by a horizontal cross-bar the lower edge of which shall be 8 ft. from the ground.

For safety reasons, the goals, including those which are portable, must be anchored securely to the ground.

LAW 2 – THE BALL

The ball shall be spherical; the outer casing shall be of leather or other suitable materials. No material shall be used in its construction, which might prove dangerous to the player. The circumference of the ball shall not be more than 70.0 cm and not less than 68.0 cm. The weight of the ball at the start of the game shall not be more than 450 g. or less than 410 g. The pressure shall be equal to 0.6-1.1 atmosphere (=60~1,100g. lcrn2) at sea level. The ball shall not be changed during the game unless authorized by the referee.

1. If the ball bursts or becomes deflated during the course of a match, the game shall be stopped and restarted by dropping the new ball at the place where the first ball became defective, unless it was within the goal-area at that time, in which case it shall be dropped on that part of the goal-area line which runs parallel to the goal-line, at the point nearest to where the ball was when play was stopped.

2. If this happens during a stoppage of the game (place-kick, goal-kick, corner-kick, free-kick, penalty-kick or throw-in), the game shall be restarted accordingly.

LAW 3 – NUMBER OF PLAYERS

1. A match shall be played by two teams, each consisting of not more than eleven players, one of whom shall be the goalkeeper.
2. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during a stoppage of the game.
3. When a goalkeeper or any other player is to be replaced by a substitute, the following conditions shall be observed:
 - a. The referee shall be informed of the proposed substitution, before it is made.
 - b. The substitution shall not enter the field of play until the player he is replacing has left, and then only after having received a signal from the referee.
 - c. He shall enter the field during a stoppage in the game, and at the half-way line.
 - d. The substitution is completed when the substitute enters the field of play, from which moment he becomes a player and the player whom he is replacing ceases to be a player.

Punishment:

1. Play shall not be stopped for an infringement of paragraph 4. The players concerned shall be cautioned immediately when the ball goes out of play.
2. If a substitute enters the field of play without the authority of the referee, play shall be stopped. The substitute shall be cautioned and removed from the field or sent off according to the circumstances. The game shall be restarted by the referee dropping the ball at the place where it was when play was stopped, unless it was within the goal-area at the time, in which case it shall be dropped on that part of the goal-area line which runs parallel to the goal-line, at the point nearest to where the ball was when play was stopped.
3. For any other infringement of this Law, the player concerned shall be cautioned, and if the game is stopped by the referee to administer the caution, it shall be restarted by an indirect free-kick, to be taken by a player of the opposing team from the place where the ball was when play was stopped, subject to the overriding conditions imposed in Law XIII.
 1. The FYSA Board is of the opinion that a match should not be considered valid if there are fewer than seven players in either of the teams.
 2. A player who has been ordered off before play begins may only be replaced by one of the named substitutes. The kick-off must not be delayed to allow the substitute to join his team. A player who has been ordered off after play has started may not be replaced.

LAW 4 – PLAYERS EQUIPMENT

1. (a) The basic compulsory equipment of a player shall consist of jersey or shirt, shorts, stocking, shin guards and footwear. (b) A player shall not wear anything that is dangerous to another player.
2. Shinguards, which must be covered entirely by the stockings.
3. The goalkeeper shall wear colors that distinguish him from the other players and from the referee.

Punishment:

For any infringement of this Law, the player at fault shall be instructed to leave the field of play by the referee, to adjust his equipment or obtain any missing equipment, when the ball next ceases to be in play, unless by then the player has already corrected his equipment. Play shall not be stopped immediately for an infringement of this Law. A player who is instructed to leave the field to adjust his equipment or obtain missing equipment shall not return without first reporting to the referee, who shall satisfy himself that the player's equipment is in order. The player shall only re-enter the game at the moment when the ball has ceased to be in play.

1. If the referee finds that a player is wearing articles not permitted by the Laws and which may constitute a danger to other players, he shall order to take them off. If he fails to carry out the referee's instruction, the player shall not take part in the match.
2. A player who has been prevented from taking part in the game or a player who has been sent off the field for infringing Law IV must report to the referee during a stoppage of the game and may not enter or re-enter the field of play unless and until the referee has satisfied himself that the player is no longer infringing Law IV.

3. A player who has been prevented from taking part in a game or who has been sent off because of an infringement of Law IV, and who enters or reenters the field of play to join or join his team, in breach of the conditions of Law XII (1), shall be cautioned.

If the referee stops the game to administer the caution, the game shall be restarted by an indirect free-kick, taken by a player of the opposing side, from the place where the ball was when the referee stopped the game, subject to the overriding conditions imposed in Law XIII.

LAW 5 – REFEREES

A referee shall be appointed to officiate in each game. His authority and the exercise of the powers granted to him by the Laws of the Game commence as soon as he enters the field of play.

His power of penalizing shall extend to offenses committed when play has been temporarily suspended, or when the ball is out of play. His decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. He shall:

- a. enforce the Laws.
 - b. refrain from penalizing in cases where he is satisfied that, by doing so, he would be giving an advantage to the offending team.
 - c. keep a record of the game; act as timekeeper and allow the full or agreed time, adding thereto all time lost through accident or other cause.
 - d. have discretionary power to stop the game for any infringement of the Laws and to suspend or terminate the game whenever, by reason of elements, interference by spectators, or other cause, he deems such stoppage necessary. In such case he shall submit a detailed report to the competent authority, within the stipulated time, and in accordance with the provisions set up by the National Association under whose jurisdiction the match was played. Reports will be deemed to be made when received in the ordinary course of post.
 - e. from the time he enters the field of play, caution and shows a yellow card to any player guilty of misconduct or ungentlemanly behavior. In such cases the referee shall send the name of the offender to the competent authority within the stipulated time, and in accordance with the provisions set up by the National Association under whose jurisdiction the match was played.
 - f. allow no person other than the players and assistant referees to enter the field of play without his permission.
 - g. stop the game if, in the opinion, a player has been seriously injured; have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player, who is able to go to the touch or goal line for attention of any kind, shall not be treated on the field of play.
 - h. send off the field of play and show a red card to any player who, in his opinion, is guilty of violent conduct, serious foul play, the use of foul or abusive language, or is guilty of a second cautionable offense.
 - i. signal for recommencement of the game after all stoppages.
 - j. decide that the ball provided for a match meets with the requirements of Law II.
1. The referee shall report to the appropriate authority misconduct or any misdemeanor on the part of spectators, officials, players, named substitutes or other persons which take place either on the field of play or in its vicinity at any time prior to, during or after the match in question so that the authority concerned can take appropriate action.
 2. Assistant referees are assistants of the referee. In no case shall the referee consider the intervention of a assistant referee if he himself has seen the incident and from his position on the field, is better able to judge. With this reserve, and the assistant referee neutral, the referee can consider the intervention, and if the information of the assistant referee applies to that phase of the game immediately before the scoring of a goal, the referee may act thereon and cancel the goal.
 3. The referee, however, can only reverse his first decision so long as the game has not been restarted.
 4. If the referee applies the advantage clause and the advantage, which was anticipated, does not develop at that time, the referee shall penalize the original offense.
 5. The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of referees to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feelings and loss of temper on the part of the players and spoils the pleasure of spectators.
 6. By par. (d) of Law V the referee is empowered to terminate a match in the event of grave disorder, but he has no power or right to decide, in such event, that either team is disqualified and thereby the loser of the match. He must send a detailed report to the Program Director who alone has power to deal further with this matter.

7. If a player commits two infringements of a different nature at the same time, the referee shall punish the more serious offense.
8. The referee shall not allow any person to enter the field until play has stopped and only then if he has given him a signal to do so.
9. The coach may convey tactical instructions to players during the match.

The coach and other officials, however, must remain within the confines of the technical area, where such an area is provided and they must conduct themselves, at all times, in a responsible manner.

LAW 6 – ASSISTANT REFEREES

Two assistant referees shall be appointed, whose duty (subject to the decision of the referee) shall be to indicate:

- a. when the ball is out of play;
- b. which side is entitled to a corner-kick, goal-kick or throw-in;
- c. when a player may be penalized for being in an offside position;
- d. when misconduct or other incident has occurred out of the view of the referee;
- e. when a substitution is desired.

LAW 7 – DURATION OF THE GAME

The duration of the game shall be two equal periods, subject to the following.

- a. Allowance shall be made in either period for all time lost through substitution, the transport from the field of injured players, time-wasting or other cause, the amount of which shall be a matter for the discretion of the referee.
- b. Time shall be extended to permit a penalty-kick being taken at or after the expiration of the normal period in either half.
- c. The half-time interval shall not exceed ten minutes.

LAW 8 – THE START OF PLAY

1. A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The team that wins the coin toss takes the kick-off to start the second half of the match. *A goal can be scored directly from the kick-off.*
2. After a goal has been scored; the game shall be restarted in like manner by a player of the team losing the goal.
3. After half time; when restarting after half time, ends shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the game.

Punishment:

For any infringement of this Law, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offense an indirect free-kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.

4. After any other temporary suspension; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these Laws, provided that immediately prior to the suspension the ball has not passed over the touch or goal lines, the referee will drop the ball at the place where it was dropped on that part of the goal-area line which runs parallel to the goal-line, at the point nearest to where the ball was when play was stopped. It shall be deemed in play when it has touched the ground; if, however, it goes over the touch or goal lines after the referee has dropped it, but before a player touches it, the referee shall again drop it. A player shall not play the ball until it has touched the ground.

If this section of the Laws is not complied with, the referee shall again drop the ball.

1. If, when the referee drops the ball, a player infringes any of the Laws before the ball has touched the ground, the player concerned shall be cautioned or sent off the field according to the seriousness of the offense, but a free-kick cannot be awarded to the opposing team because the ball was not in play at the time of the offense. The referee shall therefore again drop the ball.
2. Kicking-off by persons other than the players competing in a match is prohibited.

LAW 9 – BALL IN AND OUT OF PLAY

The ball is out of play:

1. When it has wholly crossed the goal line or touchline, whether on the ground or in the air.

2. When the game has been stopped by the referee. The ball is in play at all other times from the start of the match to the finish including:
 - a. If it rebounds from a goal post, crossbar or corner-flag post into the field of play.
 - b. If it rebounds off either the referee or assistant referee when they are in the field of play.
 - c. In the event of a supposed infringement of the Laws, until a decision is given.
1. Law X defines the only method according to which a match is won or drawn; no variation whatsoever can be authorized.
2. A goal cannot in any case be allowed if the ball has been prevented by some outside agent from passing over the goal line. If this happens in the normal course of play, other than at the taking of penalty kick the game must be stopped and restarted by the referee dropping the ball at the place where the ball came into contact with the interference, unless it was within the goal area at that time, in which case it shall be dropped on that part of the goal area line which runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.
3. If, when the ball is going into goal, a spectator enters the field before it passes wholly over the goal line and tries to prevent a score, a goal shall be allowed if the ball goes into goal unless the spectator has made contact with the ball or has interfered with play, in which case the referee shall stop the game and restart it by dropping the ball at the place where the contact or interference occurred, unless it was within the goal area at the time, in which case it shall be dropped on that part of the goal area line which runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.

LAW 11 – OFFSIDE

1. A player is in an offside position if he is nearer to his opponent' goal line than the ball, unless
 - a. he is in his own half of the field of play, or
 - b. he is not nearer to his opponents' goal line than at least two of his opponents.
2. It is not offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches, or is played by one of his team, he is in the opinion of the referee, involved in active play by
 - a. interfering with play, or
 - b. interfering with an opponent, or
 - c. gaining an advantage by being in that position.
3. A player shall not be declared offside by the referee
 - a. merely because of his being in an offside position, or
 - b. if he receives the ball direct from a goal kick, or corner kick or a throw-in.
4. If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free kick shall be taken from any point within the goal area.
1. Offside shall not be judged at the moment the player in question receives the ball, but at the moment when the ball is passed to him by one of his own side. A player who is not in an offside position when one of his colleagues passes the ball to him or takes a free kick, does not therefore become offside if he goes forward during the flight of the ball.
2. A player who is level with the second last opponent or with the last two opponents is not in off sides position.

LAW 12 – FOULS AND MISCONDUCT

1. A player who commits any of the following ten offenses in a manner considered by the referee to be careless, reckless or involving disproportionate force
 - a. kicks or attempts to kick an opponent; or
 - b. trips an opponent; or
 - c. jumps at an opponent; or
 - d. charges an opponent; or
 - e. strikes or attempts to strike an opponent; or
 - f. pushes an opponent; or who commits any of the following four offenses:
 - g. when tackling an opponent makes contact with the opponent before contact is made with the ball; or

- h. holds an opponent; or
- i. handles the ball deliberately, i.e., carries, strikes or propels the ball with his hand or arm (this does not apply to the goalkeeper within his own penalty area);

shall be penalized by the award of a direct free kick to be taken by the opposing team from the place where the offense occurred.

Should a player of the defending team commit one of the above ten offenses within the penalty area, shall be penalized by a penalty kick.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.

2. A player committing any of the five following offenses
 - a. playing in a manner considered by the referee to be dangerous;
 - b. charging fairly, i.e. with the shoulder, when the ball is not within playing distance of players concerned and they are definitely not trying to play it;
 - c. when not playing the ball, impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;
 - d. charging the goalkeeper except when he
 1. is holding the ball;
 2. is obstructing the opponent;
 3. has passed outside his goal area.
 - e. When playing as a goalkeeper and within his own penalty area
 1. from the moment he takes control of the ball with his hands, he takes more than 4 steps in any direction while holding, throwing the ball in the air and catching it again, without releasing it into -,
 2. having released the ball into play before, during or after the 4 steps, he touches it again with his hands, before it has been played by a player of the opposing team either inside or outside of the penalty area by a player of the same teams outside penalty area, subject to the overriding conditions of e(3), or
 3. touches the ball with his hands after it has been deliberately kicked to him by a teammate.
 4. indulges in tactics, which in the opinion of the referee, are designed to hold up the game and thus waste time and so give an advantage to his own team,

shall be penalized by the award of an indirect free kick to be taken by the opposing side from where the infringement occurred, subject to the overriding conditions imposed in Law ____.

3. A player shall be cautioned and shown the yellow card if
 - a. he enters or reenters the field of play to join or rejoin his team after the game has commenced, or leaves the field of play during the progress of the game (except through accident) without, in either case, first having received a signal from the referee showing him that he may do so. If the referee stops the game to administer the caution, the game shall be restarted by an indirect free kick taken by a player of the opposing team from the place where the ball was when the referee stopped the game, subject to the overriding conditions imposed in Law XIII.

If, however, the offending player has committed a more serious offense he shall be penalized according to that section of the law he infringed.

- b. he persistently infringes the Laws of the Game;
- c. he shows, by word or action, dissent from any decision given by the referee;
- d. he is guilty of ungentlemanly conduct.

For any of these last three offenses, in addition to the caution, an indirect free kick shall also be awarded to the opposing side from the place where the offense occurred, subject to the overriding conditions imposed in Law XIII, unless a more serious infringement of the Laws of the Game was committed.

4. A player shall be sent off the field of play and shown the red card, if, in the opinion of the referee, he
 - a. is guilty of violent conduct;
 - b. is guilty of serious foul play;
 - c. uses foul or abusive language;
 - d. if guilty of a second cautionable offense after having received a caution.
 - e. spits at an opponent; or

A play is stopped by reason of a player being ordered from the field for an offense without a separate breach of the Law having been committed, the game shall be resumed by an indirect free kick awarded to the opposing side from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.

1. If the goalkeeper either strikes an opponent by throwing the ball at him or pushes him with the ball while still holding it, the referee shall award a penalty kick, if the offense took place within the penalty area.
2. If a player leans on the shoulders of another player of his own team in order to head the ball, the referee shall stop the game, caution the player for ungentlemanly conduct and award an indirect free kick to the opposing side.
3. A player's obligation when joining or rejoining his team after the start of the match to 'report to the referee' must be interpreted as meaning to draw the attention of the referee from the touchline. The signal from the referee shall be made by a definite gesture which makes the player understand that he may come into the field of play; it is not necessary for the referee to wait until the game is stopped (this does not apply in respect of an infringement of Law IV), but the referee is the sole judge of the moment in which he gives his signal of acknowledgement.
4. The letter and spirit of Law XII do not oblige the referee to stop a game to administer a caution. He may, if he chooses, apply the advantage, he shall caution the player when play stops.
5. If a player covers up the ball without touching it in an endeavor not to have it played by an opponent, he obstructs but does not infringe Law XII per. 3 because he is already in possession of the ball and covers it for tactical reasons while the ball remains within playing distance. In fact, he is actually playing the ball and does not commit an infringement; in this case, the player may be charged because he is in fact playing the ball.
6. If a player positions his arms to impede an opponent and steps from one side to the other, moving his arms up and down to delay his opponent, forcing him to change course, but does not make "bodily contact" the referee shall caution the player for ungentlemanly conduct and award an indirect free kick.
7. If a player impedes the progress of the opposing goalkeeper, in an attempt to prevent him from putting the ball into play in accordance with Law XII, 2 e(1), the referee shall award an indirect free kick.
8. If, after a referee has awarded a free kick, player protests violently by using abuse or foul language and is sent off the field, the free kick should not be taken until the player has left the field.
9. Any player, whether he is within or outside the field of play, whose conduct is ungentlemanly or violent, whether or not it is to be dealt with according to the nature of the offense committed.
10. If, in the opinion of referee, a goalkeeper lies on the ball longer than is necessary, he shall be penalized for ungentlemanly conduct and (a) be cautioned and an indirect free kick awarded to the opposing team; (b) in case of re-on of the offense, be sent off the field.
11. The offense of spitting at officials and other persons, or similar unseemly behavior shall be considered as violent conduct within the meaning of section 4(a) of Law XII.
12. If, when a referee is about to caution a player, and before he has done so, the player commits another offense which merits a caution, the player shall be sent off the field of play.
13. If, in the opinion of the referee, a player who is moving toward his opponent's goal with an obvious opportunity to score a goal is impeded by an opponent, through unlawful means, i.e. an offense punishable by a free kick (or a penalty kick), thus denying the attacking player's team the aforesaid goal scoring opportunity, the offending player shall be sent off the field of play for serious foul play in accordance with Law XII 4(o).
14. If, in the opinion of the referee, a player, other than the goalkeeper within his own penalty area, denies his opponents a goal, or an obvious goal scoring opportunity, by intentionally handling the ball, he shall be sent off the field of play for serious foul play in accordance with Law XII 4(o).
15. The International F.A. Board is of the opinion that a goalkeeper, in the circumstances described in Law XII 2 e(1), will be considered to be in control of the ball by touching it with any part of his hands or arms. Possession of the ball would include the goalkeeper intentionally carrying the ball, but would not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.
16. Subject to the terms of Law XII, a player may pass the ball to his own goalkeeper using his head or chest or knee, etc. If, however, in the opinion of the referee, a player uses a deliberate attempt in order to circumvent article 2 e(3) of Law XII, the player will be guilty of ungentlemanly conduct and will be punished accordingly under the terms of Law XII; that is to say, the player will be cautioned and shown the yellow card and an indirect free kick will be awarded to the opposing team from the place where the player committed the offense.

In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball with his hands or not. The player commits the offense in attempting to circumvent both the text and the Spirit of Law XII.

LAW 13 – FREE KICK

Free kicks shall be classified under two headings: “direct” (from which a goal can be scored direct against the offending side), 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).

When a player is taking a direct or an indirect free kick inside his own penalty area, all of the opposing players shall be at least ten yards (9.15m) from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately if it has traveled the distance of its own circumference and is beyond the penalty area. The goalkeeper shall not receive the ball into his hands, in order that he may thereafter kick it into play. If the ball is not kicked direct into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a direct or an indirect free kick outside his own penalty area, all of the opposing players shall be at least ten yards from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball shall be in play when it has traveled the distance of its own circumference.

If a player of the opposing side encroaches into the penalty area, or within ten yards of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the Law is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time, until it has been touched or played by another player.

Notwithstanding any other reference in these Laws to the point from which a free kick is to be taken

1. Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area.
2. Any indirect free kick awarded to the attacking team within its opponent’s goal area shall be taken from the part of the goal area line which runs parallel to the goal line, at the point nearest to where the offense was committed.

Punishment:

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred, unless the offense is committed by a player in his opponent’s goal area, in which case the free kick shall be taken from any point within the goal area.

1. In order to distinguish between a direct and an indirect free kick, the referee, when he awards an indirect free kick, shall indicate accordingly by raising an arm above his head. He shall keep his arm in that position until the kick has been taken and retain the signal until the ball has been played or touched by another player or goes out of play.
2. Players who do not retire to the proper distance when a free kick is taken must be cautioned and on any repetition be ordered off. It is particularly requested of referees that attempts to delay the taking of a free kick by encroaching should be treated as serious misconduct.

LAW 14 – PENALTY KICK

A penalty kick shall be taken from the penalty mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, at least 10 yards from the penalty mark and must stand behind the penalty mark.

The opposing goalkeeper must

- a. Stand (without moving his feet) on his own goal line, between the goal posts, until the ball is kicked. The player taking the kick must kick the ball forward; he shall not play the ball a second time until it has been touched or played by another player.
- b. The ball shall be deemed in play directly after it is kicked, i.e. when it has traveled the distance of its circumference. A goal may be scored directly from a penalty kick. When a penalty kick is being taken during the normal course of play, or when time has been extended at half-time or full-time to allow a penalty kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts, or the crossbar, or the goal keeper, or any combination of these agencies, providing that no other infringement has occurred.

Punishment:

For any infringement of this Law

- a. by the defending team, the kick shall be retaken if a goal has not resulted.
- b. by the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.

- c. by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the overriding conditions imposed in this Law.
1. When the referee has awarded a penalty kick, he shall not signal for it to be taken, until the players have taken up positions in accordance with the Law.
 2. (a). If, after the kick has been taken, an outside agent stops the ball in its course towards goal, the kick shall be retaken.
(b). If, after the kick has been taken, the ball rebounds into play, from the goalkeeper, the crossbars or a goal post, and is then stopped in its course by an outside agent, the referee shall stop play and restart it by dropping the ball at the place where it came into contact with the outside agent, unless it was within the goal area at that time, in which case it shall be dropped on that part of the goal area line which runs parallel to the goal line, at the point nearest to where the ball was when play was stopped.
 3. (a). If, after having given the signal for a penalty kick to be taken, the referee sees that the goalkeeper is not in his right place on the goal line, he shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.
(b). If, after the referee has given the signal for a penalty kick to be taken, and before the ball has been kicked, the goal keeper moves his feet, the referee shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.
(c). If, after the referee has given the signal for a penalty kick to be taken, and before the ball is in play, a player of the defending team encroaches into the penalty area, or within ten yards of the penalty mark, the referee shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.
 4. The player concerned shall be cautioned
(a) if, when a penalty kick is being taken, the player taking the kick is guilty of ungentlemanly conduct, the kick, if already taken, shall be retaken, if a goal is scored. The player concerned shall be cautioned.
(b) if, after the referee has given the signal for a penalty kick to be taken, and before the ball is in play, a colleague of the player taking the kick encroaches into the penalty area or within ten yards of the penalty mark, the referee shall, nevertheless, allow the kick to proceed. If a goal is scored, it shall be disallowed, and the kick retaken.
(c). If, in the circumstances described in the foregoing, the ball rebounds into play from the goalkeeper, the cross bar or a goal post, and a goal has not been scored, the referee shall stop the game, caution the player and award an indirect free kick to the opposing team from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.
 5. (a). If, after the referee has given the signal for a penalty kick to be taken, and before the ball is in play, the goalkeeper moves from his position on the goal line, or moves his feet, and a colleague of the kicker encroaches into the penalty area or within 10 yards of the penalty mark, the kick, if taken, shall be retaken.
(b). The colleague of the kicker shall be cautioned if, after the referee has given the signal for a penalty kick to be taken, and before the ball is in play, a player of each team encroaches into the penalty area, or within 10 yards of the penalty mark, the kick, if taken, shall be retaken. The players concerned shall be cautioned.
 6. When a match is extended, at half-time or full-time, to allow a penalty kick to be taken or retaken, the extension shall last until the moment that the penalty kick has been completed, i.e. until the referee has decided whether or not a goal is scored, and the game shall terminate immediately the referee has made his decision. After the player taking the penalty kick has put the ball into play, no player other than the defending goalkeeper may play or touch the ball before the kick is completed.

LAW 15 – THROW-IN

When a whole of the ball passes over a touchline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline. The thrower shall use both hands and shall deliver the ball from behind and over his head. The ball shall be in play immediately when it enters the field of play, but the thrower shall not play the ball until it has been touched or played by another player. A goal shall not be scored direct from a throw-in.

Punishment:

- a. If the ball is improperly thrown in the throw-in shall be taken by a player of the opposing team.
- b. If the thrower plays the ball a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.

1. If a player taking a throw-in plays the ball a second time by handling it within the field of play before it has been touched or played by another player, the referee shall award a direct free kick.
2. A player taking a throw-in must face the field of play with some part of his body.
3. If, when a throw-in is being taken, any of the opposing players dance about or gesticulate in a way calculated to distract or impede the thrower, it shall be deemed ungentlemanly conduct, for which the offender(s) shall be cautioned.
4. A throw-in taken from any position other than the point where the ball passed over the touchline shall be considered to have been improperly thrown in.

LAW 16 – GOAL KICK

When a whole of the ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked direct into play beyond the penalty area from any point within the goal area by a player of the defending team. A goalkeeper shall not receive the ball into his hands from a goal kick in order that he may thereafter kick it into play. If the ball is not kicked beyond the penalty area, i.e. direct into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has touched or been played by another player. A goal shall not be scored direct from such a kick. Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until the ball has been kicked out of the penalty area.

Punishment:

If a player taking a goal kick plays the ball a second time after it has passed beyond the penalty area, but before it has touched or been played by another player, an indirect, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.

1. When a goal kick has been taken and the player who has kicked the ball touches it again before it has left the penalty area, the kick has not been taken in accordance with the Law and must be retaken.

LAW 17 – CORNER KICK

When a whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the whole of the ball shall be placed within the quarter circle at the nearest corner flag post, which must not be moved, and it shall be kicked from that position. A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 10 yards of the ball until it is in play, i.e. if it has traveled the distance of its own circumference, nor shall the kicker play the ball a second time until it has been touched or played by another player.

Punishment:

- a. If the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award an indirect free kick to the opposing team, to be taken from the place where the infringement occurred, subject to the overriding conditions imposed in Law XIII.
- b. For any other infringement the kick shall be taken.

Insurance Claim Form
MUST BE FILED WITHIN 2 WEEKS OF INCIDENT/ACCIDENT

1. Date of Injury: _____ Location: _____

2. League Name: _____ Club: _____

3. Injured Party: _____

() Coach () Player () Other: _____

Date of Birth: _____ Phone: _____

Address: _____

City: _____ Zip: _____

4. Type of play involved: () League Game () Practice () Tournament

Name of Tournament: _____

Team Name: _____ Opponent Name: _____

Time of Event: _____ AM PM Time of Injury: _____

Describe Injury and Cause: _____

Name of Administrator on Site: _____

(i.e., Coach, Team Parent, etc.)

5. Does the injured party have Primary Insurance? () Yes () No

Name of Insurance Company: _____

Claim form to be sent to: _____

(i.e., Parent, Guardian, etc.)

Address: _____

City: _____ Zip: _____

Complete form immediately following injury and send to both:

AYSA
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Ketchikan, AK 99901

FYSA
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