



AYSO Region 211 • Michigan
American Youth Soccer Organization
Kalamazoo • Parchment • Oshtemo

AYSO Region 211 Rules and Regulations

(Revised for the 2009-2010 season)

The Regional Guidelines provide uniform policies, procedures, interpretation and expansion of AYSO Rules, Regulations, and Bylaws. The Board of Directors, who shall review the Guidelines annually, may amend these Guidelines. Procedures not addressed in these guidelines shall be governed by AYSO's Standard Regional Guidelines.

The BOARD OF DIRECTORS shall consist of a Regional Commissioner, Assistant Regional Commissioner, Regional Coach Administrator, Regional Referee Administrator, Treasurer, Secretary, Registrar, Child and Volunteer Protection Advocate, Referee Scheduler, Referee Instructor, Youth Referee Mentor, Coach Instructor, Newsletter/Communications Coordinator, Volunteer Coordinator, Scheduler and Statistician, Directors of (Facilities, Sponsors, Safety, Publicity, Concessions, Assistant Concessions, Equipment, Tournaments, VIP program), Members At Large (Pictures, New Fields, KASI, Player recruitment); and Division Directors. The Regional Commissioner is nominated by the Region, and then appointed by the AYSO National Board. The Regional Commissioner appoints all others. The Board advises the Regional Commissioner, who makes all decisions.

TEAMS:

1. Players will be assigned to teams by the Division Director.
2. Teams will be formed according to the neighborhood concept with balanced teams.
3. Each team will have a Coach, Assistant Coach, Team Parent, and for each game, a Linesperson and, in some cases, a Referee. The Division Director recruits the Coach, who recruits all other volunteers. The team parent will also coordinate team volunteers for concessions and fund raising.
4. Players may play up a division only if the player's parent is team Coach and the Regional Commissioner approves. In addition, the player must be within one year of the minimum age for the older division.
5. Playing down a division is not permitted.

COACHING:

1. All coaching must be in positive terms at games and practices.
2. All coaches must complete age-specific training prior to coaching.
3. Coaching from the sidelines (10 yards on either side of halfway line and on one sideline only) shall be limited to two coaches from each participating team.
4. For full-field games, coaches and players will occupy the east side of the field; parents and spectators will

occupy the west side of the field.

5. Coaches may suspend players from game participation for unexcused absences from scheduled games or practices in the week preceding a game, or for unruly conduct, only after approval of the Division Director.
6. If a player misses, with no excuse, two practices in a row or three practices during a half season or three scheduled games during the full season, the player may be suspended for the remainder of the half season by the Regional Commissioner, after consultation with the Coach and the Division Director.
7. Any coach found in violation of these Region 211 Guidelines may be relieved of duty by the Regional Commissioner.

PRACTICES:

1. Team practices may start no sooner than two weeks (three weeks in the spring if Easter vacation falls within the two weeks) before each half season and are limited to four two-hour practices during the preseason.
2. Scrimmage games must be within the same division and count as one practice.
3. Competition outside AYSO must be approved by the Regional Commissioner.
4. After the first game, only one practice per week of up to one hour is allowed in divisions U6-U19. There will be NO practices in the U05 division.

PARTICIPATION:

1. Only registered AYSO players may participate in games or practices.
2. Players present prior to the start of a game or arriving during the first quarter in proper uniform must play at least three quarters. Teams with too many players present at the game to allow all players to play a full 3/4 game, will have to have one or more players sit out a half. Coaches shall balance the playing time of all players, regardless of ability, so that no player will sit out more than any other player throughout the year.
3. With the exception noted above, failure of a player to participate in at least 3/4 of a game may result in the game being forfeited by that player's team.
4. In cases where it would be injurious for a player to play 3/4 a game, the parents, Coaches, and Division Director will decide on an exception to the 3/4 game playing requirement.
5. If a player arrives during the second or third quarter, he/she must play a minimum of one quarter.
6. If a player cannot play in a game due to health reasons or previous suspension, the player may not wear the team uniform to the game.
7. When possible, each team will have a team captain on the field during the game.
8. The captain shall be the only player permitted to talk to the referee and only in a respectful manner.
9. If there is no referee or a referee becomes incapacitated, the game should be refereed by a person agreed upon by the coaches. Play should resume within fifteen minutes.

SUBSTITUTIONS:

The following procedure shall be a means of enforcing the substitution rule of AYSO competition:

1. The Coach's copy of registration forms of each player must be brought to each game for medical information and/or possible inspection by the referee.
2. Coaches in all divisions are required to fill out a lineup card for each game for the referee. Lineup cards, with substitutions and goals clearly marked, must be turned in after each game by the referee or coach.
3. Parents are encouraged to inform the Division Director of irregularities in substitution.
4. Players will not leave the field of play during substitution periods unless they are the player(s) being substituted for.

CONDUCT AT GAMES:

1. Spectator enthusiasm is encouraged, but coaching and refereeing by spectators is not permitted. Please refer to our sportsmanship guidelines.
2. Verbal abuse, offensive language, game interference, or unruly conduct by coaches, players, or spectators against the Referee, Linespersons, or players will not be tolerated.
3. Ejected persons must leave the area, i.e., "out of sight, out of sound." If they refuse, the referee must

suspend the game.

4. Ejected players and coaches will be suspended from the next game.
5. Players or coaches receiving a third caution (yellow card) during a half season will also be suspended from the next game.
6. All red cards will be reviewed by the Regional Referee Administrator, the Referee involved, and the Regional Commissioner.
7. Players should not criticize or argue with other players on either team.
8. Spectators, coaches, and players are not allowed behind the goal lines or within two feet of the touchlines while a game is in progress.
9. Alcoholic beverages and illegal drugs are not allowed at games or practices.
10. Pets are not allowed at games or practices.

PROPER ATTIRE:

1. The AYSO player's uniform consists of the appropriate shorts, the issued jersey, appropriate solid-colored socks (for each division), and appropriate footwear for playing soccer (see Table 1 at the end of this handbook).
2. Players' jerseys and shorts must be visible at all times.
3. Additional clothing may be worn under the official uniform.
4. Jerseys may be worn only for officially scheduled or scrimmage games. Under no circumstances are they to be worn for practices.
5. Players, including the goalie, shall not be allowed to participate in any AYSO game unless they are wearing shin guards and proper AYSO attire. Shin guards are also required in all AYSO practices worn inside socks that completely cover the guards.
6. Players may also wear soft knee or elbow pads, gloves, and soft caps.
7. No jewelry (e.g., watches, pendants), pierced earrings, unpadded splints or casts, or anything considered dangerous by the referee may be worn.

INCLEMENT WEATHER:

1. If the weather is such that the field is or will become unplayable, the Regional Commissioner will cancel games and notify radio stations at least one hour prior to scheduled starting time. After that only the assigned referee may, at the game site, cancel a scheduled game or a game in progress.
2. Under no circumstances will a game be conducted with lightning visible to the referee.
3. In the event of cancellation, one half of the game completed constitutes a complete game.
4. Coaches at the game are responsible for the removal of AYSO equipment.

GAME PROTEST:

1. Anyone may submit a letter of game protest to the Regional Referee Administrator, after first notifying the Referee of his or her intentions.
2. Protests involving judgment calls by the Referee will not be considered.
3. All protests must be received within 72 hours of the incident.
4. Action must be taken before the next scheduled game or within ten days of the incident whichever comes first.
5. Appeals will be considered by the Region 211 Protest Board, consisting of the Regional Commissioner, the Regional Referee Administrator, and the Regional Coach Administrator. 6. The decision of the Protest Board is final.

SUMMARY OF THE RULES OF THE GAME

OBJECT OF THE GAME:

Each team tries to direct the ball into the opponent's goal using any part of the body except the hands or arms. If the whole ball goes over the goal line into the goal, one point is awarded.

PLAYER POSITIONS AND ADVANTAGE:

All players may play anywhere on the field. Most coaches assign positions to players to make sure that the field is covered. One player, the designated goalkeeper, may play the ball with his hands so long as he is in his own penalty area.

This rule is to give coaches and referees official guidance for fair play:

"No team shall play another team with a player advantage.

Injury exception-If a team loses a player due to an injury and has no player to substitute, this is permissible until next break in play. However, at that time, player number must return to matching".

BALL IN AND OUT OF PLAY:

1. If the whole ball goes over the touchline, the team last touching the ball, prior to it's going out of bounds, and must give up the ball. A "throw-in" is awarded to the opposition at the point where the ball went out of bounds. The "throw-in" is taken with both feet on the ground, the feet being on or behind the touchline, and the ball must be delivered from behind the head with both hands, one on each side of the ball.

2. If the ball goes over the goal line but not into the goal, and was last touched by the defending team, a "corner kick" is awarded to the offensive team. The ball is placed in the corner arc and kicked by an offensive player. This play frequently results in a goal.

3. If the ball was last played by an offensive player prior to going over the goal line, a goal kick is awarded to the defensive team. The ball is placed in the goal area, from where a defender kicks the ball. The ball must be kicked out of the penalty area before the ball is back in play.

PENALTIES (Divisions U10, U12, U14 and U16-19):

1. Any player who commits one of the following five offenses "off the ball":

- a. Playing in a dangerous manner,
- b. Charging any player away from the ball,
- c. Standing in the way of an opponent trying to get to the ball,
- d. Charging the goalkeeper,
- e. Delaying the game,

. . . shall be penalized by the awarding of an "indirect free kick" to the opposing team. The kick shall be taken from the place where the offense occurred. An "indirect free kick" must touch a second player prior to entering the goal in order for that goal to count.

2. Any player who intentionally commits any of the following nine offenses "on the ball":

- a. Kicks or attempts to kick an opponent,
- b. Trips or attempts to trip an opponent,
- c. Jumps at an opponent,
- d. Violently charges an opponent,
- e. Charges from behind,
- f. Strikes or attempts to strike an opponent,
- g. Holds an opponent,

- h. Pushes an opponent,
- i. Handles the ball with hand or arm (except the goalkeeper),

. . . shall be penalized by the awarding of a "direct free kick" to the opposing team. The kick shall be taken from the place where the offense occurred. A "direct free kick" need not touch a second player prior to entering the goal for the goal to count.

If one of the above nine offenses is committed by the defending team inside its own penalty area, a "penalty kick" shall be awarded to the offensive team. This kick is taken from the penalty spot. The defensive goalkeeper is the only defensive player who may attempt to stop the "penalty kick." All players other than the goalkeeper and kicker must be outside the penalty area, behind the penalty spot (outside the 10-yard semicircle) until the "penalty kick" has been taken.

3. A "caution" (signaled by the referee holding up a yellow card) shall occur if a player:

- a. Is substituted without getting the referee's permission
- b. Repeatedly infringes upon the above laws of the game
- c. Dissents from any decision made by the referee
- d. Is guilty of unsportsmanlike conduct

4. A player shall be "banished" from the game (signaled by the referee holding up a red card) if a player:

- a. Is guilty of violent conduct or serious foul play
- b. Uses foul or abusive language
- c. Persists in misconduct after receiving a caution (second caution)

A player banished from the game cannot be replaced.

OFFSIDE PENALTY:

An offensive player is offside unless:

- 1. He has at least the goalkeeper and one defender between himself and the defenders' goal line when the ball is played toward him by a teammate.
- 2. He is in his own half of the field at the time his teammate plays the ball toward him.
- 3. The ball was last touched by a defender.

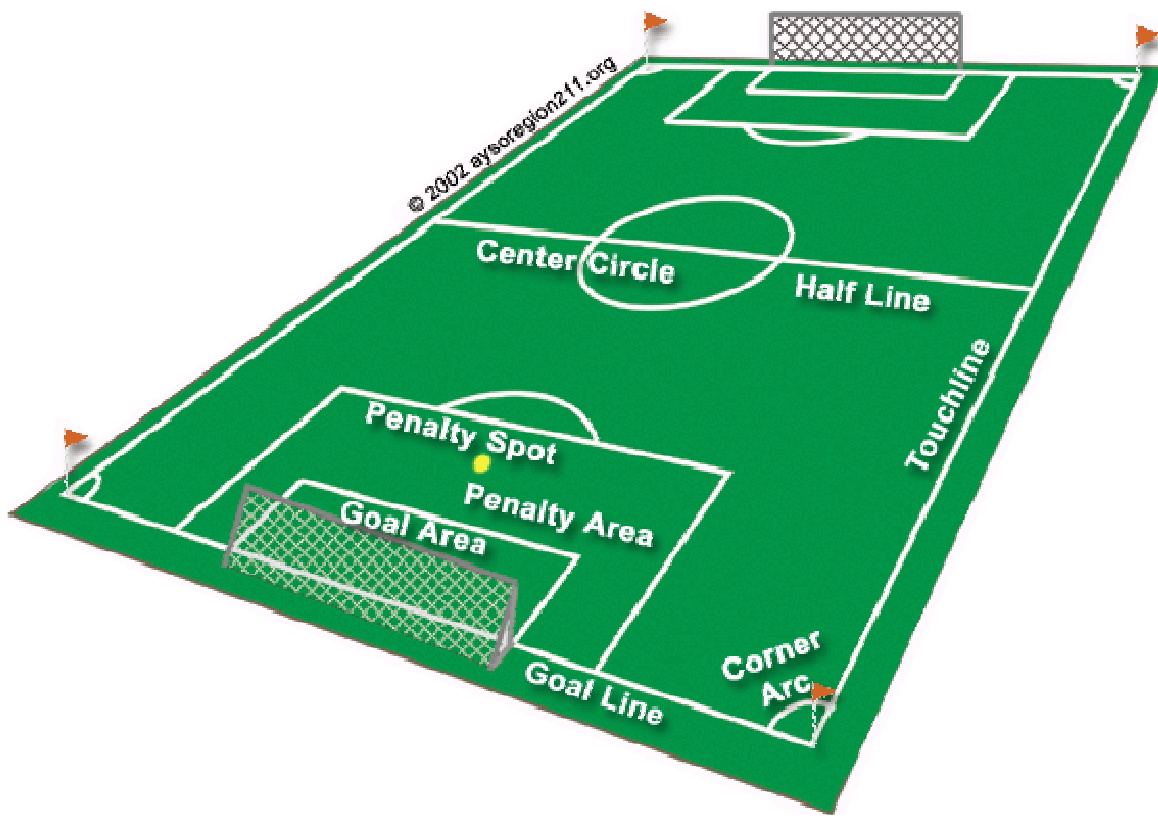
If a player is declared offside, an "indirect free kick" shall result.

Parent referees may call offside penalties at their discretion. Regional and area referees must call offside penalties. Linespersons may assist the referee by signaling an offside infraction, but only referees may call the penalty.

ADVANTAGE CLAUSE FOR REFEREES:

The referee shall not call any penalty, which might, in the referee's opinion, give an advantage to the team committing the foul.

FIELD OF PLAY FOR PLAYERS IN DIVISIONS U14 AND U16-U19



FIELD OF PLAY:

The field will consist of a full size regular field (approximately 110 yards x 65 yards).

TEAMS:

There will be up to 11 players on the field at a time in. One of these players will be the goaltender.

COACHING:

Coaches must remain off the field at all times.

No coaching is allowed from the ends of the field. Coaches must remain on the outer touchline of the field.

SPECTATORS:

No spectators are allowed on the field or on the goal lines at the ends of the fields. Spectators should remain along the outer touchline.

SPECIAL RULES FOR PLAYERS IN DIVISION U12

FIELD OF PLAY:

The field will consist of approximately 3/4 of a regular field. The field will be a field inside of a regular size field. Each team is responsible for moving up one of the portable goals. Each team must then remove them after the game.

TEAMS:

There will be up to 9 players on the field at a time in. One of these players will be the goaltender.

COACHING:

Coaches must remain off the field at all times.

No coaching is allowed from the ends of the field. Coaches must remain on the outer touchline of the field.

SPECTATORS:

No spectators are allowed on the field or on the goal lines at the ends of the fields. Spectators should remain along the outer touchline.

SPECIAL RULES FOR PLAYERS IN DIVISION U10

FIELD OF PLAY:

The field will consist of approximately 1/2 of a regular field. The field will be a field inside of a regular size field. Each team is responsible for moving up one of the portable goals. Each team must then remove them after the game.

TEAMS:

There will be up to 7 players on the field at a time in. One of these players will be the goaltender.

COACHING:

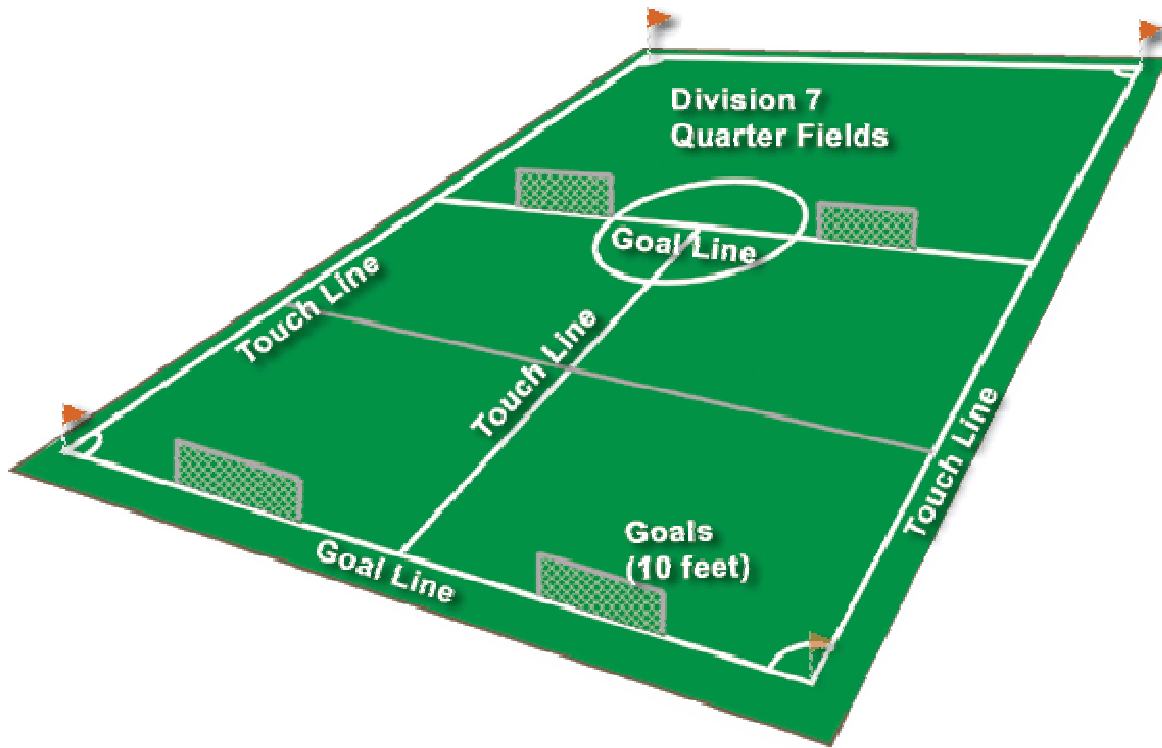
Coaches must remain off the field at all times.

No coaching is allowed from the ends of the field. Coaches must remain on the outer touchline of the field.

SPECTATORS:

No spectators are allowed on the field or on the goal lines at the ends of the fields. Spectators should remain along the outer touchline (see above diagram).

FIELD OF PLAY FOR PLAYERS IN DIVISION U8



FIELD OF PLAY:

The field will consist of approximately 1/4 of a regular field. The field will be 2 fields inside of a regular size field. The goals will be 10 feet wide and marked with cones. Two fields will be set up in each half field of a regular field. Each team will be responsible for picking up and returning cones for one field. (Cones are furnished by AYSO and are available at the concession stand.)

TEAMS:

There will be 5 players from each team on the field at a time. There will be NO goalkeepers.

GAMES:

Games will be 40 minutes long with breaks every 10 minutes, during 20-minute halves, to substitute.

A five-minute half-time will be taken during the game.

All players are required to play at least 3 quarters of every game, numbers permitting.

A size three ball will be used.

There will be no direct kicks or penalty kicks.

Offenses on, or off the ball will be penalized with an indirect free-kick and the infringement should be explained to the players in as friendly a manner as possible. There is no offside penalty.

SCORING:

U08 scoring will be done as in any other of the above divisions.

COACHING:

One coach from each team will be on each field during the game.

Each team will be required to have a head coach and an assistant coach.

REFEREES:

The coaches who are on the field will referee the games unless a trained parent referee is available. No offside penalty shall be called.

PENALTIES:

Any of the 14 offenses listed above will be penalized with a direct free kick. Opponents should be at least 6 yards away from the free kick. No penalty kicks will be allowed. The direct free kick will be taken from the point nearest the infringement, but at least 6 yards from the goal. Offside penalty shall not be called.

FIELD OF PLAY FOR PLAYERS IN DIVISION U6

FIELD OF PLAY:

The field will be 1/16 of a regular field size.

TEAMS:

There will be 3 players from each team on the field at a time (There will be NO goalkeepers).

GOALS:

The goals should be a maximum of 2 tall cones set 6 feet apart. Each team will be responsible for picking up and returning the cones for their team from the concession building.

GAMES:

All players are required to play at 3/4 of the time before any other player plays the entire game. There will be no penalty kicks. All direct kicks.

COACHING:

One coach from each team will be present on each field during the game.

PENALTIES:

Any of the 14 offenses listed above will be penalized with a direct free kick. Opponents should be at least 6 yards away from the free kick. No penalty kicks will be allowed. The direct free kick will be taken from the point nearest the infringement, but at least 6 yards from the goal. Offside penalty shall not be called.

FIELD OF PLAY FOR PLAYERS IN DIVISION U5

3 V 3 GAME SET-UP AND GUIDELINES:

Each player in the division will receive a uniform/shirt, since it is part of the fun to get dressed up for “the big game”. Having fun will make the kids want to come back. The uniforms are reversible for all players. Players are divided into teams of 5 (3 on the field with 2-3 substitute/reserve).

FIELD OF PLAY:

The field will be 1/16 of a regular field size.

TEAMS:

There will be 3 players from each team on the field at a time (There will be NO goalkeepers).

GOALS:

The goals should be a maximum of 2 tall cones set 6 feet apart. Each team will be responsible for picking up and returning the cones for their team from the concession building.

GAMES:

Game day will consist of approximately half of the time in practice and half in game.
All players are required to play at 3/4 of the time before any other player plays the entire game.
There will be no penalty kicks. All direct kicks.

PRACTICES:

There will be NO practices in the U05 division.

COACHING:

One coach from each team will be present on each field during the game.

SESSION SCHEDULE:

Sessions should last one hour and fifteen minutes including organizing time and breaks-NO MORE.

10 minutes — Group Warm-Up and Activities

5 minutes — Water Break

20 minutes — Training Activities and Games

10 minutes - Team organizing and water break

20 minutes 3 vs 3 Game (played in two halves of 10 minutes each with a short break at the quarter to make substitutions and get a quick drink)

5 minute — Half-time

5 minutes to help make changes between quarters

During the game, the team coach are required to keep the game going. All other parents should be encouraged to cheer positively but refrain from “coaching” (giving directions). However, they can remain on the field. This is the time for the kids to play - LET THEM!

PLAYER EQUIPMENT:

Shoes and shin guards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

THE START OF PLAY:

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

THE KICK-OFF:

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

BALL IN AND OUT OF PLAY:

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U05 games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

METHOD OF SCORING:

A goal in all age group games is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. In U05 games, goals are not recorded to determine who wins as everyone is a winner.

FOULS AND OTHER STOPPAGES:

Deliberate fouling should be rare in U-5 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in U05 games. If a player is "not playing well with others", or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or as may be appropriate. Award the restart to whichever team deserves it. Stoppages must not become a lengthy ceremony.

FREE KICK:

Play may have to be stopped occasionally to "sort things out" in U05 games. When this is necessary, correct the situation then restart with a free kick for a deserving team. The opposing team should be at least 5 yards from the ball in U05 games. All free kicks in U05 games are direct free kicks which means, if you're lucky, a goal can be scored directly from the kick without the ball having to be touched.

THROW-IN:

When the ball goes out of play in U05 games across the touch line (side lines) or the goal lines (end lines) without a goal being scored, a throw-in is awarded at the point it crossed the line. The throw-in is awarded to the team that didn't touch the ball last. In U05 games, whether the throw-in is properly taken or not, let it go...teach proper technique later. Again, let them play with minimum interruption. Keep the game moving and have fun!

SUMMARY OF GAME DURATIONS, FIELD AREAS, PLAYER NUMBERS, UNIFORM REQUIREMENTS, AND BALL SIZES BY DIVISION

Division	Game Time	Half Duration	Field Size	Players on Team	Players on Field	Sock Color	Jersey Color	Short Color	Ball Size
U16-19 ²	90 min.	45 min.	Full	20	11	NEW	NEW	Solid Black	5
U14 ²	70 min.	35 min.	Full	15	11	NEW	NEW	Solid Black	5
U12 ²	60 min.	30 min.	3/4	12	9	NEW	NEW	Solid Black	4
U10 ²	50 min.	25 min.	1/2	10	7	NEW	NEW	Solid Black	4
U8 ¹	40 min.	20 min.	1/4	7	5	Green	Green/Yellow	Solid White	3
U6 ¹	40 min.	20 min.	1/16	5	3	Red	Red/White	Solid White	3
U5 ¹	20 min.	10 min.	1/16	5	3	Light Blue	Light Blue/Maze	Solid White	3

¹Players must purchase SOLID white shorts and SOLID-colored socks.

²Players must purchase SOLID black shorts.