



# **Yadkin Soccer Association Recreation Coaches Handbook 2018-2019**

Based on FIFA Laws of the Game as amended by the US Soccer Association,  
North Carolina Youth Soccer, and the Yadkin Soccer Association.

## **2018 – 2019 Officers and Directors**

President – Jason St. John  
Vice President, Head of Discipline and Appeals – Jacob Trivette  
Treasurer – Michael Wilkins  
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Director of Select – Vacant – Interim Jason St. John  
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East Bend Director – BJ Klask  
Fall Creek – Ginnie Cincotti  
Forbush – Christopher Bridges  
West Yadkin – Shane Shore  
Yadkinville – Joe Salazar

*Soccer is fun! We work to keep it that way by always being positive. Every practice and every match should always end with each and every player leaving the field as a better player and a better person than when he/she walked on the field.*

**Our goals are:**

- To promote sportsmanship among our children.
- To provide our children with a positive introduction to organized athletics.
- To develop stamina and determination.
- To teach positive behavior and attitudes. Swearing and displays of temper are not allowed.

**There are three divisions of youth soccer in North Carolina:**

- The Recreation Division is designed for those who want to have fun playing soccer on a local level. This division is open to all players. All players are required to receive playing time.
- For those players that want to travel and face better competition there is the Challenge Division. There are tryouts and a selection of players in this division. All players are still required to play.
- The third division is the Classic Division. It is for those who are competition oriented. Teams are selected based on ability and play at a higher level. This league travels across the state to play other Classic Division teams. There are no playing requirements in this division. Teams hire a professional skills coach to work with their players. Most college scholarships are awarded to players in this division.

**Parents and Spectators:**

- SOCCER SHOULD BE FUN! Be positive at all times.
- No one shall be allowed behind the goal line or on the touchline closer than the penalty area (18yard line) to the goal. They shall not disrupt the progress of the match in any manner. The Referee may suspend, halt, or abandon a match if necessary to handle the situation.
- Parents shall have their child at all practices and matches at the times assigned by their coach. If they must be absent the coach should be notified in advance. Parents and spectators shall not harass or yell at the Officials, Players or Coaches.
- Cursing is not allowed! Any parent or spectator may be asked to leave if they cannot control themselves.
- If a coach, player or Referee makes a mistake (and we are only human) it is your responsibility to control yourself. The youth playing the game look to you as examples for their behavior.
- Parents should increase their knowledge of soccer by reading books, watching videotapes and attending Parent Clinics. You can help your child by practicing with him/her. Let this be one activity that your child can teach you! This will help build their understanding of the game and their confidence.
- ***During matches, parents are to sit on the opposite side of the field from the teams. All parents and spectators must sit on the sideline. There is to be no parents, spectators, or coaches inside the goal box area or behind the goals in ages 7U through 14U.***

**Rainouts:**

Matches will be played if at all possible, but field conditions can make postponements necessary. Teams will be notified as soon as it becomes obvious that the matches cannot be played. However, since this is often a matter of hours prior to the start of a match the following procedure

will be used if weather conditions are uncertain. If known, the Field Coordinator will notify teams by 8p.m. the night before a match. If the weather is uncertain, teams will be advised that their matches may be postponed. Unless specifically told not to play, teams should be on the field and ready at the set time. The match will be played unless the Referee or Field Coordinator rules that the field is unplayable. Teams must not assume that just because it is raining where they are that the match will be cancelled.

For the latest updates on rainouts call the YSA Weather Hotline at (336) 677-0123 and/or consult the website ([www.yadkinsoccer.org](http://www.yadkinsoccer.org)). Rainout matches will be rescheduled by the Coordinating Committee.

Coaches will be notified as soon as possible as to the revised schedule of games. If possible, Saturday rainouts will be modified and played on Sunday. All rescheduled games will be treated as if they were the regularly scheduled games and coaches should plan to have their team available at the time of reschedule. Hardship cases will be considered by the Coordinating Committee on a case-by-case basis. Coaches must notify the Field Coordinator as soon as possible if they will not be able to make-up a rainout from Saturday on Sunday.

***Lightning and severe weather:***

Soccer is a safe sport and we want to keep it that way! Severe or dangerous weather constitutes an unsafe, unplayable condition. The Referee has the authority to stop any unsafe match.

Coaches should stop practice for severe weather. If players or parents are concerned about the weather condition talk with your coach and let him/her know you feel it is unsafe. He/she can consult with the Referee or Assistant Referees at a stoppage of play if a match is in progress.

The Yadkin Soccer Association has established the following guidelines for severe weather. The guidelines should apply to all practices as well as to matches. **IF ANY OF THE FOLLOWING CONDITIONS** exists, play shall be suspended:

- The sound of thunder follows a lightning flash within 10 seconds.
- Any cloud-to-ground lightning strike occurs within 2 miles of the field.
- Thunder is heard from within a 2 mile radius of the field, regardless of the presence of lightning.
- Any lightning that is visible within a 2 mile radius of the field.

The safety of all participants is the most important factor, regardless of any cost, inconvenience or advantage it may cause. What to do when lightning is near:

- Most deaths occur when a person is in the open or under a tree. If caught in the open, crouch in the lowest spot available.
- Move away from tall objects, goals, corner flags and bleachers.
- Seek shelter in a large building, or an enclosed automobile. Do not go into small sheds.
- Get away from any open vehicles such as bicycles, convertibles or motorcycles.
- Drop any metal objects you may be holding.
- Remove shoes with metal cleats.
- If you feel an electric charge, hair stands on end or skin tingles, lightning may be about to strike you. Drop to the ground immediately.
- If someone is struck by lightning, start mouth-to-mouth or cardiopulmonary resuscitation (CPR).

***Before a Match:***

- Team captains should meet with the Referee and Assistant Referees to review the rules. Any modifications should be noted at this time. In friendly, non-counting matches rule modifications can be made if both coaches and the Referee agree prior to the start of the match.

- The home team should provide the match ball, subject to the Referee's approval if the match ball is not provided by YSA.
- The Referee will maintain possession of the ball until the end of the match, at which time he/she will return it to the team that provided it or return it to a director of YSA.
- Prior to the match, the players should be checked for proper equipment including shoes, shin guards, mouth pieces and other equipment. The Referee's decision on equipment is final!
- The Referee should introduce him/herself and the two (2) Assistant Referees, tell the players how he/she will call the match and any modifications that have been made in the rules.
- It is the responsibility of the winning head coach to make sure the match report is submitted to the hospitality tent or concession stand. Failure to submit the report within 24 hours after the match concludes could result in a no contest result for the match.
- All matches shall be governed by the "FIFA Laws of the Game" as amended by the U.S. Youth Soccer Association and the NC Youth Soccer Association, unless superseded by modifications suggested by the YSA Competition Committee and adopted by the Executive Board of the Yadkin Soccer Association.

***YSA Eligibility Requirements:***

- In order to participate, a player **MUST** submit a completed and signed registration and medical waiver form to a YSA director. This is done during the online registration process.
- Submit a copy of Birth Certificate to their recreation club (or have one on file), a current 1" photo and pay the registration fee before being allowed to practice with a team.
- A player's division will be determined by the age they become during the current year. For example if a player turns 6 this year, they will be assigned to a 7U team. This is true for all players that turn 6 within the calendar year from January to December.
- All players on a team **MUST** have completed the online registration process and be assigned to the team roster and pay all applicable fees **BEFORE** the player will be allowed to participate in a match.
- When a player is rostered to an age division, that player cannot play down to a younger age division even if their age meets the criteria for the younger age division.
- A high school / middle school student may participate in the recreation division and must register in their home district. The home district is the district in which the player resides.
- All players will first register with the district for the school he/she attends. A player who request to play for another district must first contact his/her district director and request to be released to another district.

***Season Standings:***

If there is a tie at the end of regulation time during the preliminary rounds of regular season, the match will end as a tie. The following point system has been adopted by YSA for the 2012-13 calendar year:

A Win	3 points
A Tie	1 points
A Loss	0 points
A Forfeit	-1 point

If teams do not have an equal number of matches, then they will be designated as counting and non-counting matches at the beginning of the season in order to make sure each team has the ability to accumulate the same amount of points. In case of a tie in the point system at the end of the year, the following criteria will be used to break the tie.

1. Head-to-Head Match(es)
2. Least number of goals allowed
3. Goal differential (maximum 3 per match)
4. Tie breaker match

**Pool Players:**

Pool players are players that have volunteered to not only play for their recreation district, but to fill in on other teams if the team is short of players or subs. Pool players are required to play for their registered team before being considered as a guest player for another team in the case that both teams play at the same time.

- Coaches may request a Pool Player through their District Director.
- Pool Players will not be allowed to play for a team from their home district within the same age division.
- Eligible Pool Players may guest play for teams in their division only, they will not participate in games in any other division.
- Pool player list must be exhausted before allowing guest players to participate on a team.

**NOTE:** All players on the regular roster must receive equal or more playing time than the pool players, except in the case of injury during game.

**Guest Players:**

A team may move up any YSA registered player(s) from their district that are in a younger recreation age division, up to the number of "On Field" players plus two (2), thus giving a team the ability to have 2 substitute players. This may only be done once the Pool Player list has been exhausted.

**NOTE:** All players on the regular roster must receive equal or more playing time than the guest players, except in the case of injury during game.

**Player Equipment:**

Equipment consists of a shirt, shorts, socks, shin guards, and shoes. Goalkeepers are required to wear colors distinguishable from teammates, the opposing team and the Referee.

- Shin guards are REQUIRED for ALL players and must be completely covered by their socks.
- Players may NOT wear anything that might endanger other players or themselves; ex. jewelry, watches, hats, etc.
- Shoes must conform to soccer regulations and generally commercial soccer shoe is acceptable, **EXCEPT** no spike on toe or no metal spikes.
- The Referee's decision on equipment is **FINAL**.
- A player with a cast may play if the Referee deems it is adequately protected. In most cases a cast should be wrapped with some type of padding.
- It is recommended that goalies have mouth pieces and goalie gloves.

YSA Equipment Amendments:

- Long pants and shirts may be worn under the standard uniform in cold weather.
- Soft gloves (no zippers, metal clips, etc.) are allowed.
- Caps (hats) can be utilized by the goalie if approved by the referee.
- All players will have their equipment checked by the referee prior to the start of a match.

**Recommended Field Sizes by NCYSA:**

	Length	Width
5U/6U	Min 20 - Max 30yds	Min 15 – Max 25yds
7U/8U	Min 25 – Max 35yds	Min 20 – Max 30yds
9U/10U	Min 45 – Max 60 yds	Min 35 – Max 45yds
11U/12U	Min 70 – Max 80 yds	Min 45 – Max 55yds
13U and up	Min 100 – Max 130 yds	Min 50 – Max 80yds

**Recommended Goal Sizes:**

5U/6U	5 ft high x 10 ft wide
7U/8U	6 ft high x 12 ft wide
9U/10U	6 ft high x 18 ft wide
11U/12U	7 ft high x 21 ft wide
13U and up	8 ft high x 24 ft wide

**Ball Size:**

Ball must meet FIFA standards to be used as a match ball.

5U through 8U.....	size "3"
9U through 12U.....	size "4"
13U up.....	size "5"

**Time Limits Per Division:**

Age	# of Periods	Time (min)	Total Minutes
5U/6U	4	8	32
7U/8U	2	20	40
9U/10U	2	25	50
11U/12U	2	30	60
13U/14U	2	35	70
15U/16U	2	40	80
17U Up	2	45	90

There will be no less than a three (3) minute break between quarters (where applicable).

The halftime break shall be no less than five (5) minutes, and no more than fifteen (15) minutes.

**Number of Players:**

Age	On Field	Min. Req.	Team Max.
5U/6U	3	2	8
7U/8U	5	4	10
9U/10U	7	5	14
11U/12U	7	5	14
13U and up	8	6	16

**All Recreation coaches must make an effort to play each player at least half of the regulation time for each match, unless they are being held out for disciplinary or injury reasons, or their parents request it. The Referee should be informed of any players that will not play half the match prior to the beginning of the match.**

A team may **NOT** have more than the maximum number of players allowed on a team.

Age Division are determined by the age the player turns during the current calendar year. Players may be moved up to another division with approval of their district director.

A match will not be considered valid unless both teams have at least the minimum number of players listed above. A player arriving late can participate in the after warming up and having his/her equipment checked by the Referee. This will be done during normal stoppage of the match. A referee will not stop a match to check a player in.

**If one team falls short of the maximum number of players on field, but has enough for the minimum number of players on field, the opposing team shall be limited to a matching number of on field players during playing time for fairness.**

***Substitutions can be made at the following times:***

- End of 1st Quarter (when applicable).
- End of 1st Half.
- End of 3rd Quarter (when applicable).
- On a goal kick.
- After a goal has been scored and before the kickoff.
- In case of an injury, the injured player must be substituted when play is stopped by the referee for a coach to enter the field. The opposing team may substitute like number of players at this time as well.
- After a yellow card (caution) has been given. The player receiving the yellow card **MAY** be substituted. The opposing team may sub like number of players.
- On your team's throw-ins.
- No substitutions are allowed during a Corner Kick in USYSA competition.

***Procedure for making substitutions:***

- Subs should enter and exit the field near or on the midfield line.
- The player(s) must check in with the Referee and **MAY NOT** enter the field of play until the player he/she is substituting for has left the field.
- Subs must have the approval of the Referee before entering the field of play.
- All goalkeepers **MUST** notify the Referee before making any changes. Failure to notify the Referee will result in two (2) yellow cards; one for the previous goalkeeper and one for the replacement goalkeeper.

**If play is stopped for an injury and the coach enters the field of play, the injured player MUST leave the field and CAN NOT re-enter the match until the next legal substitution opportunity.**

***Referee:***

One Referee is appointed for each match. The Referee is responsible for control of the match and the Referee's decisions are FINAL.

The Laws of the Game grant the Referee almost unlimited authority over the conduct of a match. No judgment decision of the Referee may be appealed. Only misapplications of the Laws of the Game can be protested. The Referee shall keep the time and score of each match.

The Referee may terminate (end) a match any time he/she feels it is unsafe to continue. Either due to field conditions, unsuitable play, the teams, coaches and/or spectators are out of control. The results of the terminated match will be decided by the Disciplinary and Appeals Committee.

***YSA Amendments:***

- If the assigned referee fails to show, YSA will instruct a director, board member, or club linesmen to call the match.
- In the U4 Division the coaches will be the Referees. One coach will referee each half of the field.
- In the U5/U6 divisions, junior referees will be utilized.
- In the U7 and U8 division the Referee will briefly explain the calls to the offending player. These divisions are considered Instructional divisions.
- Only USSF Certified Referees can issue Yellow Cards (cautions) or Red Cards (send-offs). However, any Referee may terminate a match if the players' safety is impaired. The NC Soccer Referees Association has instructed all of their Referees to take out criminal assault warrant against any individual who makes physical contact with a Referee or Assistant Referee in a hostile or abusive manner. Abuse of a Referee is a serious matter and could result in individuals being banned from soccer for life!

- If a player is seriously hurt, the referee should stop the match immediately. The player must be replaced and must remain out of the match until the next legal substitution opportunity. Play will be resumed with a "Drop Ball". Coaches and or parents are not allowed to step on the field of play without the referees approval.
- In case of severe weather at the start of a match, the Referee may reduce the length of the match up to 50%. If a match must be abandoned because of severe weather and at least half the match has been played, the result will be considered official and the score at that time will stand as the final score.

**Assistant Referee:**

- Two Assistant Referees assist the Referee by indicating off-sides, when the ball is out of play, which team is entitled to the corner kick, goal kick or throw-in.
- The Referee calls the match and all fouls. The Assistant Referee(s) indicates when he/she sees a violation with a wave of the flag. However, it is the Referee who makes the call and has the final decision.
- One Referee and two (2) neutral Assistant Referees should call all soccer matches U11 and up. One referee will be provided for age groups U7 through U10.
- If Assistant Referees are not available then club linesmen should be used as Assistant Referees.

***Start of Play:***

A toss of the coin decides which team will kick-off. The visiting team captain will call the toss. The winner of the toss automatically gets kick off. The other team decides which side they wish to defend.

During kick off, each team must stay on their own half of the field and the defending players must be at least ten (10) yards from the ball until it is kicked forward and moves.

After a goal, the team scored upon shall kick-off in the same manner.

After halftime, the teams switch sides of the field and the team kicking off will be switched. This is not mandatory in the U4 through U6 division.

You can score a goal directly from a kick-off in ages U9 and up. Age groups U7 and U8 cannot score directly from the kickoff unless the ball is touched by more than 1 player due to all kicks in those age groups being indirect kicks. The kicker to first to touch the ball at kickoff in any age group may touch the ball only once before it has been touched by another player.

**YSA Amendments:**

- The match must start within ten (10) minutes of the scheduled time, unless delayed by a previous match. A team not prepared to play within this time limit shall forfeit the match. If both teams fail to show up for a match, then both teams shall be assessed a forfeit.
- Scheduled match times will be strictly obeyed, with warm-up periods are to occur off the field of play before the scheduled match time. No warm-up period will be provided between scheduled match times. Teams may warm-up on the field if time allows between matches.
- To reschedule a match, the coach must contact their district director a minimum of 48 hours prior to the regularly scheduled match with a valid reason for the request of a reschedule. At that time it will be left up to the Coordinating Committee to work out the details and contact the coaches. The rescheduled match will be treated as if it were a regularly scheduled match. All point systems and rulings will apply. Requesting a reschedule does not always mean one will be granted.

***Ball In and Out of Play:***

The ball is out of play when:



- It has wholly crossed the goal line or touchline, whether on the ground or in the air.
- When the match has been stopped by the Referee.

There are NO time outs, unless the Referee stops play for an injury.

If the ATTACKING team kicks the ball over the goal line, the defensive team has a goal kick to put the ball back in play.

If the DEFENSIVE team kicks the ball over the goal line, the attacking team has a corner kick to put the ball back in play.

The determining factor is the position of the ball, not the position of the player.

***Method of Scoring:***

A goal is scored when the whole of the ball has completely passed over the goal line, between the goal posts and under the cross bar.

A Referee CANNOT award a goal unless the ball actually crosses the line. An interference call will not award a team a goal.

***Off-sides:***

A player will be penalized for offside if, in the opinion of the Referee, he/she receives the ball from a teammate or interferes with play, while in the "Offside Position". The player is in an "Offside Position" if he/she is nearer to his/her opponent's goal line than the ball, unless:

- The player is on his own half of the field.
- There is at least one defending player closer to the goal line than the attacking player (excluding the goalie).

A player shall not be penalized for offside by the Referee:

- Merely because being in an "Offside Position".
- If he/she receives the ball directly from a goal kick: corner kick; throw in; or drop ball by the Referee.

**Note for 5U through 10U:** No "Offside" calls will be made in these age groups. However, the referees will enforce fair play according to the spirit of the games. Players will be penalized for violating the spirit of the game when, in the judgment of the referee, they are judged to be involved in an "unsporting act" by being in an offside position with the intent to gain an advantage.

If a player is penalized for offside, the Referee shall award an indirect free kick to the opposing team. The kick shall be taken from the place where the infringement occurred. If the offside occurs inside the goal area (6 yards from the goal line, marked by the smaller box) the ball shall be placed on the six (6) yard line closest to where the infringement occurred.

***Fouls and Misconduct:***

Direct Free Kicks:

Shall be awarded when a player who in a manner considered by the referee to be careless, reckless or involving disproportionate force for:

- Kicking
- Tripping
- Jumping at
- Charging Violently
- Charging from Behind
- Striking

- Spitting at
- Holding
- Pushing
- Intentionally handling the ball with his/her hands up to his/her shoulders.

NOTE: Unintentional touches, which do not gain an advantage, are not called

These infractions shall be penalized by a direct free kick and possibly a yellow or red card.

Any one of these ten offenses committed in the penalty area by a defender will result in the rewarding of a penalty kick to the offensive team.

These rules apply to offenses committed against other players and the Officials.

If a defensive player unlawfully impedes an attacker with an obvious goal scoring opportunity he/she shall be given an automatic red card and sent off the field.

There will be **NO** direct kicks in the U4 through U8 divisions, or any penalty kicks.

Indirect Free Kicks

A player committing less flagrant violations, such as:

- Offsides
- Dangerous Play
- Obstruction
- Unsporting Behavior (NO profanity is allowed)
- Delay of match (i.e. Goalkeepers who take too much time to put the ball back in play.)
- Illegal use of hands by the goalkeeper:
  - Double possession releases the ball after gaining possession and then handling it again. Bouncing the ball with your hands is ok.
  - Handling the ball from an intentional kick back or directly from a throw-in by one of his/her teammates

Yellow Cards:

A yellow card is a warning (caution) for breaking the rules that will result in a player being sent off the field of play if they occur again. A player receiving a yellow card may be substituted for at the time he/she receives the card. The opposing team may also substitute like numbers.

Red Cards:

A red card will be issued for major repeated violations of the Laws of Soccer. A player who is issued a red card is being sent off the field of play, not to return during that match. He/She **MUST** leave the field and spectator area. He/She may **NOT** be substituted for and his/her team **MUST** play a player short for the duration of the game.

Coaches, Parents and Spectators can also be Cautioned or Ejected, but they are not shown a card. If ejected, they must leave the playing area before the match can be restarted. Coaches will be held responsible for the actions of their Parents and spectators. Coaches must also stay within their allotted area on the sideline.

Anyone receiving a card or being ejected from the playing area must be reported to the Disciplinary and Appeals Committee for action, which may include barring the offender from future matches.

Fouls may occur and be called by the Referee before, during, at halftime or after a match.

YSA Amendments

If any red cards occur at a YSA sanctioned event, the YSA Executive Board may impose any penalty, including suspension for the remainder of the season upon a player, coach, spectator or entire team.

NOTE: In soccer, unlike other sports, not all fouls result in the stopping of play and a penalty being awarded. If the team being fouled has the ball and the advantage, it would be unfair to stop play and give them a free kick for a foul. The Referee will signal the foul and then give a "Play On" signal so the action continues. However, if the Referee deems that a card should be issued to the offender he/she can issue that card at the next stoppage of play.

Free Kick:

There are two types of free kicks:

Direct: means that a goal can be scored directly against the offending team without having to touch any other players.

Indirect Kick: means that a goal cannot be scored directly against the offending team. The ball must be touched by another player, from either team, other than the kicker before it enters the goal for the goal to count. The offending team MUST be at least ten (10) yards away from the ball until it is kicked. Failure to automatically give the attacking team ten yards on a free kick is called encroachment and is punishable by a yellow card to all players not in compliance.

Penalty Kick:

This is a direct free kick taken from the Penalty Mark, which is twelve (12) yards from the goal line, directly in front of the goal. All players except the kicker and the opposing goalkeeper must stay outside the Penalty Area, behind the ball, and at least ten (10) yards from the ball (hence the arc at the edge of the Penalty Area). The Penalty Kick is only taken after the Referee restarts play by blowing the whistle. Kicks taken before the whistle is blown must be re-taken. After the ball is kicked and moves forward it must then be touched by another player before the kicker can re-touch the ball. If the ball bounces off the goal post without contacting the keeper, then the kicker is not allowed to contact the ball, however any other player may contact the ball.

YSA Amendments

No Penalty Kicks in the U5 thru U8 divisions.

Throw-In:

When the ball has wholly crossed the touch line it is put back into play by a Throw In. The Throw In is taken from the spot (within one yard, marked by the Referee and/or Assistant Referees) where it went out by a player from the opposite team that last touched it. A player must throw the ball in directly over his/her head, with equal force from both hands, with both feet on the ground. Any violation of this Law results in the awarding of the throw-in to the opposing team. A goal cannot be scored directly from a throw-in. The ball must enter the field of play, or the throw-in is retaken.

YSA Amendments

In the U4 through U8 division player makes an error while attempting a throw in, they are allowed another chance. If they still make an error, the ball is given to the opposing team.

Goal Kick:

When the whole of the ball has crossed over the goal line after being last touched by a player from the attacking team, it is put back in play by a kick from the Goal Area by the defending team.

It must be placed within the goal area usually on or near the corner of the six-yard line on the side of the goal that the ball went over the goal line.

It must travel out of the Penalty Area before it is in play and can be touched by any other player.

The attacking team must remain outside of the penalty area, until the ball crosses a penalty area line. Defenders may remain inside the penalty area.

The Goal kick may be taken by any player on the defending team.

Corner Kick:

When the whole of the ball has crossed over the goal line after being last touched by a player from the defending team. It is put back in play by a kick from the attacking team. The ball is placed on the one (1) yard quarter arc on the side of the field the ball went out.

Common Sense:

Apply all Laws with a little common sense.

### ***Little Rascals General Information (5U & 6U):***

*The Little Rascals age group is the most developmental age group in YSA which allows coaches to be on the field with their players. The following guidelines should be used when coaching at this age division. No score is kept in the Little Rascals division.*

Substitutions: At any stoppage of play and unlimited. Do not force a child to take the field. At the U4 & U5 level, a parent may be on the field with the child if they must in order to get the child to play.

Playing time should be equal between all players.

Teams and matches are coed.

Each player's equipment must conform to the earlier mentioned guidelines. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Junior Referees will be assigned for matches in the Little Rascals Divisions. If a Junior Referee is not present for the match, the coaches will assume referee responsibility.**

5U and 6U will consist of four (4), eight (8) minute quarters. There will be a three (3) minute break between quarters one and two and another three (3) minute break between quarters three and four. Half-time between quarters 2 and 3 will be a five (5) minute break.

Play will start with a kickoff. The defending team must be at least four (5) yards away from the ball.

The ball is out of play once it crosses either the sideline or goal line. Balls that cross the sideline will result in a throw in and balls that cross the goal line will result in a goal kick. **There will be not corner kicks in the Little Rascals age group.**

The goal kick shall be taken within three (3) yards of the goal. Opposing players must be four (4) yards away from the ball until it is in play.

When the ball crosses the side-line resulting in a throw-in, each team shall have time to position their players. The same will take place on goal kicks.

Score will not be kept.

There will be no off-sides in Little Rascals.

Only blatant fouls should be called. We do ask the coach to control his/her players. Pushing, hitting, and shoving will not be tolerated.

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Spectator and teams should be on opposite sides of the field.

No slide tackles to be allowed in this age group.

Coaches are encouraged to attend the YSA coaching class for Little Rascals.

***7U General Information:***

Every coach should make an effort to ensure every player plays a minimum of 50% of the total playing time.

Teams and matches may be coed.

The players' equipment shall conform to the equipment guidelines above.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

One (1) referee will be provided for every match. If a referee fails to show, YSA will instruct a director or board member, or club linesmen to call the match.

Every match shall be divided into two (2) equal, twenty (20) minute halves. There shall be a half-time interval of five (5) minutes.

On kick off, all defense players must be outside the center circle. The first offensive player to touch the ball can only touch it one time. The ball is not required to move forward on a kick off. The first player touching the ball can play it backwards if they choose to do so. First player touching the ball may only touch it once.

In this division, you cannot score on kick off unless the ball is touch by more than one (1) player.

The ball in and out of play will conform to FIFA guidelines.

The scoring method will conform to FIFA guidelines.

No heading of the ball is allowed in this age group as regulated by NCYSA.

No off-sides in this age group. Coaches should abide to good sporting behaviors during the match as it concerns off-sides.

Fouls and misconduct conforms to FIFA.

- YSA Amendment: All fouls shall result in an indirect free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards are shown for misconduct unless severe.
- There are no penalty kicks in the U7/U8 division due to all kicks being indirect. If a foul or handball should occur inside the goal box, the referee should move the ball outside the goal box and restart play with an indirect kick.

Throw-Ins will conform to FIFA with the exception that an improperly performed throw-in can be

retaken once per occurrence.

**Goal Kicks will conform to FIFA with the following exceptions:**

- **Defensive players may remain in the goal box during a goal kick but may not touch the ball until it exits the goal box.**
- **Offensive players must stay at the midfield line or on their defense side of the field until the goal kick is touched by the 2<sup>nd</sup> defensive player or the ball crosses midfield, whichever comes first.**

Corner Kicks will conform to FIFA with the exception that opponents remain at least five (5) yards from the ball until it is in play.

**Substitutions can be made at the following times:**

- **Team possessing a goal kick, through in, or kick off.**
- **The opposing team will also be allowed to make a substitution if they wish if the possessing team makes a substitution.**
- **If the possessing team does not make a substitution, then the opposing team cannot make a substitution as well.**

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Spectator and team benches should be on opposite sides of the field.

No slide tackles to be allowed in this age group.

Coaches are encouraged to attend the YSA coaching class for U7 through U10 divisions.

YSA encourages all coaches to use multiple goalies during each match in this division.

**Slaughter Rule:** Any team that is down 5 goals will have the option to enter another player into the match during a dead ball situation. That player may remain in the match until the losing team reduces the goal margin to 3 goals. This rule applies in age groups U7 through U13 for recreation only.

***9U General Information:***

Every coach should make an effort to ensure every player plays a minimum of 50% of the total playing time.

Teams and matches may be coed.

The players' equipment shall conform to the equipment guidelines above.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

One (1) referee will be provided for every match. If a referee fails to show, YSA will instruct a director or board member, or club linesmen to call the match.

Each match will consist of two (2) equal halves of twenty-five (25) minutes. There shall be a half-time interval of five (5) minutes.

On kick off, all defense players must be outside the center circle. The first offensive player to touch the ball can only touch it one time. The ball is not required to move forward on a kick off. The first player touching the ball can play it backwards if they choose to do so. First player touching the ball may only touch it once.

The Ball In and out of play will conform to FIFA.

The scoring method will conform to FIFA.

No heading of the ball is allowed in this age group as regulated by NCYSA.

No off-sides in this age group. Coaches should abide to good sporting behaviors during the match as it concerns off-sides.

Fouls and misconduct conforms to FIFA. Cards will be shown at this age division.

Free Kicks will conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

Penalty Kicks will conform to FIFA with the exception that the penalty mark is made eight (8) yards from goalpost.

Throw-Ins will conform to FIFA.

**Goal Kicks will conform to FIFA with the following exceptions:**

- **Defensive players may remain in the goal box during a goal kick but may not touch the ball until it exits the goal box.**
- **Offensive players must stay at the midfield line or on their defense side of the field until the goal kick is touched by the 2<sup>nd</sup> defensive player or the ball crosses midfield, whichever comes first.**

The Corner Kick conforms to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.

**Substitutions can be made at the following times:**

- **Team possessing a goal kick, through in, or kick off.**
- **The opposing team will also be allowed to make a substitution if they wish if the possessing team makes a substitution.**
- **If the possessing team does not make a substitution, then the opposing team cannot make a substitution as well.**

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Spectator and team benches should be on opposite sides of the field.

Coaches are encouraged to attend the YSA coaching class for U7 through U10 divisions.

**Slaughter Rule:** Any team that is down 5 goals will have the option to enter another player into the match during a dead ball situation. That player may remain in the match until the losing team reduces the goal margin to 3 goals. This rule applies in age groups U7 through U12 for recreation only.

***11U General Information:***

Every coach should make an effort to ensure every player plays a minimum of 50% of the total playing time.

Teams and matches may be coed.

The players' equipment shall conform to the equipment guidelines above.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

The Referee will be a registered referee. If a referee fails to show, YSA will instruct a director or board member, or club linesmen to call the match

Two (2) Assistant Referees will be assigned to each match. If an assistant referee fails to show, YSA will instruct a director or board member, a junior referee, or club linesmen to call the match

Off-sides will be observed and called in this age group.

The Match will consist of two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

On kick off, all defense players must be outside the center circle. The first offensive player to touch the ball can only touch it one time. The ball is not required to move forward on a kick off. The first player touching the ball can play it backwards if they choose to do so. First player touching the ball may only touch it once.

The Ball In and out of play will conform to FIFA.

The scoring method will conform to FIFA.

No heading of the ball is allowed in this age group as regulated by NCYSA.

Off-sides will conform to FIFA.

Fouls and misconduct conforms to FIFA. Cards will be shown at this age division.

Free Kicks will conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

Penalty Kicks will conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker are outside the goal box and goal arch.

Throw-Ins conform to FIFA.

The Goal Kick will conform to FIFA.



The Corner Kick will conform to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.

**Substitutions can be made at the following times:**

- **Team possessing a goal kick, through in, or kick off.**
- **The opposing team will also be allowed to make a substitution if they wish if the possessing team makes a substitution.**
- **If the possessing team does not make a substitution, then the opposing team cannot make a substitution as well.**

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Spectator and team benches should be on opposite sides of the field.

Coaches are encouraged to attend the YSA coaching class for U11 through U14 divisions.

**Slaughter Rule:** Any team that is down 5 goals will have the option to enter another player into the match during a dead ball situation. That player may remain in the match until the losing team reduces the goal margin to 3 goals. This rule applies in age groups U7 through U12 for recreation only.

**13U General Information:**

Every coach should make an effort to ensure every player plays a minimum of 50% of the total playing time.

13U will use the same field size as 11U and have a max on-field of 8 players.

Teams and matches may be coed.

The players' equipment shall conform to the equipment guidelines above.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

The Referee will be a registered referee. If a referee fails to show, YSA will instruct a director or board member, or club linesmen to call the match

Two (2) Assistant Referees will be assigned to each match. If a assistant referee fails to show, YSA will instruct a director or board member, a junior referee, or club linesmen to call the match

Off-sides will be observed and called in this age group.

The Match will consist of two (2) halves of thirty five (35) minutes each. There shall be a half-time interval of five (5) minutes.

On kick off, all defense players must be outside the center circle. The first offensive player to touch the ball can only touch it one time. The ball is not required to move forward on a kick off. The first player touching the ball can play it backwards if they choose to do so. First player touching the ball may only touch it once.

The Ball In and out of play will conform to FIFA.

The scoring method will conform to FIFA.

Off-sides will conform to FIFA.

Fouls and misconduct conforms to FIFA. Cards will be shown at this age division.

Free Kicks will conform to FIFA with the exception that opponents are at least 10 (10) yards from the ball.

Penalty Kicks will conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker are outside the goal box and goal arch.

Throw-Ins conform to FIFA.

The Goal Kick will conform to FIFA.

The Corner Kick will conform to FIFA with the exception that opponents remain at least ten (10) yards away from the ball until it is in play.

**Substitutions can be made at the following times:**

- **Team possessing a goal kick, through in, or kick off.**
- **The opposing team will also be allowed to make a substitution if they wish if the possessing team makes a substitution.**
- **If the possessing team does not make a substitution, then the opposing team cannot make a substitution as well.**

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Spectator and team benches should be on opposite sides of the field.

Coaches are encouraged to attend the YSA coaching class for U11 through U14 divisions.

**COACHES:**

- SOCCER SHOULD BE FUN! Be positive at all times. Remember the purpose of discipline is to change negative behavior into positive. The athlete must know exactly what to change.
- Conduct yourself in an appropriate manner.
- Encourage clean competition and good sportsmanship at all times.
- Enforce the Laws of Soccer and the bylaws of the YSA.
- Maintain control of team members regarding attendance, attention, effort, and compliance with the laws in a constructive manner.
- All rules should be relevant, fair and applied to everyone.
- All athletes should be aware of the consequences beforehand.
- To be effective any penalty must be imposed immediately.

- Coaches are responsible for the actions of their players, parents and spectators. Schedule practices and notify team members of the match and practice times and locations.
- Coach your team to the best of your ability;
  - Young attention spans are limited. Change activities frequently to prevent boredom.
  - Each player needs a ball to get more touches in practice and to practice at home.
  - No one should ever stand around – all players should participate.
  - Small group action is best. 2 vs 2; 3 vs 3.
  - Don't talk too much. Young players would rather kick and run than listen. They learn by doing, not by hearing.
  - Endeavor to adjust your team in the event of an uneven match. Routs are no fun for anyone.
  - A coach must allow each player present to play the required minimum time, unless they are being held out for disciplinary or injury reasons. The Referee and opposing coach should be notified of this prior to the start of the match.
- A coach **MUST** attend one of the yearly Rules Clinics held in order to be allowed to coach. Coaches should increase their knowledge of soccer by reading books, watching videotapes and attending clinics. The North Carolina Youth Soccer Association offers soccer clinics and awards a coaches license upon completion.
- Coaches must complete the NCYSA Risk Management check. Only coaches that have completed the check are allowed on the sideline with the players.
- Once Risk Management has been performed on the rostered coaches, they will receive coaches passes that must be worn during matches. If a coaching pass is forgotten, YSA will have a duplicate at the concession stand that the coach may check out. The pass that was checked out must be returned at the end of the scheduled match.

***Protest and Appeals:***

**NO JUDGEMENT CALL CAN BE APPEALED.**

Only a technical flaw in the interpretation of the laws of the game may be appealed, and only if it has an effect on the outcome of the match. YSA adheres to the Laws set forth by FIFA, modified by USYSA, NCYSA and YSA for youth soccer.

The following procedure must be followed:

- The team Captain or Coach should notify the Referee immediately, before play has resumed, that there is a technical flaw that should be considered. The Referee can reverse the decision at this point, if he/she is convinced that the call was in error. Once play has resumed a Referee cannot reverse a decision.
- Only the coaches involved in the match may file a protest giving complete details and names of individuals involved and any impartial witnesses within twenty-four (24) hours of the match.
- This written protest should be filed with the Chairman of the Protest and Appeals Committee (see front cover). A fee of \$25.00 is charged for each protest filed. The fee will be refunded to the protest party if the Committee rules in their favor; YSA will deposit the money into the general fund if the protest is denied.
- Each recreation district should be represented by their district director or named proxy.
- The Disciplinary and Protest Committee must be available to meet each week during soccer season if necessary to discuss protests, appeals and disciplinary actions.
- A response will be sent to both coaches involved in the protest within 72 hours of the Committee's decision. This response may be done via letter or email.
- If the parties involved in the protest feel that they have a legitimate appeal to the committee's decision, they may appeal to the NCYSA Protest & Disciplinary Committee. The fee is \$100.00. The NCYSA P&D Committee's decision is FINAL. No appeals can be made of their decision.

- The Protest and Appeals meetings are closed to all persons except those specifically named prior to the season. In addition, the districts involved will not have a vote in their protests.
- All tiebreakers will be decided by the President of YSA.
- If the Disciplinary and Protest Committee finds that there was a technical flaw in the match that could have changed the outcome of the match, the entire match MUST be replayed.
- A forfeit can be declared for:
  - Use of an ineligible player.<sup>3</sup>
  - Terminated match for unsporting behavior.

Failure to meet these procedures will result in the appeal being denied.

***Discipline:***

All cautions and send-offs of players, coaches, parents and spectators must be reported to the Disciplinary and Appeals Committee for review. The exact penalty will be decided on a case-by-case basis.

As a general rule the penalties will be as follows:

- Red Card (Send-Off) – First Offense – Suspension for the next regularly scheduled match or for first tournament game.
- Subsequent Red Cards Longer suspensions including the remainder of the season.
- Striking the Referee, Assistant Referee or Officials – Banned from playing soccer or attending matches for one year to life. Along with possible criminal charges being filed against the offender.
- Coach, parent, spectator ejection from the game for first time offenders is a suspension for the next regularly scheduled match or tournament match.
- Subsequent ejections could result in longer suspensions including the remainder of the regular season.

***Glossary Of Soccer Terms:***

Abandon - To stop a match and not restart it.

Advantage Rule - When a Referee allows play to continue instead of awarding a free kick after a foul because, in his/her judgment, it is to the attacking team's advantage.

Assistant Referee - Officials on the touchline who assist the Referee by signaling out of bounds, off-sides and other fouls as assigned by the Referee.

Back (pass, position) - toward the goal a team is defending.

Ball Watching - Literally, to stare at the ball while ignoring everything else that is going on.

Blind Side - The area not seen by a player because of the direction he/she is facing.

Break away - To burst through the last line of defense and approach the goal, temporarily unopposed.

Cautioned - Name written in Referee's book, given a yellow card. Also known as being "booked".

Center - To pass the ball from a wide position on the field into the center area.

Challenge - To make an attempt to get possession of the ball.

Charging - Legally challenging for the ball by shoulder-to-shoulder contact between two opponents when the ball is within playing distance. Any contact other than shoulder-to-shoulder is illegal. Gaining an advantage by pushing or knocking the opponent off balance is illegal.

Clear - A throw or kick by the goalkeeper or a kick by the defender in an attempt to get the ball away from the goal area.

Club Linesman - A linesman provided by one of the teams playing that is not a certified official. They may call out of touch on the sidelines, but may not call off-sides, fouls or out of bounds over the goal line.

Corner Kick - A kick from the corner of the field to put the ball back in play after a defender has knocked it out over the goal line.

Create space - An action that results in opponents leaving a certain area of the field, thus leaving that area open.

Cross - A pass across the field.

Cut - To sharply move the ball sideways with the foot.

Defender - Primarily a defensive player who assists the goalkeeper in protecting the goal.

Defensive Third - The area (third) of the field closest to the goal being defended.

Direct Kick - A free kick for a major penalty, on which a goal can be scored without having to be touched by any other player other than the kicker.

Dribble - A way of advancing the ball past defenders by a series of short taps with one or both feet.

Encroachment - To illegally move into an opponent's space, especially during free kicks.

End-line - The end of field boundary line (see Goal Line).

Far Post - The side of the goal farthest from the ball.

F.I.F.A. - Federation Internationale de Football Association – the international governing body of soccer.

Forward - Primarily an attacking player whose responsibility is to create opportunities and score goals.

Free Kick - A kick to put the ball back in play after the offensive team has knocked it over the goal line.

Goal Kick - A kick to put the ball back in play after the offensive team has knocked it over the goal line.

Goal Line - The out of bounds line at the goal (see diagram).

Goal-side Position - On defense, to be in a position between the ball and the goal a player is defending.

Goalkeeper - The last line of defense. The only player who can use his/her hands within the field of play. He/She is limited to using their hands only within the Penalty Area.

Guest Player - A player not on the team's regular season roster, but who is added for a particular match or tournament.

Halfback - Both an offensive and defensive player (see midfielder).

Guiding - Defender taking a position to guide an attacker to a certain area of the field.

Half-Volley - Kicking the ball just as it is rebounding off the ground.

Hand Ball - An illegal act of intentionally touching the ball with the hands or arms. This may not be called if it is judged to be intentional or if there is clear advantage to the attacking team.

Heads-Up - To play with your head up when you have the ball. A player with his/her head up can see the field and the other players better and make wiser decisions about what action to take.

Heading - A method of scoring, passing and controlling the ball by making contact with the forehead.

Indirect Kick - A free kick awarded for a rules violation in which a goal cannot be scored unless touched by two players (one of which is the kicker) before entering the goal.

Lob - A high, soft kick taken on the volley, lifting the ball over the heads of the opponents.

Match - The name given to a soccer game.

Marking - Guarding an opponent one-on-one.

Midfielder - Both an offensive and defensive player who is primarily responsible for passing the ball between the defenders and forwards.

Near Post - The side of the goal closest to the ball.

Nutmeg - To play the ball between the legs of an opponent.

Obstruction - Preventing the opponent from going around a player by moving into his/her path.

Off-sides - A foul that occurs when an offensive player either receives the ball or interferes with play while in an off-sides position.

Off-sides Position – Being closer to the goal than the last defender without having possession of the ball excluding the goalie.

Open - To have space around you free of opponents.

Outside Agent - Interference by anyone or anything that is not supposed to be on the soccer field (i.e. a dog, child, parent, etc.).

Overlap - The attacking play of a defender going down the field passed his/her own midfielder and/or forward.

Own Goal - To accidentally put the ball into your own goal, thus scoring a goal for your opponents.

Pace - The speed given the ball when it is passed.

Penalty Area- The area marked around the goal in which the goalkeeper may use his/her hands.

Penalty Kick - A direct, free kick taken for a major rules violation within the Penalty Area by a defending player.

Penalty Spot - The spot marked on the field for the taking of Penalty Kicks.

Penetrate - To advance the ball toward the opponent's goal.

Pitch - The playing field.

Pressure - A defender closing the distance to an attacker with the ball to deny him/her space and reduce his/her options.

Receiving - Stopping the ball with your chest, thighs or feet to gain control. Also known as "trapping".

Red Card - A player being "sent off" of the field for serious or repeated fouls. This player may not play the remainder of the game.

Save - The goalkeeper stopping a shot on goal by catching or deflecting the ball away from the goal.

Scoring - One (1) point is awarded when the ball wholly crosses over the goal line.

Screen - Retaining possession and protecting the ball by keeping your body between the ball and the defender.

Shin Guards - Plastic or foam pads worn inside the socks to protect the shins from kicks and blows.

Shoot-Out - A method of determining the winner if the match ends in a tie. Usually this method is used only in tournaments.

Slide Tackle - Attempting to take the ball away from an opponent by sliding on the ground, feet first.

Stopper - A central midfielder who directs the defense.

Striker - A central forward position that directs the attack with a major responsibility of assisting or scoring goals.

Sudden Death - A method of determining a winner if a match ends in a tie. Time is added to the end of the regulation time, the first to score within this period is the winner.

Support - To help. On offense by moving to a position that creates a safe passing lane. On defense by moving into a position to back up the first defender moving toward the ball.

Sweeper - A defender who roams either in front or behind the defensive line to pick up stray passes.

Tackling - Attempting or taking the ball away from an opponent when both players are playing the ball with their feet.

Throw-In - The way to put the ball in play when it has crossed wholly over the touchline.

Trap - Controlling the ball passed close to the player by means of the feet, thighs or chest.

Touchline - Boundary lines on the sides of the field.

Volley - Kicking the ball while it is in flight.

Wall - The line of defensive players formed in front of the goal to protect it during a free kick.

Wall Pass - Similar to the "Give-and-Go" in basketball. Pass to a teammate and then move to a new position whose major responsibility is to move the ball up field and to the center creating scoring opportunities.

Wing - An outside forward position whose major responsibility is to move the ball up field and to the center creating scoring opportunities.

Yellow Card - A warning for a violation of the Laws of Soccer.

Please visit [www.yadkinsoccer.org](http://www.yadkinsoccer.org)  
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