

Fall Core Division Guide



AYSO Region **114**

www.AYSO114.org

ALL DIVISIONS

1. **COACHES, YOU ARE RESPONSIBLE FOR THE CONDUCT OF YOUR SIDELINES!** Have a conversation with your parents about expected AYSO behavior. (E.g., don't talk to referees or spectators / players of opposing teams.) Remind the several times during the season.
2. **Rule of thumb: Never talk to opposing players, spectators, or coaches.** If there is an issue with another coach or team or players or ANYBODY, **do not take matters into your own hands.** Bring it to the attention of Region 114 Referee Administrator or Region 114 Coach Administrator.
3. Game times/locations are posted to Matchtrak.com. Winning team submits final scores to Matchtrak.
4. Both Home and Away teams with the **first** game on a field are responsible for setting up goals / corner flags on that field. This is indicated by a 🌟 icon next to your game in Matchtrak.com.
5. Both Home and Away teams with the **final** game on a field are responsible for returning goals to their storage location (see [Region 114 Fields Page](#) 📄)
6. Practices *must* be at Heartwell Park West, between Woodruff and Palo Verde. Practice near your assigned fields. (For safety, we do not want 4-year-olds practicing next to 14-year-olds.)
7. (U7 and above) Lineup cards can be printed by team official via the [Team Directory](#). (Card stock works best.) Players must be listed in ascending jersey order (smallest to largest jersey number), with both first and last names of all players.
8. (U7 and above) On the lineup cards, do not pre-fill out "Quarters Played", that is for the referees to complete during the game. Referees will return incomplete/incorrectly filled-out lineup cards. Game will not start until cards are correct.
9. In the event of any incident (injury, property damage, threats, fights, etc.) a team's verified volunteer must immediately complete an [Incident Report](#).
10. All players must wear shin guards completely covered by socks, and have appropriate athletic footwear. (Cleats are not required, but baseball/football cleats are not permitted.)
11. Players may not wear jewelry or hard accessories of any kind – earrings, necklaces, bracelets, rings, hard hair beads/bands/barrettes, etc. Covering jewelry/accessories with tape is not permitted. The *only* exception is Medical ID bracelet, which may be worn but must be taped.
12. Once the match has begun, never enter the field of play unless instructed to by the referee.
13. Teams must reach [volunteer point threshold](#) to participate in Commissioner's Cup Tournament.
14. **DO NOT TALK DISPARAGINGLY TO OR ABOUT REFEREES. They are volunteers like you.**

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U5/U6 DIVISIONS

1. 5 v 5, but coaches have option to play 6 v 6 if both coaches agree. Size 3 ball. Two 10-minute halves. Substitutions at halftime and quarter breaks. Coaches can extend to 30 minutes long (15 minute halves) if desired and field schedule allows.
2. Clock runs during quarter breaks. This is not a full break, but a brief sip of water and substitution.
3. **Scores and standings are not kept. Games are for development and fun.**
4. No referees. Coaches “ref” their own games. However, **ONLY ONE** coach per team allowed on field at a time (Stay out of action and let players play) –objective, especially at U6, is for coaches to be off field by end of season.
5. No Goalkeepers. No child permanently guarding goal. No player should stand directly in front of the goal at ANY time. This is the most important rule for U5/U6. Kids love to run back and stand in front of goal. Make sure and remind kids to “get out of the goal.”
6. No strict enforcement of Laws. If ball rolls out of bounds but kids are still engaging, then let them keep playing. Do not needlessly stop play. This includes hand balls. Just yell “keep playing.” Remind parents of this focus.
7. No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival.
8. Nobody, but coaches, are allowed on the field at any time. This includes when players get injured. Parents are NOT allowed to run on field and tend children unless called onto field by coaches.
9. Positions are not encouraged. Players should be engaged in the play encouraged to follow the action. Reminding kids to spread out is good. Do not have 2 kids standing back near their goal entire game (even if not directly in front of goal).
10. When other team restarts ball with goal kick, opposing team should back up to *at least* the halfway line. The aim is to give both teams a fair chance to pass and dribble and shoot.
11. If a coach wants to have their players do throw-ins, or wants their players to pass the ball in with the foot, both are fine. Just roll with it. Let the kids have fun and keep playing.
12. **4 and 5 year-olds don't know, or care about, the score. Only adults do. Don't be the coach/parent going for a “win” or getting upset with the other team at a 4-year-old's soccer match.**

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U7/U8 DIVISIONS

1. 7 v 7 with goalkeepers. (6 in the field, plus 1 in goal.) Size 3 ball. Two 20-minute halves. Substitutions at halftime and quarter breaks halfway through each half (at roughly 10 minutes). U7 coaches, with approval of ref can agree to play 8v8. (Not for U8 as field gets crowded).
2. **Standings and Scores are not kept. Games are for development and fun.**
3. Clock runs during quarter breaks. This is not a full break, but a brief sip of water and substitution.
4. Liberal enforcement of laws (most hand balls and throw-in violations are ignored). Referees are instructed by region to rarely stop action. Lots of “play on,” and “get up, keep playing.” Goalkeeper violations will not be strictly enforced. For example, putting ball down and picking back up, or deliberate pass backs to keeper that are handled by keeper, will often be corrected with a warning only and not penalized.
5. No offside violations (however, players are discouraged from “cherry picking” near the opponent’s goal).
6. No drop kicks or punts from goalkeeper. No intentional heading of the ball.
7. Only one ref (most will be youth refs). **Youth refs are not to be talked to for any reason at all**, except to say good job. Any issues with refs should be brought to the Coach Administrator or Referee Administrator.
8. A player may only play goalkeeper for one quarter.
9. No player may play two quarters more than another fully-eligible player. The only exceptions are injury and late arrival. (Player Beth cannot play 2 quarters while player Katherine plays 4 quarters—both should have played 3 quarters.) If a team has 10+ players and must sit a player twice, this cannot be the same player every week.
10. No slide tackling.
11. Coaches must stay in technical area -- approximately the diameter of the center circle.
12. No coaching near any goals. Any adults (including parents) coaching players near goals will be asked to move.
13. When ball is out of play, the restart is either a corner kick, goal kick, or throw-in. (*No pass-ins or kick-ins.*)
14. All violations result in Direct Free Kicks. No Penalty Kicks. Kick awarded close to violation outside penalty area.
15. Coaches may not enter field for any reason unless invited by the ref. **Parents are never allowed on the field.**
16. Coaches may be given yellow or red cards for their own conduct or conduct of their sidelines. All cards will be reviewed by the region. Red cards will result in a MINIMUM suspension for the coach for the next game. Yellow cards can also result in a suspension.
17. When other team has a goal kick, coaches should instruct their *own* team to back up and give the other team a chance to put the ball in play. The aim is for both teams to have a fair chance to pass, dribble, and shoot.

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U9/U10 DIVISIONS

1. 7 v. 7 with goalkeepers (6 in the field, 1 in goal). Size 4 ball. Two 25-minute halves. Substitution breaks at halftime and quarters (halfway through each half, roughly at 12 minutes).
2. Clock runs during quarter breaks - this is not a full break, but a quick sip of water and substitution. Play restarts each quarter wherever ball was when referee called for break.
3. Opposing team must retreat behind build-out-line for goal kicks and keeper possession. Opposing team may not "break" build-out-line until ball is kicked (goal kick) or released from keeper's possession.
4. Refs are still instructed by the region to stay off whistle (very common for there to be less than 5 calls per game). Most throw-in violations are not enforced. Do not expect every goalkeeper violation to be enforced. These players are still learning. It will be very common for a ref to NOT call a violation for a goalkeeper dropping the ball then picking it right back up, especially at the beginning of season.
5. Hand ball vs. protecting self- these are still young kids so referees will not be strict about handballs.
6. No intentional heading of ball—violation is an indirect free kick.
7. Throw-in enforcement increases as the season progresses. Every ref will handle it differently. Some will have do-overs. Some will just warn. Some will be stricter with enforcement.
8. No drop kicks or punt for goalkeepers.
18. No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival. (Player Tommy cannot play a full game while player Mateo sat twice; both should have played 3 qtrs.) If a team has 10+ players and must sit a player twice, this cannot be the same player every week.
9. Players who play goalkeeper **MUST** play one quarter on the field. Therefore, a keeper who plays 2 quarters in goal must play *at least* 3 quarters.
10. Yellow or red cards not to be shown to players. Referees are now allowed to give 5-minute cooling off periods to players who may be out of control.
11. Coaches may be given yellow or red cards for their own conduct or conduct of their sidelines. All cards will be reviewed by the region. Red cards will result in a MINIMUM suspension for the coach for the next game. Yellow cards can also result in a suspension.
12. No team should score more than 5 points than their opponent. Instruct your players to find passes, or rotate your players to keep things even. Score deficits greater than 5 will be reviewed by the region.

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U11/U12 DIVISIONS

1. 9 v 9 format, size 4 ball. Two 30-minute halves. Substitution breaks at halftime and quarters (halfway through each half, roughly at 15 minutes).
2. Clock runs during quarter breaks – this is not a full break, but a quick sip of water and substitution and get back out there. Play restarts each quarter wherever ball was when referee called for break.
3. Regular Laws of the Game except no deliberate head ball; restart is indirect free kick.
4. Goalkeeper may drop or punt kick.
5. Stricter enforcement of Laws of the Game. Refs are still instructed to not call trifling violations.
6. No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival. (Ex: Brielle plays 4 quarters, while Maya plays 2 quarters. This is not allowed. Both should have played 3 quarters.)
7. There are no limitations on how many quarters a player can play in goal. For example, a player can play in goal for 3 quarters and sit out one quarter.
8. Coaches can now be given yellow or red cards for their own conduct or conduct of their sidelines. All cards will be reviewed by the region. Red cards will result in a MINIMUM suspension for the coach for the next game. Yellow cards can also result in a suspension.

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U13/U14 DIVISIONS

1. 11 v 11 format, size 5 ball. Two 35-minute halves, with brief substitution breaks at quarter breaks (halfway through the half, roughly 17 minutes).
2. Clock runs during quarter breaks - this is not a full break, but a quick sip of water and substitution and get back out there. Play restarts each quarter wherever ball was when referee called for break.
3. Regular Laws of the Game (heading is allowed), except substitutions still happen at quarter breaks and halftime.
4. Goalkeeper may drop or punt kick.
5. Stricter enforcement of Laws of the Game.
6. No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival. (Ex: Violet plays 4 quarters, while Quinn plays 2 quarters. This is not allowed. Both should have played 3 quarters.)
7. There are no positional limitations (e.g., a player may play as goalkeeper for entire game).
8. Coaches can receive yellow or red cards for their own conduct or conduct of their sidelines. All cards will be reviewed by the region. Red cards will result in a MINIMUM suspension for the coach for the next game. Yellow cards can also result in a suspension.

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U16/U19 DIVISIONS

1. 11 v 11 format, size 5 ball. Two 40 minute halves for U16. Two 45 minute halves for U19.
2. Regular Laws of the Game, with strict enforcement.
3. Goalkeeper may drop or punt kick.
4. Free substitutions (at any time the ball is out of play). This is still AYSO however, so distribute equal playing time as much as possible. Nobody signs up to sit on the bench.
5. There are no positional limitations (e.g., a player may play as goalkeeper for entire game).
6. Coaches can receive yellow or red cards for their own conduct or conduct of their sidelines. All cards will be reviewed by the region. Red cards will result in a MINIMUM suspension for the coach for the next game. Yellow cards can also result in a suspension.

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