

Division Guidelines

COACHES, YOU ARE RESPONSIBLE FOR THE CONDUCT OF YOUR SIDELINES!



Have a conversation with your parents about expected AYSO behavior.

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 88 Referee Administrator or Region 88 Coach Administrator.

All Divisions

- ❖ No player may play 4 quarters until every player has played at least 3. The only exceptions are injury and late arrival.
- ❖ Game times/locations are posted to SportsConnect (registration system). Home team submits final scores.
- ❖ 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.
- ❖ Both Home and Away teams with the final game on a field are responsible for returning goals to their storage location (see Region 88 Fields Page).
- ❖ Practices must be at the field selected by the Head Coach. For safety, we do not want 4-year-olds practicing next to 14-year-olds.
- ❖ (10U 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.
- ❖ (10U 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.
- ❖ In the event of any incident (injury, property damage, threats, fights, etc.) a team's verified volunteer must immediately complete an Incident Report.
- ❖ 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.)
- ❖ 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.
- ❖ Once the match has begun, never enter the field of play unless instructed to by the referee.
- ❖ DO NOT TALK DISPARAGINGLY TO OR ABOUT REFEREES. They are volunteers like you.

5U Division Guidelines

The Under-5 Jamboree program will be divided into two back-to-back sessions on each Saturday. Session 1 will emphasize fun & simple games to learn some basic skills of soccer. This will include the players and their parents, the team's coach to direct the games. Session 2 will be a short game between two different teams. The rules below are for the actual games.

- ❖ 3 v 3, but coaches have option to play 4 v 4 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.
- ❖ Clock runs during quarter breaks. This is not a full break, but a brief sip of water and substitution.
- ❖ Scores and standings are not kept. Games are for development and fun.
- ❖ 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.
- ❖ 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."
- ❖ 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.
- ❖ 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.
- ❖ 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).
- ❖ 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.
- ❖ 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.
- ❖ 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.

Follow us to get important information & field closures

6U Division Guidelines

- ❖ 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.
- ❖ Clock runs during quarter breaks. This is not a full break, but a brief sip of water and substitution.
- ❖ Scores and standings are not kept. Games are for development and fun.
- ❖ 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.
- ❖ 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."
- ❖ 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.
- ❖ 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.
- ❖ 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).
- ❖ 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.
- ❖ 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.
- ❖ 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.

Follow us to get important information & field closures

7U/8U Division Guidelines

- ❖ 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). 7U/8U coaches, with approval of ref can agree to play 8 v 8. (Not for 8U as field gets crowded).
- ❖ Standings and Scores are not kept. Games are for development and fun.
- ❖ Clock runs during quarter breaks. This is not a full break, but a brief water break and substitution.
- ❖ 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.
- ❖ No offside violations (however, players are discouraged from "cherry picking" near the opponent's goal).
- ❖ No drop kicks or punts from goalkeeper. No intentional heading of the ball.
- ❖ Only one referee. **Youth referees 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.
- ❖ A player may only play goalkeeper for one quarter unless he/she requests to play more.
- ❖ No player may play two quarters more than another fully eligible player. The only exceptions are injury and late arrival. If a team has 10+ players and must sit a player twice, this cannot be the same player every week.
- ❖ Absolutely no slide tackling.
- ❖ Coaches must stay in technical area -- approximately the diameter of the center circle.
- ❖ No coaching near goals. Any adults (including parents) coaching players near goals will be asked to move.
- ❖ When ball is out of play, the restart is either a corner kick, goal kick, or throw-in. (No pass-ins or kick-ins.)
- ❖ All violations result in Direct Free Kicks. No Penalty Kicks. Kick awarded close to violation outside penalty area.
- ❖ Coaches may not enter field for any reason unless invited by the referee. **Parents are never allowed on the field.**
- ❖ 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.

Follow us to get important information & field closures

10U Division Guidelines

- ❖ 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).
- ❖ 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.
- ❖ 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.
- ❖ 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.
- ❖ Hand ball vs. protecting self- these are still young kids so referees will not be strict about handballs.
- ❖ No intentional heading of ball—violation is an indirect free kick.
- ❖ 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.
- ❖ No drop kicks or punt for goalkeepers.
- ❖ No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival. If a team has 10+ players and must sit a player twice, this cannot be the same player every week.
- ❖ 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.
- ❖ 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.
- ❖ 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.
- ❖ 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.

Follow us to get important information & field closures

12U Division Guidelines

- ❖ 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).
- ❖ 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.
- ❖ Regular Laws of the Game except no deliberate head ball; restart is indirect free kick.
- ❖ Goalkeeper may drop or punt kick.
- ❖ Stricter enforcement of Laws of the Game. Refs are still instructed to not call trifling violations.
- ❖ No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival.
- ❖ 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.
- ❖ 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.

Follow us to get important information & field closures

14U Division Guidelines

- ❖ 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).
- ❖ 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.
- ❖ Regular Laws of the Game (heading is allowed), except substitutions still happen at quarter breaks and halftime.
- ❖ Goalkeeper may drop or punt kick.
- ❖ Stricter enforcement of Laws of the Game.
- ❖ No player may play 2 quarters more than another fully-eligible player. The only exceptions are injury and late arrival.
- ❖ There are no positional limitations (e.g., a player may play as goalkeeper for entire game).
- ❖ 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.

Follow us to get important information & field closures

16U/19U Division Guidelines

- ❖ 11 v 11 format, size 5 ball. Two 40-minute halves for U16. Two 45-minute halves for U19.
- ❖ Regular Laws of the Game, with strict enforcement.
- ❖ Goalkeeper may drop or punt kick.
- ❖ There are no positional limitations (e.g., a player may play as goalkeeper for entire game).
- ❖ 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.

Follow us to get important information & field closures