



**NORTH CAROLINA YOUTH SOCCER ASSOCIATION**

**NCYSA YOUTH ACADEMY PROGRAM RULES**

Updated **9-11-14**

## Philosophy

**"True player development focuses on the development of the player, not the development of the team! Up to age 12, this should be the only criteria used in designing and running youth soccer programs."**

Ron Quinn, leading contributor US Youth Soccer Programming

**More than 73% of all kids who play organized youth sports end up quitting by the time they reach the age of 13 (Time Magazine, July 12, 1999)**

**The major two reasons children give up sport:**

- 1. It's no longer fun**
- 2. It's too competitive/too much pressure**

## Mission

Associations must be empowered to provide a variety of programming options for their players. The NCYSA Youth Academy Program philosophy is to emphasize player development over team development and focus on the technical development of each child without the pressures of short-term wins/losses/results.

## General

1. The NCYSA Youth Academy Program will be offered for the TRUE U8 - U12 PLAYER Age Groups.
2. In addition to these NCYSA Youth Academy Program Rules, the rules and policies of NCYSA, and USYSA are applicable.
3. Associations must notify/apply to implement and participate in the NCYSA Youth Academy Program based on the rules herein.
4. (A) A NCYSA Youth Academy Committee would be created for the governance of the NCYSA Youth Academy Program. Subject to the NCYSA Executive Board, the NCYSA Youth Academy Committee will accept associations to participate in the program upon determining compliance with these rules. The committee may apply sanctions if an association fails to meet the criteria listed in these guidelines or intentionally violates them.  
(B) The NCYSA Youth Academy Committee would be comprised of the NCYSA VP for Player Development, the NCYSA State Technical Director of Coaching and members selected by NCYSA Executive Board.

## Associations

5. Associations will be accepted for participation in the NC Youth Soccer Academy for a period of two (2) seasonal years. They must participate for the full year (fall and spring seasons). Associations must re-apply for acceptance every two (2) seasonal years.
6. (A) Each association must appoint an NCYSA Youth Academy Director who holds a National Youth License. Each NCYSA Youth Academy Director will have a period of two (2) years to obtain the National Youth License. The NCYSA Youth Academy Director acts as the liaison between the local academy and the NC Youth Soccer Academy Committee. The NCYSA Youth Academy Director must be in charge of all aspects of the Program, including, but not limited to, the establishment of training priorities, player admittance policy, coaching and administrative staff, selection and scheduling. Subject to the jurisdiction of the association's board of directors and president.  
(B) NCYSA will coordinate "NCYSA Youth Academy Liaisons" who are certified with the National Youth License and will provide assistance to those associations needing help in curriculum planning and development etc. There will be an "NCYSA Youth Academy Liaison" in every district of the state as outlined in the NCYSA Recreation District's to provide assistance.

7. Staff working with NCYSA Youth Academy Programs must hold:
  - a. The Youth II Module qualification designed for working with the true U8-U10 players. They will have a period of one (1) year to obtain the Youth II Module qualification.
  - b. The "E" license or higher qualification in order to work with U11 & U12 players. They will have a period of one (1) year to obtain the "E" License qualification.
  - c. ONLY Approved NCYSA Risk Managed adults can work with the players.
8. Associations must administer a NCYSA Youth Academy Parent Education Program in accordance with the NCYSA Youth Academy philosophy established by the NCYSA Youth Academy Committee.
9. Each association must have an established yearly curriculum for its NCYSA Youth Academy program that must be submitted to the NCYSA Director of Coaching on a date set by NCYSA. Help in creating a NCYSA Youth Academy curriculum will be provided by NCYSA Director of Coaching, the local "NCYSA Youth Academy Liaison," and the NCYSA Youth Academy Committee.
10. Each association will be required to have its representatives attend two seasonal scheduling meetings: one for the fall season and one for the spring season.

### Players

11. Players must be registered with the NCYSA. The cost would be \$26.00 per player.
12. Associations may have a NCYSA Youth Academy Program, a Challenge Program and a Recreational Program, but a player registered in NCYSA Youth Academy may not participate/register in Recreation, Challenge, or Classic. They must choose to participate in one or the other.
13. All players within an association's NCYSA Youth Academy Program will be registered directly to the Academy pool with their association and will not be assigned to a specific team.
14. As per USYS Guidelines players are eligible for the NCYSA Youth Academy Program:
  - a. True U8 - U12 player only.
    1. Players are registered to a Club Academy Pass.
    2. Players may be assigned to teams on a game to game basis.
    3. Players can participate in Non-Academy (outside) tournaments but must follow the NCYSA/Association's tournament rules.
15. Players in match attendance should play a minimum of one half of each match and preferably more.
16. Each player will receive a minimum two written evaluations per year from their association's NCYSA Youth Academy that is approved by the NCYSA Youth Academy director; one in the second half of the fall season and one in the second half of the spring season.

### Matches

17. It is recommended that games follow the USYS Modified Rules for small sided games **(8v8 – 7 field players and 1 goalkeeper; U12).**

#### **Law 1 – The Field of Play**

**Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 70 yards maximum 80 yards

Width: minimum 45 yards maximum 55 yards

**Field Markings:** Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

**The Goal area:** Conform to FIFA.

**The Penalty Area:** A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the

penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is twenty-one (21) feet and the maximum distance from the lower edge of the crossbar to the ground is seven (7) feet.

18. It is recommended that games follow the USYS Modified Rules for small sided games.

***(6v6 – 5 field players and 1 goalkeeper; U10)***

**Law 1 – *The Field of Play***

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 45 yards maximum 60 yards

Width: minimum 35 yards maximum 45 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet.

19. NCYSA, through the scheduling meetings, will help facilitate the scheduling of the NCYSA Youth Academy Program. NCYSA will help provide oversight to schedule matches so that all NCYSA Youth Academy Programs obtain a minimum number of matches.
20. Matches will be in the form of NCYSA Youth Academy games with NO published scores or standings
21. It is recommended that an NCYSA Youth Academy player may not play more than 100 minutes in one day.
22. Player Passes must be at the competition site.

23. Team Travel and Tournaments:

- i. It is recommended that NC Youth Academies do not participate in any elimination bracket tournaments. It is recommended that they participate in showcases.

24. Players who are enrolled in a NCYSA Youth Academy Program cannot participate on any Recreational, Challenge, or Classic team as guest players.
25. NCYSA will help facilitate regional NCYSA Youth Academy showcases during the fall and spring.

***The following amendments were made to Team Travel and Tournaments (February 24, 2009) by the NCYSA Youth Academy Committee:***

26. a) Each association would be required to attend the Fall and Spring NCYSA Youth Academy Showcase Events. These events are part of a bid process
- b) Each association would be allowed to attend one (1) competitive tournament each season, excluding one tournament hosted by their home association.

***The following amendments were made to Academy Rules, Tournaments, and the NCYSA Academy Showcase (December 5, 2012) by the NCYSA Youth Academy Directors. These would only apply to the U9 Fall Season.***

27. On a goal kick all players for the opposing team need to be at midfield before the kick is taken. Once the kick is taken the players from the opposing team can play.
28. On a goal keeper save (through the run of play) the players on the opposing team, need to permit the goalkeeper to play the ball wide to their teammates before they can intercept the ball.

### **Referees**

29. The hosting association is responsible for providing **NCYSA registered** officials for each Inter- NCYSA Youth Academy match.
30. Inter- NCYSA Youth Academy matches will be assigned one **registered** center referee and two **registered** assistant referees (per USYS Rules).

**Referee fees based on a consensus agreement of the participating associations for NCYSA Youth Academy at the scheduling meeting, the referee fee for NCYSA Youth Academy will be a minimum of \$34 for the CR and \$18 for the AR involving 8v8 matches. Using one referee, as approved by NCYSA Youth Academy, will pay the referee \$28 per match for 6v6 matches.**

### **Training**

31. Each association will provide its players, as part of the association's NCYSA Youth Academy Program, with a maximum of three (3) training opportunities per week.
32. Training should be conducted in a pool training format - not with specific teams.

### **Strategic Planning & Development**

33. Explore growth of bi-monthly showcases to allow for different competition and to help scheduling.
34. Creation of NCYSA Youth Academy Manual for policy, questions, etc.

### **Academy Assessment**

35. "Assessment" or "Evaluations" NOT tryouts are the terms to use when selecting players for the Academy program. Please be sure your association uses this verbiage when the tryout window opens after state cups. Before state cups, you may ONLY assess registered players from YOUR association. The first Monday after state cup finals, you may have open assessments during the recruitment window.

## NCYSA Youth Academy Tournament Rules/Guidelines

**Academy Pool: A player pool of (X) number of players, true U8-U10 & U11-U12, which form teams and play matches with focus on technical development. No scoring, standings, wins/losses are recorded. Academy players may not be registered with any other level of play.**

### NCYSA Youth Academy Rules

1. The rules and policies of NCYSA, and USYS are applicable for tournaments, in accordance with the NCYSA Youth Academy Program Rules and USYS Modified Rules.
2. Players must be registered with NCYSA/USYS.
3. Only players that are true U8 thru U12 as per USYS Guidelines are eligible,
4. Tournament play should follow the USYS Modified Rules for small sided games.
5. Players who are enrolled in an NCYSA Youth Academy Program cannot participate on any Recreational, Challenge, or Classic team as guest players.
6. It is recommended that players in match attendance should play a minimum of one half of each match and preferably more.

### Tournament Registration for NCYSA Youth Academy

It is the responsibility of the Association to file the tournament application form for all NCYSA Youth Academy players to a tournament. The Association could be subjected to a per team entry fee that will be determined by the Tournament Host Association.

The following credentials must be presented and checked at tournament registration:

- NCYSA Official Academy Pool Match Roster (Red Stamped) It is strongly recommended by NCYSA not to provide the NCYSA Official Roster which includes all player information. This NCYSA Official Match Roster is generated by NCYSA and red stamped.
- Laminated Player Passes with pictures.
- Medical Wavers

## Tournament Play for NCYSA Youth Academy

1. The official NCYSA Youth Academy Pool Match Roster will be used as follows:
  - Presented before each scheduled game.
  - The maximum of 12 participating players should be highlighted on each official NCYSA Match roster.
  - NCYSA player passes will be presented to coincide with the roster.
  - Medical waiver forms should be at the field of play.
2. For a U10 Academy Division: Tournament division play is limited to Academy “teams” only. Academy teams will play in a separate division. No other “level of play” may be combined with Academy teams or their brackets.
3. For a U12 Academy Division: Tournament division play is limited to Academy “teams” only. Academy teams will play in a separate division. No other “level of play” may be combined with Academy teams or their brackets.
4. It is recommended that Academy teams not participate in any elimination bracket, but could participate in a Festival format.
5. Matches will be in the format of Academy league play with NO published scores or standings.
6. Matches will have NO Champions or winners. It is up to the tournament’s discretion to provide “gifts” or “participation tokens” to all players from all teams. These items are recommended to be the same.
7. It is recommended that an Academy player may not play more than 100 minutes in one day.
8. Matches will be assigned one certified NCYSA referee (per USYS Rules). Referee fees will be the same as for age appropriate Challenge level teams.
9. Ball size: 4  
Roster size: Maximum 12  
Duration of the Match: Two 25 minute halves with half-time interval of 5 minutes  
Offside: None  
Substitutions: (Consistent with league play. See below.)  
**NCYSA EXCEPTION: THAT THE SUBSTITUTION POLICY FOR AGE GROUPS PLAYING SMALL-SIDED GAMES CONFORM TO FIFA, BUT WITH UNLIMITED SUBSTITUTIONS, AS ADOPTED BY NCYSA. PASSED BY CHALLENGE COUNCIL 6/11/2005**  
  
*THE FOLLOWING IS TAKEN FROM THE NCYSA RULES, AS REFERRED TO IN THE ABOVE EXCEPTION:*  
During Classic and Challenge games, players may be substituted only during a stoppage of the game (FIFA Law III, International Board decision #6, and Law \*X paragraph [a] and [b], the number of substitutions shall be unlimited unless the rules of a competition superseding the jurisdiction of this association specifically determine otherwise.) Substitutions may be made, with the approval of the referee, at the following times: A) Prior to a throw-in, by the team in possession B) Prior to a goal kick, by either team C) After an injury, by either team D) At half-time [taken from North Carolina Youth Soccer Association Rules: Section 7, Rule 5]  
***These would only apply to the U9 Fall Season.***
10. On a goal kick all players for the opposing team need to be at midfield before the kick is taken. Once the kick is taken the players from the opposing team can play.
11. On a goal keeper save (through the run of play) the players on the opposing team, need to permit the goalkeeper to play the ball wide to their teammates before they can intercept the ball.

