

Illinois Valley Youth Soccer League



Parent, Coach and
Referee Handbook

Revised 2016

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The Players

- Play for the fun of it, not just to please your parents or coach.
- Play by the rules.
- Never argue with or complain about the referee calls or decisions. Control your temper and most of all, resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer and on affecting the outcome of the game with your best effort.
- Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your team or your opponent's.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills, and feel good. Don't be a showoff or a ball hog.
- Cooperate with your coaches, teammates, and the referees.
- Equipment for games and practices:
 - Shin guards.
 - Correct uniform.
 - Soccer shoes are strongly recommended for safety reasons (They may not be baseball or football spikes.) Tennis shoes are fine.
 - All jewelry must be removed, including: necklaces, rings, watches, bracelets, and pierced earrings.
 - The Goalkeeper must be dressed in a uniform that can be easily distinguished from the uniforms of the rest of the team, the opposing team, and the referee.
 - Only prescription sunglasses are allowed. An eyeglass waiver is required.

The Coach

- The coach's responsibility is the safety of the players.
- Enthusiastically support and practice, "Everyone Plays" and "Positive Coaching" philosophies. Be responsible in your demand on the young players' time, energy, enthusiasm and their performance on the soccer field.
- Impress on your players that they must abide by the rules of the game at all times. Develop team respect for the ability of opponents, and for the judgment of the referees and opposing coaches. Players, parents and coaches must abide by the referee's decisions, even if they disagree. If you disagree, consult the referee privately during a quarter, half or end of the game break. The **referee** has the final say in any decision regarding the game and has the responsibility to call the game consistently. If you would like to comment on a game, either positively or negatively, please use the form at the back of the handbook.
- Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). **Players should never be yelled at or ridiculed for making mistakes or losing a game. Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.** Please try to utilize the "Sandwich Approach" to criticism. Praise the player about something that is done well. Then calmly point out where a correction should be made. Close with a positive comment to encourage the player.
- Keep informed about sound principles of coaching, growth and development relating to children.
- Enlist support of your team's parents in your efforts to instill the proper attitudes and values in the player.

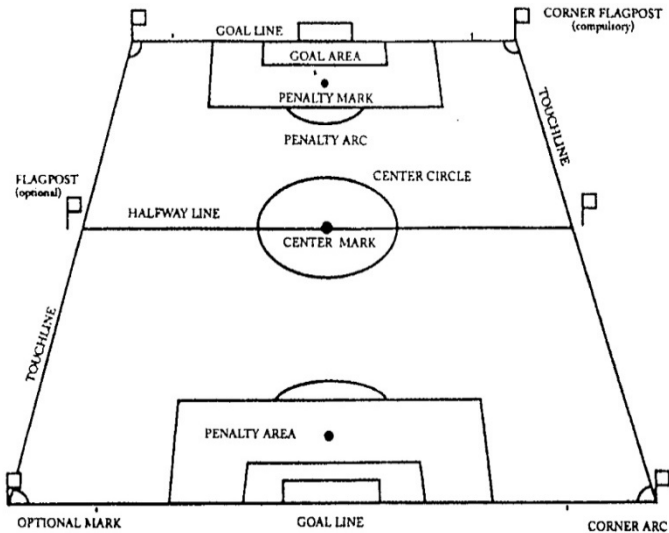
- Goals and fields must be inspected at each use (practices and games). They should meet Safety Standards. Report any concerns to a board member ASAP.
- Follow the advice of a physician when determining when an injured child is ready to play again.
- The coaches are responsible for the conduct of their players and all spectators by seeing that they stay away from the sidelines to allow the linesmen to do their job and that all coaches and players remain in the tech area during the game. Only the coaches instruct the goalkeepers and no one should be behind the goal box during the game.
- All players will play a minimum of 2 quarters (or half of the game in grades 7-8.) When making out your line-ups, please double check that each player has this minimum requirement. **IT IS SUGGESTED THAT EACH PLAYER PLAY NO MORE THAN 3 QUARTERS (OR ¾ OF THE GAME IN GRADES 7-8) MAXIMUM PER GAME UNLESS REQUIRED BY A PLAYER SHORTAGE!**
- Each team is responsible for obtaining one linesman per game. Failure to do so may result in a forfeiture of the game.
- Coaches are responsible for putting up and taking down the nets and corner flags on their half of the field. Coaches for the early Saturday games are responsible for putting up the nets and corner flags and coaches for the late Saturday games are responsible in taking them down.
- Only the referees can stop play of a game. If the linesmen or coach spots a potential injury, the referee should be signaled to stop play. **DO NOT ATTEMPT TO STOP THE GAME YOURSELF!** It is a good idea to tell your players that if they are hurt, don't feel well, etc. to sit on the field. This is a signal to the referee to stop play for them so they can get a substitute. The referee will stop play when there isn't an advantage and/or the play has stopped on its own.

- Call all players in case of a game cancellation. Also attend the make-up game or appoint a parent if unable to attend and obtain linesmen for the rescheduled game.

The Parents

- Everyone's first responsibility is the safety of the players.
- Do not force an unwilling child to participate in sports.
- Remember children are involved in organized sports for their enjoyment, not yours.
- Teach your child that hard work and an honest effort are often more important than a victory. Help your child work toward skill improvement and good sportsmanship in every game. Your child will then be a winner, even in defeat.
- Use praise and encouragement. Never ridicule or yell at any child for making a mistake or for losing a game.
- Set a good example. Children learn best by example.
- Applaud good plays by your team and by members of the opposing team.
- Do not publicly question referee judgment and never their honesty. Recognize the value and importance of volunteer coaches, referees, and officials and give them their due respect. Without them, there would be no soccer. Support all efforts to remove verbal and physical abuse from your sporting events. If you feel the need to pursue a grievance further, or want to report on an excellently officiated game, please use the form on the back of this book.

The Field



- **Field Markings:** The two longer lines are called touch lines and the two shorter lines are called goal lines. The field is divided into halves by a halfway line. There is also a larger circle here. The ball should be placed in the center of the circle, on the halfway line for kick-offs. Opposing players must stay outside the circle until the ball has been kicked forward in play.
- **Penalty Area:** There are two such boxes located at each end of the field. This area indicates where the Goalkeeper may use his/her hands. This area also tells the referee that any foul committed within this area which is punishable by a Direct Free Kick will result in a Penalty Kick. The Penalty Kick is taken from the penalty mark (between the goal box and penalty box).

- **Goal Area:** There are two such boxes, inside the Penalty Area, located at each end of the field.
- **Corner Kick Area:** At each corner of the field there will be a semi-circle to indicate where players may place the ball for Corner Kicks. The ball may be placed anywhere within that semi-circle. There are corner flags located at each corner of the field.
- **Tech Area:** Only coaches and players are allowed. Children are to remain seated with their feet and belongings inside the area.

The Referee

The referee is responsible for making the game consistent and safe for all. The referee does this by enforcing the rules and punishing misbehavior. Anything that seems unsafe to the referee should not be allowed. If the referee makes a mistake it may be corrected if the ball has not been restarted. Otherwise, just be fair and consistent. When the referee makes a call in the game, he/she is not required to use the hand signal for the foul, but highly recommended. However, all referees are strongly urged to learn and use the hand signals as soon as the referee has all the basics mastered. The hand signals are for the coaches and parents who are interested in the calls and who will respect a referee more when they know what he or she is doing. A referee must use the hand signal for an Indirect Free Kick. This signal is for the players who may not have heard the call. The referee must raise an arm straight up in the air after, calling an Indirect Free Kick, and keep an arm raised through the kick until the ball has been played by a second player. If the ball were to go directly into the goal while the referee's arm was raised, there could be no doubt by anyone on the field or off that the goal should not count. Before or after every game the referee

should reread some rules to improve their understanding of the rules of the game.

1. **To Wear:** Always look neat. Wear a black or yellow shirt. Black shorts or sweats (no jeans) and shoes you will be able to run in.
2. **Equipment:** Whistle, 2 pencils, watch (preferably a stopwatch), red and yellow cards (located in the designated area), a large coin, and a handbook.
3. **Before the Game:**
 - Gather the red and yellow cards, linesmen flags and appropriate game ball (appropriate size ball for each division)
Grades 1-2 = size 3
*Grades 3-6 = size 4
*Grades 7-8 = size 5
 - Check the field for and remove sticks, glass, rocks, etc. Mark holes with something soft and visible, like an orange cone or white shirt. Report such holes to both teams and an IVYSL board member.
 - Check that the nets are secured to the goal with no gaps and that they are secured to the ground. Also verify that corner flags are placed in each corner of the field.
 - Meet with the coaches and establish rapport. Let them know that you are a team, but that you are in charge of the game. You are all working together to assure the youngsters a fun and fair game. Remind the coaches that IVYSL allows words of praise and encouragement and that they are responsible for the conduct of the spectators. Answer any questions they may have about the rules.
 - Give one linesman flag to each coach.

- Inspect the player's equipment and correct any problems. **Suitable shin guards MUST be worn, and be covered entirely by the stockings (MANDATORY).** Look for rough or sharp edges on spikes. Shoes must be soccer, tennis, or running shoes. Players **may not wear** belts, hats, watches, jewelry (including pierced earrings), bandannas, or nonprescription sunglasses. **No** hard casts or splints are allowed in games or practices. **No** gum or ice is allowed in a player's mouth. Players **may wear**, stocking hats that match the uniform or are black or white, prescription glasses (with signed eyeglass waiver), and taped religious medals worn inside the shirt.

- **Pre-game Captains' Meeting:** Call for captains at least 5 minutes before game time. Ask the captains to remind their teams of a few important rules. Referees need to remember that a captain won't remember more than two or three rules. What the referee says to the captains is determined by the age of the players. Here are some examples:
 - The moment the Goalkeeper has fingertip control of the ball, it is not to be kicked or knocked out of his or her control.
 - All opponents must move away from the Goalkeeper who is holding the ball.
 - It is mandatory to give 10 yards on an opponent's Free Kick. The referee will caution any player who willfully delays the taking of a Free Kick.
 - Talking on the field must be limited to directions to teammates. Talking to or about opponents is Ungentlemanly Conduct and may result in a yellow and/or red card.

Ask one captain to call heads or tails while the coin is in the air. The winner of the coin toss shall decide if they want to choose to kick the ball first or choose the side they want to defend. At the beginning of the second half, the teams will change ends of the field. The team that did not have the first kick-off will have the kick-off of the second half.

4. During the Game:

- Penalize fouls and deal with misconduct.
- Keep accurate times and score. Record the score and who scored by shirt number, cautions, and send offs on the score card.
- Monitor substitutes.
- Stop the match for serious injuries.
- Always be in position to see what is happening on the field.

5. After the Game:

- Collect the game ball and linesmen flags. Return them to the designated area along with the red and yellow cards and score cards. Sign and hand the score card to an IVYSL board member.
- Report any record of disciplinary actions or injuries to an IVYSL board member.
- The referee does not declare a winner in a game stopped early due to weather or to any other reason, unless at least $\frac{1}{2}$ of the game is played.

The Game

- No practices or games on Sundays.
- Only teams and coaches are allowed between fields.
- Special Rules for Division 1 (1st – 2nd)
Div. 1 will be playing a form of “Micro Soccer”. The focus of this age group is on the skills necessary to play soccer, such as dribbling, passing, and shooting. Therefore, there are fewer rules.
 - * Areas Omitted:
 - Penalty area and penalty kicks.
 - Goalkeepers
 - Offside.
- Free Kicks. If such a foul or misconduct occurs, the “Acting Referee” will stop the game, explain what the infraction was and that it will not be tolerated, and restart the game with a Drop Ball. If the infraction continues the “Acting Referee” may choose to remove the player temporarily or entirely from the game.
- Referees. A coach from each team will referee the game while the other coach manages the team’s substitutes.
 - The “Acting Referee’s” will be responsible for the **Referee Code of Conduct** (making sure all are safe

to play, starting the game, etc.).

- Players shall have two (2) tries at Throw-ins, Goal Kicks, Corner Kicks, and Kickoffs, then given to the opposing team. Opponents must be at least three (3) yards away for:
 - Kickoffs.
 - Goal Kicks (also must be taken within three (3) yards from the goal)
 - Corner Kicks

Time:

- The breakdown for each grade level is the following (also see the chart in the back of this handbook):
 - Grades 1st and 2nd = 6 min. quarters.
 - Grades 3rd and 4th = 12 min. quarters.
 - Grades 5th and 6th = 15 min. quarters.
 - Grades 7th and 8th = 30 min. halves
- Quarters and halves will stop when time expires.
- Quarters for Div. 1 - 3 are to be restarted as the previous quarter ended. (Ex: throw-in, goal kick, corner kick, etc.) Except for half in Div. 4.
- Players are given a 5-minute break at halftime. The kickoff of the second half is by the opposite team from the first half. The teams also change ends of the field.
- Games that are tied at the end of regulation time are scored as a tie. Only by special agreement in tournament games is there overtime.

Players and substitutions:

- In IVYSL, the following guidelines will be used for numbers of players on the field at a time, without forfeiture. If at any time the opposing team is short on players, the options are to play short, allow sidelined players to join the opposing team for a quarter, or forfeit. This decision is made at the coach's discretion. Remember that we are here to have fun!
 - Gr. 1st-2nd - plays with 5 on the field with no less than 4.
 - Gr. 3rd- 4th - plays with 10 on the field with no less than 9.
 - Gr. 5th-6th - plays with 9 on the field with no less than 8
 - Gr. 7th-8th - plays with 9 on the field with no less than 8.
- A team may change its Goalkeeper whenever there is a stop in play (Penalty Kick, Caution, Send Off, Goal Kick, throw-in, or a Kickoff), **but the referee must be notified of the change.**
- Div. 1-3(1st-6th) may substitute at quarters, halftime, and for injuries. Div. 4(7th -8th) may substitute whenever there is a stop in play, dead balls, and restarts. The subs are to stand at the center line and wait for the referee to call them in. If the referee does not notice them the **coach** is to yell "ref" or "sub ref."

The Start of the Game:

- A Kickoff starts the game, the half, and restarts the game after a goal. The ball is placed on the halfway line in the center of the circle. The ball must be played forward with both teams in their own half of the field. The defending team must be outside the circle and the ball is in play when it is moved forward.

- The referee blows the whistle and the ball must be played forward. The kicker cannot play the ball a second time until another player has touched it.
- If the same player kicks the ball a second time, “the opposing team is awarded an Indirect Kick at the spot of the foul.”
- A goal can be scored directly from a Kickoff.

Ball In and Out of Play:

- The ball is out of play when it has completely crossed over either the touch line or the goal line.
- The ball is out of play when the referee has blown the whistle.
- The ball is in play at all times, including: balls rebounding off of the goal posts, the crossbar, and the corner flags and off the referee (as long as the referee is on the field).

How to Score a Goal:

- A goal is scored whenever the ball has completely crossed over the goal line, between the goal posts and under the crossbar and there has been no infraction.
- Goals may be scored from: Direct Free Kicks, Corner kicks, Kickoffs and Drop Balls.
- Goals may not be scored directly from: Throw-ins and Indirect Free Kicks.

Offside: Has two major parts, each of which must be exactly met before the foul should be called.

- **First, the player must be in an offside position. To be in an offside position, a player must be in the opponent’s half of the field, ahead of the ball, and not be nearer to**

- his opponents' goal line than at least two of his opponents (a defender and most likely the Goalkeeper).**
- **Secondly, the teammate of a player in an offside position must be passing the ball forward or shooting on Goal. If the teammate passes toward the player in an offside position, then, at the moment of the pass, the referee should call Offside. If a player shoots on Goal and if their teammate, in an offside position, is close enough to the goal to distract the defense then the referee should call Offside.**
 - A player in an offside position is not guilty of Offside if he or she has the ball, if the opponents have the ball, or if no one has the ball in his or her possession.
 - The player in an offside position is the player penalized for being Offside and not the teammate who passes or shoots.
 - If Offside is called, the referee will award an Indirect Free Kick to the defending team at the spot of the infraction.
 - All players are never offside on: Goal Kicks, Throw-ins, and Corner kicks.
 - Offside occurs at the moment of the pass or shot by a teammate. A player not in an offside position when a teammate passes the ball, who runs to an offside position to receive the pass, cannot be called Offside.
 - Offside will not be called in all divisions. IVYSL has decided to only call Offside for Div. 3 & 4 (Grades 5th – 8th).

Restarts

There are eight restarts. Each one has a point at which the ball is considered in play. Anything done incorrectly (including another foul or misconduct) prior to the ball being in play results in a retake of the same restart.

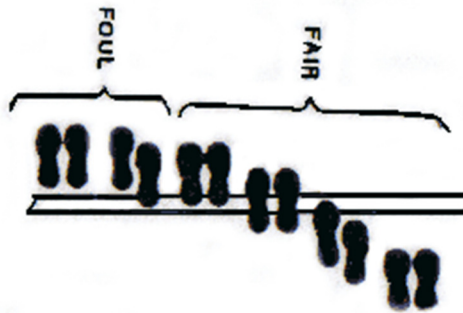
Any member of the team may take the restart or the retake of a restart. If the whistle is needed to begin the restart then the opposing team may change Goalkeepers, if the referee is informed first.

Two rules apply to all eight restarts:

1. An own goal cannot be scored directly from any restart.
2. A player taking a restart may not play the ball a second time until some other player has played it.

The restarts are:

1. **Kickoff** at halftime from center.
2. **Throw-in**: Takes place when the ball has completely crossed over a touchline (long lines on the field). The

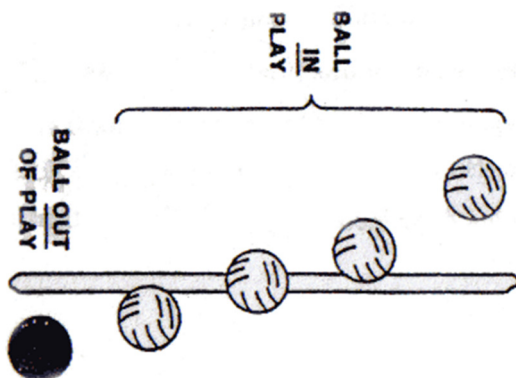


Throw-in is awarded to the opponents of the player who last touched the ball. It is taken from the point where it crossed over the touch line. Defense must give 2 yards. You may not score directly from a Throw-in. The player taking a Throw-in must be facing the field and have both feet on the ground at least partially on the touch line or out of bounds (see illustration).

The throw is made evenly with both hands, the ball starting behind the head and thrown in a smooth, continuous motion, directly overhead. The ball is in play when any part of it crosses any part of the touch line (see illustration).

For safety reasons, no flips or handsprings during any throw-ins.

The thrower may not touch the ball until it has touched another player. If they do, the referee will award an Indirect Free Kick to the opponents from the spot where the thrower touched the ball. Opponents must be at least two yards away and not unfairly distract or impede the thrower. A player cannot be called offside on a Throw-in. A Throw-in



thrown, but never entering the field is retaken. A Throw-in that enters the field but then goes out of bounds is given to the opponents at the spot of the new out of bounds. A Throw-in that enters the field but was thrown incorrectly is given to the opponents at the same spot. If the Throw-in is thrown directly to the Goalkeeper and they touch it with their hands, outside the penalty area, the opposing team is awarded a Direct Kick at the spot of the foul. However, if the

Goalkeeper touches the ball with their hands inside the Penalty Area, the opposing team is awarded an indirect kick at the spot of the foul unless it is within the goal area.

3. **Goal Kick:** Awarded when the attacking team kicks the ball over the goal line, but not into the goal. Any member of the previously defending team may take the kick from anywhere inside the Goal Area. All opponents must be outside the Penalty Area until the ball is in play. The ball is in play when it leaves the Penalty Area. The kicker may not touch the ball again until the ball has touched another player. If the ball is touched before it leaves the Penalty area, the kick is retaken. If, after the ball leaves the Penalty Area and before it touches another player, the kicker plays the ball, the referee will award an Indirect Free Kick to the opponents from the spot where the ball was touched. A goal may be scored directly from a Goal Kick. There is no Offside if you receive the ball directly from a Goal Kick.
4. **Corner Kick:** Awarded when the defending team last touches the ball before it crosses over their own goal line, but not into the goal. The kick is taken from the nearest corner to where the ball crossed the line. Any member of the attacking team takes the kick from anywhere inside the corner arc. The flag may not be bent away or removed. All opponents must be at least 10 yards away. There is no Offside on a Corner Kick and a goal may be scored directly from the kick. The ball is in play when it has rolled its circumference. The player taking the kick may not play the ball again until the ball has touched another player.
5. **Free Kicks:** A free kick is awarded when the referee signals a foul. Free Kicks are generally taken from where the foul took place. There are two types of Free Kicks: Direct Free

Kick and Indirect Free Kick. For both Direct and Indirect Free Kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

- a. **Direct Free Kick:** Restart after a Penal Foul. A goal can be scored directly from the kick. The kick is taken from the spot of the foul. The ball is in play when it has rolled its circumference unless the kick is taken within a team's own Penalty Area. In this case the ball is in play when it has left the Penalty Area. If it is kicked directly into the team's own goal, a Corner Kick is awarded to the opposing team.
- b. **Indirect Free Kick:** Given for all non-penal fouls or misconduct. The referee indicates an Indirect Free Kick by raising his/her arm above their head and holding it in that position until the kick has been taken and the ball has touched another player or goes out of bounds. The ball is in play when it has rolled its circumference. A goal can be scored only if the ball touches another player before it enters the goal. If an Indirect Free Kick is kicked directly into the opponent's goal, a Goal Kick is awarded. If an Indirect Free Kick is kicked directly into the team's own goal, a Corner Kick is awarded to the opposing team.
- c. **Free Kicks outside the Penalty Area:** All opponents must be 10 yards away. The ball is in play when it has been kicked and it moves. The Free Kick is taken from the place where the foul occurred.
- d. **Free Kicks inside the Penalty Area of the Defending Team:** All opponents must be at least 10 yards away. All opponents must be outside the Penalty Area until the ball is in play. The ball is in play when it leaves the Penalty Area. Any Free Kick awarded inside the Goal Area can be taken from anywhere inside the Goal Area.

- e. **Indirect Free Kicks awarded in the penalty area to the attacking team:** All opponents must be at least 10 yards away. If they can't get 10 yards away, they must be on the goal line between the posts. The ball is in play when it is kicked and has moved. An Indirect Free Kick awarded inside the Goal Area is taken from the Goal Area parallel to the goal line.
6. **Penalty Kick:** Awarded against a team which commits one of the 10 offenses for which a Direct Free Kick is awarded, inside their own Penalty Area and while the ball is in play. A goal may be scored directly from a Penalty Kick. The player taking the kick and the opponent's Goalkeeper are the only players allowed in the Penalty Area until after the ball is in play. The ball is placed on the penalty mark between the goal box and the penalty box. The Goalkeeper may move, but must stay on the goal line. The kicker waits for the referee's whistle and kicks the ball forward with a smooth motion. If the Goalkeeper does not stay on the goal line before the kick, a scoring shot is allowed and a non-scoring shot is retaken. Neither team may enter the Penalty Area before the kick (called encroachment). If a defender encroaches, a scoring shot is allowed and a non-scoring shot is retaken. If an attacking player encroaches, a scoring shot is retaken and a non-scoring shot is an Indirect Free Kick by the defending team from the spot of the encroachment, or a Goal Kick if the ball went out of bounds untouched.
7. **Drop Ball:** When play was stopped for an injury, interference (e.g. A dog on the field), or a mistaken whistle by the referee. The referee puts the ball in play by dropping the ball, from the player's waist level, to the ground. The ball is in play when it touches the ground. Only one member

from each team may be present at the dropped ball and all other players must be at least one yard away.

Fouls

A foul takes place whenever a player intentionally commits one of the following acts against an opponent. Both the Direct and Indirect Free Kicks are taken from the spot of the foul, with a few exceptions:

* A Direct Kick inside the opponent's Penalty Area is a Penalty Kick.

* If you have a Free Kick within your own goal area, you may take the kick from anywhere inside the Goal Area.

Direct Kick (Penal) Fouls: Fouls must be intentional, in the referee's opinion, to be judged a penal foul.

- Kicking or trying to kick an opponent.
- Hitting, trying to hit an opponent.
- Spitting, or trying to spit at an opponent.
- Jumping at an opponent (whether or not contact is made).
- Tripping an opponent (whether or not the player falls).
- Holding an opponent.
- Pushing an opponent.
- Charging an opponent violently.
- Charging an opponent from behind.
- Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Handling the ball deliberately, except the Goalkeeper in the Penalty Area, with the hand or arm. The ball hitting the player is not a foul. The ball hitting the hand of a player protecting himself/herself is not a Handling-the-Ball foul, but

if that player covers up and then moves forward to play the ball, the referee should call the foul.

Indirect Kick (Non-penal) Fouls: A foul should be committed intentionally or carelessly to be judged a non-penal foul.

Dangerous Play:

- Dangerous play is called when a player does something dangerous to another player, to himself, or to herself.
- A player who falls on or near the ball when another player is near enough to play the ball must be called for a Dangerous Play foul.
- A player who stoops to head the ball when another player is near enough to kick in that area is guilty of being dangerous to himself.
- A player who makes a high kick (above waist high) when another player is within playing distance is guilty of Dangerous Play.

Goalkeeper:

- Takes more than 6 seconds while controlling the ball with his/her hands before releasing it from his/her possession.
- Bouncing the ball or throwing the ball in the air is considered Goalkeeper possession.
- When the ball rolls or bounces away from the Goalkeeper, the ball is in play and the opponents may go after it. The Goalkeeper may not regain possession of the ball with the hands before another player touches it.
- To prevent delay of the game, if a Goalkeeper's teammate passes the ball to the Goalkeeper using his feet, the Goalkeeper cannot pick up the ball with his hands.

However, the ball can be passed back to the Goalkeeper using any other part of his body (except hands), and then the Goalkeeper may play the ball with his hands.

This penalty will result in an Indirect-Free Kick taken at the nearest point outside the penalty box.

- Illegal obstruction occurs when a player intentionally places himself between the ball and an opponent and makes no attempt to play the ball. A fair charge is shoulder-to-shoulder leaning when playing the ball.
- Charging the Goalkeeper is not allowed while the Goalkeeper is holding the ball in the Goal Area. **IVYSL does not allow charging the Goalkeeper in the entire Penalty Area.**
- When the player commits any other offense, not previously listed, for which play is stopped to caution or dismiss a player.

Misconduct

- Misconduct is dealt with by issuing either a yellow card (caution) or a red card (sending off).
- Only players and substitutes can be issued yellow or red cards. Coaches can be carded and dismissed, but are not shown a card.
- Spectators are to be handled by the coach, as he/she is responsible for their conduct. If spectators are acting improperly, warn the coach and identify those spectators to him/her and give the coach time to go and deal with the situation. If the problem persists, stop the game and ask the coach to remove the spectators from the vicinity. If the spectators refuse, the game is over. Report the situation to an IVYSL board member.

- Likewise, if a coach is acting improperly, warn him/her. If they persist, you may dismiss them. They are to leave the vicinity and be out of sight and hearing distance, and they may have no further communication with their team (either directly or indirectly). Continue with the game with the correct restart or drop ball.
- Terminate the match and report the situation to an IVYSL board member if the coach refuses to leave as described.
- When dealing with player misconduct, you are to stop the game and approach the player. You need to tell the player why they are receiving a yellow or red card, then display the appropriate card by holding it directly above your own head. If you are sending someone off for a second yellow card, first display the yellow card and then display the red card. If play is stopped for Misconduct and no other Penal Foul, then play is restarted with an Indirect Free Kick.
- If a player receives a red card, they may not play for the rest of the game and their team must play short a player for the duration of the game. The player who received a red card will be prohibited from playing in his/her next scheduled game.
- Yellow cards are given for the following:
 - Dissent with a referee's decisions by word and/or action.
 - Dissent with a referee's decision may be cautioned. Some players think they may talk to a teammate or coach about a referee's decision, but this, too is a foul.
 - When coaches or parents are criticizing players, dissenting, or saying anything not in the IVYSL spirit, the referee should quietly remind the coach of the need to control the problem. If the coach cannot or will not stop the poor sportsmanship, the game should be stopped. An early warning may eliminate the need for a yellow or red card.

- The referee should not hesitate to act to control coaches and parents in this manner. Most, if not all, parents on the sidelines from both teams will strongly support the referee's action to protect and help their child have a fun game in the IVYSL spirit.
 - Unsporting Conduct is delay of game, insulting, behavior, and particularly hard fouls. This includes faking an injury or any action that is intended to deceive the referee.
 - Delay of game. This can be the failure to give 10 yards for the opponent's Free Kick or not leaving the Penalty Area when the opponents have a Goal Kick or Free Kick inside the Penalty Area.
 - Continually breaking the rules is usually warned, but if a player continues, then a caution is called for.
 - Players who enter, re-enter, or deliberately leave the field of play without the referee's permission.
- Red Cards may be given for the following:
 - Serious foul play.
 - Violent conduct.
 - Insulting, abusive and/or threatening language and/or gestures.
 - Spits on/at an opponent or any other person.
 - Committing a second yellow card act. This requires a red card since a player cannot receive two yellow cards in one game. If a player cannot improve his or her behavior after receiving a yellow card, then that player should be sent off using a red card.
 - Stopping an obvious scoring chance by handling the ball (with the exception of the Goalkeeper within his/her own

Penalty Area). A goal scoring opportunity is when a player is advancing directly toward the opponent's goal and has possession of the ball when the foul takes place.

- Deliberately fouling (offense punishable by a direct, indirect or penalty kick) an opponent who is advancing toward the goal.

Other Rules

- **Slide tackling will not be allowed nor will sandwiching a player. This may result in an indirect free kick.**
- When the referee sees a foul or a ball out of bounds, the whistle should be blown with authority and conviction, but if the ball is obviously out of bound, the referee need not blow the whistle since frequent whistles are confusing to players on nearby fields.
- The Advantage Rule allows the referee to not call a foul when the fouled team keeps possession of the ball and calling the foul would put them at a disadvantage. The referee may say "Play on" and point in the direction that the Free Kick would have gone. The referee uses this rule only in a smooth-flowing game and never in a rough or ragged game.
- The referee can change an incorrect call as long as play has not been restarted. If the referee decides that there was no foul, then play is restarted with a Drop Ball. The referee cannot say "Play On" after blowing the whistle.
- The restart may be taken as quickly as the team can spot the ball and take the kick. There are exceptions due to the fact that the referee has some duties after certain fouls. In these cases the team must wait for a whistle before taking the restart. These exceptions are after Cautions, Send Offs, Goals, and Penal Fouls in the Penalty Area.

- When a team is taking a restart the defense must be back 10 yards. The referee needs to say, “Wait for my whistle before kicking”. The referee should point to a spot that is about 10 yards away from the restart and tell the defense to move back to that point if they are not already back that far. When the defense has given 10 yards then the referee blows the whistle to allow the restart to be taken.
- Too many players on the field would result in an indirect free kick for the other team.
- Goal Safety: Absolutely no hanging on goals at any time.
- Sportsmanship: All players, coaches, and spectators are expected to have good sportsmanship, respect all other players, coaches, referees and IVYSL board members at all times. Lead by example.
- Heading: No heading allowed during a game until 7th grade level.

Heading Rules (US Soccer)

As part of U.S. Soccer's Player Safety Campaign, U.S. Soccer unveiled the U.S. Soccer Concussion Initiative that provides guidelines that were implemented in January of 2016.

The information contained in the initiative is intended to give U.S. Soccer Organization Members, as well as players, parents, team/club staff and coaches and referees, guidance and direction when dealing with head injuries and potential head injuries during soccer participation.

Included in the U.S. Soccer Concussion Initiative are specific changes to rules on substitutions and heading for certain age groups. Those changes included:

- Modify substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty
- Eliminating heading for children 10 and under
 - Please note that U11 is listed in the U.S. Soccer Concussion Initiative document because U11 players can be 10 years old at the beginning of the season
- Limiting the amount of heading in practice for children between the ages of 11 and 13

In addition to the safety initiatives, the following modified rule was published by US Soccer on February 12, 2016:

- When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Cancellation of Games

IVYSL is particularly concerned with lightning. All soccer fields are lightning-prone areas. A game should be called immediately and everyone sent home when a storm front with thunder is still a few miles away. Do not wait for lightning overhead. Questions? Refer to an IVYSL board member.

The designated board member for the games will be in charge of cancellation of games. Games may be canceled due to weather

conditions or in severe and prolonged wet weather. Games may be canceled due to the conditions of the fields.

We try to play games at all costs. In some instances, however, it might be right up until game time before a game is canceled. It all depends on the weather. Please be patient. Cancellations will be announced between 4:00- 5:00pm weekdays and between 7:00-11:00am on Saturday. Coaches will also be contacted and are in charge of calling their players. Rescheduling will be handled by the board and coaches will be contacted and are in charge of informing their players. IVYSL will assume the responsibility in obtaining a referee for the make-up games. It is the coach's responsibility to obtain the linesmen

Rescheduled Games

An IVYSL member will reschedule all make-up games due to rainouts. The coaches must contact this board member for the date of a make-up game.

A BOARD MEMBER MUST BE PRESENT AT ALL MAKE-UP GAMES.

Notes from the Board Members:

This Handbook is only a start. Every Parent, Coach, and Referee's greatest responsibility is to continually improve his or her knowledge and skills. After the Parent, Coach or Referee has gotten all he or she can from this book there are better and more complete books to read. Your cooperation in abiding and enforcing these rules is much appreciated by the Board Members of IVYSL. Thank you and if you have any comments, please fill out a Grievance / Recognition form at the back of the handbook. This is to make sure all information is correctly relayed to the Board and to ensure appropriate action will take place. There is a place for your phone number so a Board Member will get back to you. Forms must be filled out completely or the grievance will not be taken seriously, but instead used as a means to vent. Recognition of those who are doing an exceptional job is always appreciated. This way we will have a record of what is being done correctly and where improvement is needed. If you have a question, please contact a Board Member.

No grievances may be made against referee calls or the rules or laws of the game.

Grievance forms are printed on the last pages of this booklet.

| Division | # of Players | Game Time | Offsides |
|----------|--------------|---------------------|----------|
| 1-2 | 4-5 | 4 (6 min) quarters | No |
| 3-4 | 9-10 | 4 (12 min) quarters | No |
| 5-6 | 8-10 | 4 (15 min) quarters | Yes |
| 7-8 | 8-10 | 2 (30 min) halves | Yes |

Grievance / Recognition Form

Please mail to: I.V.Y.S.L. P.O. Box 164 Peru, IL 61354

Y Your Name: _____ Phone Number: _____

C Game Time: _____ Field: _____ Date: _____

C Comments: _____

Grievance / Recognition Form

Please mail to: I.V.Y.S.L. P.O. Box 164 Peru, IL 61354

Your Name: _____ Phone Number: _____

Game Time: _____ Field: _____ Date: _____

Comments: _____



Illinois Valley Youth Soccer League
PO Box 164
Peru IL 61354

www.ivysl.com
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