



**2023**

**Fall League**

**Administrative and Rules Manual**

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## Arrowhead Youth Soccer Association (AYSA) Mission Statement

***AYSA strives to create a safe, fun, and nurturing environment that helps players grow in the sport of soccer while encouraging sportsmanship, respectful relationships, and positive experiences.***

**To accomplish this, AYSA is dedicated to coaching, modeling, and promoting:**

**Fun:** AYSA provides a fun and safe experience for players, adult volunteers, and officials in recreational and competitive youth soccer. Among the many life skills learned through soccer, the ability to have fun with others is central. AYSA provides an environment for players to improve skills, enjoy victory, learn from defeat, and build relationships on their team. Fun also facilitates commitment to the game of soccer, and helps players benefit from the discipline, respect, and teamwork required for success.

**Sportsmanship:** AYSA members (players, coaches, officials, and fans) accept the responsibility of respecting the entire soccer community they have joined by practicing sportsmanship. Sportsmanship includes fair play, doing your best, and winning and losing with grace. Sportsmanship also means respecting teammates, opponents, coaches, and officials alike.

**Respect:** Respect acknowledges the value, dignity, and inherent equality of every human being, and requires empathy for the experiences, perceptions, and feelings of others. AYSA is an organization built on respect. AYSA affiliated adults, players, and officials behave in ways that reflect the value, dignity, and equality of everyone in the soccer community, as well as the community at large.

**Community Building:** Teams perform best when they have built a strong sense of community. Healthy communities serve the interests of everyone regardless of classifications like race, gender, and economic status. AYSA promotes healthy relationship and leadership skills that will fuel successful soccer teams, build friendships, and help players strengthen their respective communities.

**Responsibility:** Success in soccer relies on individuals assuming roles in the best interests of the team. In addition to each player's position, those roles include taking responsibility for oneself and the well-being of each team member on and off the field. AYSA fosters responsibility to one's team, as well as one's family, friends, and community.

**Healthy Lifestyles:** Soccer promotes health beyond physical fitness. AYSA recognizes that coaches are in a powerful position to support the development of youth into joyful, balanced, and caring young adults who will grow to be parents, spouses, employees, and community members someday. AYSA is dedicated to building healthy players and a healthy community.

**Fulfillment of Potential:** AYSA recognizes its responsibility to provide every player and official with opportunities to succeed. AYSA coaches will help develop leadership skills within their teams, do their best to put each player in a position to contribute to success, and provide affirmation and encouragement for players' efforts on and off the field. AYSA believes all youth are equally valuable and deserve a place to shine.

## **Coaching.... It is more than helping kids kick a ball in the grass!**

Dear Coaches:

Let me first thank you for making the commitment to support youth soccer by giving of your time, your energy, and your enthusiasm. Yours is an important job and I appreciate your willingness to volunteer. At AYSA, we are committed to providing the best possible youth sports experience, and you, the coach, is the most important part of that.

In your role as a coach, you will influence players! They will observe your actions; they will listen to your words. Kids will absorb and learn from your interactions with them and others. In your role as a coach, you have a tremendous opportunity to help kids learn life skills. You are an important role model for your team. Please keep this in mind as you interact with players. We ask you to model appropriate behavior in the following ways:

- Be a consistent role model: maintain personal and professional integrity both on and off the field.
- Coach the whole person: promote the emotional, physical, academic, and athletic dimensions of the student athlete.
- Practice open communication with players and parents.
- Treat your players with respect and kindness. Care about them as individuals.
- Be sure that all your players are getting positive messages about their importance to the team.
- Treat all players equally. Make sure all players are getting appropriate playing time and attention in practice.
- Set clear expectations and goals that are realistic but high for individuals and teams.
- Do not yell at players. They play soccer to have fun, and it is never fun to be yelled at.
- Do not yell at referees or treat them disrespectfully. They are a critical part of the game with a difficult job. If you treat them with respect, they will continue to improve and thrive as officials. If you yell at them, they will be much more likely to quit.
- Do not disparage your opponents. Teach your kids to treat opponents with honor and respect.
- Make sure players treat each other with respect. Do not allow verbal abuse of teammates, opponents, or officials.
- Win and lose with dignity and integrity.
- Keep the games fun.

Thanks again for coaching. I hope this is a fun season for you and your players.

Sincerely,



Julien Bratek  
Executive Director

# ARROWHEAD YOUTH SOCCER ASSOCIATION

## COACHES CODE OF CONDUCT



Arrowhead Youth Soccer wants to thank you for volunteering to coach a youth soccer team. All coaches that volunteer to coach an AYSA affiliated team, are expected to follow the Coaches Code of Conduct. By following the guidelines listed below, you will enrich the season for yourself, your team, and the families involved. These guidelines help ensure that games are fair, positive, and enjoyable experiences. A soccer game should be friendly and unifying – a spirited social and athletic occasion for players, coaches, referees, and spectators.

To clarify expectations of coach conduct, we expect all coaches to conform to this code of conduct.

- Before, during and after the game, be an example of dignity, patience, and positive spirit.
- Before a game, introduce yourself to the opposing coach and to the referee.
- During the game, please remain in the coaches' area, a space that extends 10 yards on either side of the halfway line. Coaches should not cross the halfway line and should stay 2 yards back from the touchline.
- During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible, or overly aggressive, take the player out of the game at least long enough for him/her to calm down. If their conduct does not improve, do not allow them back on the field.
- During the game, you are also responsible for the conduct of the parents of your players and other spectators supporting your team. It is imperative to explain acceptable player and parent behavior in a preseason meeting. If you experience a game where fan behavior is not acceptable, your team should have a parent meeting to review acceptable behavior.
- Encourage fans to applaud and cheer for good plays by either team. Do not allow parents or other fans to yell at players of either team or the referee.
- During the game, do not address the referee at all. If you have a rule related question, discuss it with the referee calmly and patiently at half time or after the game. This should not be seen as an opportunity to question the referee's judgment but can be an opportunity to educate yourself on the rules.
- If you have a complaint, or if you think the referee was unfair, biased, unfit, or incompetent, report your opinion to the AYSA Executive Director. If you feel a game is unsafe for your players due to the actions of the referee or the opposing team, you may pull your team off the field, effectively ending the game. Report this action and reasons why to the AYSA Executive Director at 624-1713.
- After the game, thank the referee and ask your players to do the same.

### **Please Remember...**

Referees – especially young and inexperienced ones – are like your players and yourself, in that they need time to develop. You can play an important role in helping them to improve by letting them concentrate on the game. You can help by encouraging them, and by accepting their inevitable, occasional mistakes.

Think about what you are doing during a game! Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long-term development, and if you support the referee, your players and their parents will notice. If you allow your players to play outside the rules, if you are overly concerned about results, or if you criticize the referee harshly, your players and their parents will also notice.

Coaches who do not follow the expectations described above will be disciplined or removed. If a coach is out of control, a referee may request the coach to leave before a game continues. If a coach is asked to leave a game, they will serve an automatic minimum mandatory one game suspension, following a review by the AYSA Executive Director.

## **Arrowhead Youth Soccer Association**

### **Policy Relating to Concussion and Concussed Players**

The Arrowhead Youth Soccer Association is adopting this policy as part of its obligation to provide a safe playing environment for its players.

Awareness of concussion and the effects of concussion on players, especially youth players, has increased over the past decade. Medically, concussion is a form of traumatic brain injury.

Because it is a brain injury, a concussion is not a visible injury, such as a broken arm. It requires time to heal properly, involving both physical and mental rest. Consequences may include loss of coordination or memory, vision problems, learning issues and changes in emotions and behavior. A concussion may result from a direct blow to the head or from an indirect blow to the body that causes various forces to affect the brain within the skull. Signs and symptoms may appear immediately or may be noticed hours or days (or longer) later. There are a wide variety of symptoms which are possible. Loss of consciousness is not required to be diagnosed with a concussion. Adolescents require more time to recover from concussions than adults.

The US Center for Disease Control and Prevention has established the **HEADS UP: Concussion in Youth Sports** program and tool kit to provide training to coaches, athletes, and parents regarding concussions. The Minnesota Legislature passed legislation (MN Statute 121A.37 and 121A.38) in 2011 regarding youth athletes, concussions and return to play.

#### **Preseason Requirements**

Coaches and officials are required to take the free CDC online training course Concussion Training for coaches or participate in equivalent concussion training sponsored or endorsed by Arrowhead Youth Soccer before they may coach or officiate for the first time starting with the 2012 season and once every three years thereafter. The certificate of completion at the end of the online training is proof the course has been taken. Parents and athletes may take the course for their own information.

Parents, players, coaches, and officials should print more information about the nature and risks of concussions from the CDC at <http://www.cdc.gov/headsup/youthsports/index.html> and click on the appropriate link for fact sheets for parents, athletes, and coaches/officials.

#### **Season Requirements**

Coaches during practices and coaches or officials during games shall remove a player from active participation in the practice or game if the player exhibits the signs, symptoms, or behaviors consistent with a concussion or is suspected of sustaining a concussion (MN Statute 121A.37 (b)). The player is not allowed to return to play until cleared in writing by a provider trained in evaluation and management of concussions (MN Statute 121A.37(c)). The coach shall inform the parent/legal guardian about the possible concussion and the event surrounding the possible concussion (e.g.-collision, fall, etc.).

## Concussion Information for Coaches

### THE FACTS

- A concussion is a **brain injury**
- All concussions are **serious**
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death

**WHAT IS A CONCUSSION?** A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

### RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head. AND,
2. Any change in the athlete’s behavior, thinking, or physical functioning.

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

### SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

### WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

**1. Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.

**2. Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Healthcare professionals have several methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury.

- Cause of the injury and force of the hit or blow to the head.
- Any loss of consciousness (passed out/ knocked out) and if so, for how long.
- Any memory loss or seizures immediately following the injury.
- Number of previous concussions (if any).

**3. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

**4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems by delaying the athlete’s return to the activity until the player receives appropriate medical evaluation and approval for return to play.

## Coaches, please ask your fans to follow these guidelines for sideline behavior.

<b>Fan Code of Conduct</b>	<b>For the safety and enjoyment of everyone, we ask that you refrain from:</b>
<ul style="list-style-type: none"><li>● We appreciate your attendance at our youth event.</li><li>● Our participants need your positive support and encouragement.</li><li>● Please show kindness and respect in your words and actions toward coaches, players, officials, and fans.</li><li>● Please encourage those around you to be kind and respectful.</li></ul>	<ul style="list-style-type: none"><li>● Yelling at officials, coaches, fans, or players.</li><li>● Commenting on referee calls</li><li>● Verbally abusing referees</li><li>● Profanity</li><li>● Name calling</li><li>● Violent behavior</li><li>● Coaching from the sidelines</li></ul>

### **AYSA FALL LEAGUE GENERAL GUIDELINES**

#### **AYSA PLAYER, COACH AND PARENT CODE**

- Soccer is a game for FUN.
- Visiting teams and spectators are honored guests.
- No advantages except those of superior skill should be sought.
- Officials and opponents should be treated and regarded as honest in intention.
- Winning is desirable but winning at any cost defeats the purpose of the game.
- Losing can be a triumph when the team has given its best.
- Most of the people involved are volunteers, keep in mind they are giving their time and have the best intentions in mind, support them, always.
- In soccer, as in life, treat others as you would have them treat you.

#### **SOME THINGS TO REMEMBER**

- Encourage each player to practice the basics at home every day.
- Include as much individual ball contact as possible in every practice. Every player should have a ball.
- Try to improve one technique at each practice.
- Provide one tip or suggestion at a time.
- Encourage questions and discussions.
- Permit players to make mistakes. Help them to learn from them.
- Use positive encouragement. Avoid harsh criticism.
- Do not compare one player to another. Focus on individual improvement.
- Create situations where players are allowed to think for themselves. Set it up, step back and let them go.
- Do not set your expectations for players too high.
- Be patient. Players will respect you for it.
- Keep the soccer experience enjoyable. This applies to you, too.
- Use of tobacco and alcohol is prohibited at AYSA activities.
- Support your local field projects.



## 2023 AYSA BIRTH YEAR GUIDELINES

The following table should be used as a guideline in assigning players to teams. Please note that players may play up an age division, but they may **never** play down an age division.

Age Division	Birth Year Guidelines
U14	Born in 2010-2011
U12	Born in 2012-2013
U10	Born in 2014-2015
U8	Born in 2016-2017
U6	Born in 2018 (older 2019s may be able to register also)

## COACH RESPONSIBILITIES

Coaching is a privilege granted by clubs and parents, which carries certain responsibilities. Coaches are role models for their players. They set the tone in sportsmanship for their players and fans. It is important to remember that the game is for the players, and that soccer is more than "winning at all costs." The coaches' objective should be skill development, fun, and sportsmanship.

1. Coaches should follow the Coaches Code of Conduct.
2. Coaches should check the field for playability prior to games and practices. This includes ensuring that goals are anchored.
3. **Each player present must play a minimum of half of the game except in the case of injury or discipline.**
4. The coach is responsible for controlling the behavior of his/her team's players and fans.
5. Coaches are responsible for dealing with game cancellations and scheduling makeup games.
6. No coach, player, or spectator may be behind or within 10 yards of the goal. Coaches and players not in the game should remain on their designated side of the field, at least 2 yards from the touchline and in the coaches or technical area. Coaches should remain in the coach's area, which begins 10 yards from the halfway line and extends fifteen yards towards the goal on either side of the halfway line. Coaches should never stand on the touchline or at the half line. Coaches should never cross the touchline onto the field without referee permission.
7. Coaches must conduct themselves, always, in a responsible manner. Use of foul or abusive language by players, coaches, or spectators will not be tolerated. Violators will be asked to remove themselves from the field area.
8. Use of tobacco or alcohol products is prohibited at AYSA functions. This includes parking areas as well as fields, sidelines, and surrounding areas.
9. Coaches should check the uniform color of the opponent prior to the game and communicate changes if both teams have the same color. The home team is responsible for obtaining pinnies or wearing alternate colors.
10. All teams must have adult supervision. Players may not coach themselves under any circumstances. All adult coaches must be registered with AYSA.
11. Coaches and club coordinators must ensure that players are registered with their soccer club and AYSA before participating in practices or games.
12. Coaches and club coordinators must ensure that players participate in games for their designated team or a team in the same club in a higher age group.
13. Verbal displays of disagreement or the open questioning of a referee's decision or integrity will not be permitted. If a coach has a question about a referee's call or the application of a rule, they should talk to the referee at half

time or at game's end, in a calm and respectful manner. Likewise, referees should answer these questions in the same manner to the best of their knowledge and refer any further questions to the AYSA office.

14. Coaches should initiate post-game handshakes/fist bumps. Coaches who fail to shake hands and exhibit good sportsmanship in defeat as well as victory should be reported to the AYSA office.
15. Any coach who is found guilty of abuse of a referee, player, or member of the AYSA will be subject to consequences based on the AYSA Disciplinary Policy (see appendix).

## **REFEREE RESPONSIBILITIES**

1. Check the field for playability prior to the game.
2. Ensure that goals are adequately anchored.
3. Pass on to coaches any special instructions or information deemed pertinent.
4. Check players for shin guards, proper eyewear, proper jerseys, hazardous equipment or clothing, jewelry, and illegal spikes.
6. Control play on the field. The referee is the ultimate authority on the field. Their decisions should be accepted without question.

## **PARENT RESPONSIBILITIES**

Coaches should ensure that parents of players understand the following responsibilities. Parents should:

1. Treat the referee and opposing team with respect.
2. Ensure that there are at least two responsible adults on site if players are being dropped off for practice or games. The parent should remain on site if only one other adult is available.
3. Ensure that their player is not left at a field alone or with just one adult after a game or practice.
4. Ensure the safety of their player by being the ultimate decision-maker on whether their child plays or practices when injury, illness, weather, or other safety issues are cause for concern.
5. Supervise their player around soccer goals or other equipment to ensure player safety.
6. Model behavior appropriate to a youth sports environment.
7. Arrowhead Youth Soccer strongly encourages parents to transport players to games and practices in smoke-free vehicles.

## **TEAM RESPONSIBILITIES**

1. Opposing coaches should contact each other prior to the game to make sure the time, location and directions are clear if needed.
2. The home team shall supply the ball to be used during a game. Away teams should be prepared to provide a game ball if needed.
3. The team designated as the home team for a game is responsible for ensuring that similarities in uniform color will not result in difficulty for the referee to carry out his/her responsibilities. It is advised that the home team coach anticipate such problems (refer to club colors found in the Coaches Directory) and decide with the opposing coach as to who will make the color change or bring along alternate option such as pinnies.

## **HOST TEAM RESPONSIBILITIES**

1. Marking the field, assuring presence of goals, nets, and corner flags.
2. Goal anchors are mandatory, and games will not be played unless goals are properly anchored.

## PLAYERS PLAYING ON MORE THAN ONE TEAM

An important area for potential misunderstandings relates to players playing for more than one team. Here are the rules:

1. Players may never play for a local club other than the one they are registered to. For example, a Congdon Soccer player may never play for Woodland Soccer.
2. Players of the same club may play up to the next age level in their club an unlimited number of times.
3. Players may never play down an age level, nor may they play for another team at the same age level even if the teams are in the same club. However, U6 players may play for another U6 team in their home club if needed.
4. All players playing for more than one team must be properly registered with AYSA.
5. A player must get approval from his/her registered team coach before playing for another team.
6. Picking up a player for a game is permissible only if she/he is a registered AYSA player of the proper age level, and if his/her participation is needed.
7. Girls may play up an age level (but not at the same age level) to a boys' team; boys may never play up on a girls' team.

## GAME CANCELLATION/RESCHEDULE PROCEDURES

### AYSA WEBSITE AND HOTLINE

Weather related cancellations will be posted on the AYSA website homepage and on a voicemail hotline. The website address is [www.arrowheadsoccer.com](http://www.arrowheadsoccer.com). The AYSA Office Hotline number is 624-1713. **This line is available to coaches and referees only.** On any day that games on any field are to be cancelled, there will be an announcement on the AYSA voicemail system after 3:30 PM. If you do not hear a cancellation message on the voicemail, assume your game will be played. Please discourage parents and players from using the hotline. We have three incoming phone lines at AYSA, and the lines can fill quickly. Encourage your parents to check the website, or to wait for your call.

### GAME CANCELLATIONS: WEATHER RELATED

Game cancellations due to weather or field conditions will not be determined until 3:30 P.M. each day. Please inform parents and players to check the AYSA website on days of doubtful weather. Because technology can be inconsistent, we strongly recommend that coaches contact team families when games are cancelled. Determining weather related cancellations from a central location, two to four hours prior to game time is a very inexact science. The weather can change quickly during summer evenings, so games may be cancelled at the field by the referee for U10-U14. For U6 and U8, games may be cancelled by the coaches at the field.

### GAME CANCELLATIONS: INITIATED BY TEAM

If a coach finds it necessary to cancel a game, proper notice is as follows:

1. Advise the AYSA office **and** opposing team coach of the game cancellation at least 2 days before the game. While email is preferred, you can also call the AYSA office to notify us of the cancelled game so we can cancel the referees.
2. Also advise your club coordinator of the game cancellation. Clubs using the Arlington, Jean Duluth, and Gary New Duluth should advise the AYSA office.

AYSA Email – [morgan@arrowheadsoccer.com](mailto:morgan@arrowheadsoccer.com)

AYSA Phone – (218) 624-1713

You can find your coordinator and opponent's contact information in the Coach Directory on the AYSA website under *Coach Resources*.

## RESCHEDULE PROCEDURE

Games canceled due to weather and/or by teams are the responsibility of the coaches involved to reschedule with proper communication with AYSA. Please follow the steps below to reschedule a cancelled game.

1. Home team coaches should check with the AYSA office for available field dates and times and then confirm with their local field coordinator. AYSA staff can be reached by phone at (218) 624-1713 or email at [morgan@arrowheadsoccer.com](mailto:morgan@arrowheadsoccer.com).
2. Home team coach contacts opposing coach to confirm place, date, and time of the make-up/rescheduled game.
3. The home team coach calls AYSA to confirm the game so we can assign referees. The referee coordinator will assign a referee for the game or let the home team coach know that no referee is available. Please allow a minimum of 4 working days for the referee coordinator to assign a referee to a rescheduled game.

## WEATHER GUIDELINES

### LIGHTNING

Referees are instructed to stop play if they see lightning. Referees should also stop play if they hear threatening thunder. Players, coaches, and spectators will be asked to leave the field and move to their vehicles. Generally, referees will suspend the game and ask players and coaches to remain at the site until it is determined whether the game can be safely restarted. Referees will restart play if it appears that the lightning passed over the area, and if at least fifteen minutes has passed since the last appearance of lightning. Referees will immediately cancel the game if the weather is too hazardous for players and coaches to remain in vehicles at the site. Coaches should never try to overrule a referee that has stopped play due to lightning or other weather hazards. Coaches should always inform the referee and remove their team from the field if they feel that the weather is hazardous.

**For U6 and U8**, the coaches oversee canceled the game due to lightning or hazardous weather. Please be safe.

### AIR QUALITY

Air Quality is a rising concern we are dealing with this year. Minnesota Youth Soccer provides guidelines for us to follow. Arrowhead Youth Soccer staff use the AirNow app: [www.airnow.gov/](http://www.airnow.gov/)

Generally, we follow the following guidelines:

Green - good to play (<50 AQI)

Yellow - good to play (51-100 AQI)

Orange - optional practices and games, if you play, extra water breaks encouraged (101-150 AQI)

Red, Purple or Maroon - cancel all practices and games (151+ AQI)

AYSA will make the decision for games but not practices. Clubs and coaches can make those decisions by following these guidelines.

### HEAT AND WATER BREAKS

Referees may impose water breaks, shorten, or suspend games due to dangerously high heat. Teams with an inadequate number of substitutes may request and receive a two-minute running time water break in each half. This request must be made prior to the start of the game. **For U6 and U8**, coaches can discuss and determine the need for water breaks prior to the beginning of the game.

The following are recommended minimum guidelines when there is a possibility of dangerous high heat index:

Heat Index	Recommended Guidelines
Up to 89°	Normal Play
90° - 99°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 5 minutes.
100° - 105°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 10 minutes.
105°+	Suspend play.

### **OTHER SAFETY ISSUES**

Referees or local field coordinators may cancel games at the site if, in their opinion, field or weather conditions constitute a safety hazard or an extreme hazard to long-term field conditions.

**Games are considered complete if canceled after the first half of play has been completed.**

### **TEAM NO SHOWS**

If a team does not show up for a scheduled game and does not give proper notice (see Game Cancellation Procedures), they will forfeit that game. The referee will be paid for the game and the "no show" team's club will be assessed for the referee's fee.

### **REFEREE NO SHOWS**

If two teams arrive for a game and the assigned referee is not present to officiate the game, opposing coaches should meet and decide whether to proceed with a qualified, volunteer referee. If a qualified, volunteer referee cannot be found, the game should be considered a cancellation and coaches should follow procedures for scheduling a make-up game.

If the game is played, the outcome will be considered official, and no protest will be accepted. In any event, call AYSA to notify them that the referee did not show up.

Before canceling any game due to a referee no-show, remember the game is for the kids. They have come to play, and the field is available. Remember, most fields are scheduled near their capacity so rescheduling a game can be difficult.

### **UNSPORTSMANLIKE CONDUCT AND PROHIBITED BEHAVIOR**

Serious incidents of unsportsmanlike or prohibited behavior by players, coaches, referees, fans or AYSA and club officials may result in review by AYSA's Disciplinary Committee. Please see the AYSA Disciplinary Policy in this manual for further information.

### **PROTESTS**

Protest may be made under the following conditions:

1. A problem, which cannot be resolved PRIOR to the game and the referee and opposing coach, are advised the game is being played "under protest." This must be noted on the referee's game card.
2. Illegal behavior, which may have significantly influenced the outcome of the game. This too must be noted on the referee's game card. Protests pertaining to a referee's judgment call are not permitted. A protest letter must be filed with the AYSA Executive Director's office within 48 hours of the game in question. Action on the protest will take place within 10 days and all parties will be informed of the action in writing.

## PLAY NIGHTS

The season begins August 1, 2023. Age groups will play on the following nights:

U6:	Monday/Wednesday	U12:	Tuesday/Thursday
U8:	Tuesday/Thursday	U14:	Monday/Wednesday/Sundays
U10:	Monday/Wednesday/Sundays		

Teams may play one or more of their league games on a Saturday/Sunday. These are regular season league games.

## PLAYOFFS

AYSA Playoffs will be conducted for the U12 and U14 age groups. All teams qualify for the first weekend of tournament play, regardless of win/loss record. Schedules will be distributed to coordinators and coaches. Each team will be guaranteed two games with the possibility of qualifying for a Final Four or Championship. Teams are seeded by win/loss records. Teams with a better win/loss record will be seeded higher.

To seed your team for playoffs, your won/lost record must be submitted to AYSA. Please fill out the Team Record Sheet and return it to the AYSA office by the deadline (see Team Record Sheet/Fall League Playoffs handout).

You can drop the form off at AYSA at the Wheeler Fieldhouse, 3501 Grand Avenue (please call ahead). You may also email the information to us at [info@arrowheadsoccer.com](mailto:info@arrowheadsoccer.com). Please put the information into a format that is reasonably close to the AYSA form. **We will not accept team record reports by phone.** Please submit it by the deadline. If you need to reschedule games and you want them to count toward your playoff seeding, those games need to be completed before the turn in deadline.

**Teams are not required to participate in playoffs. However, if you choose not to participate, you must communicate that to the AYSA office by September 1. If you do not tell us by September 1 that your team is not participating, you are required to play all playoff games scheduled.**

***Please include game scores as we use these as tiebreakers for seeding teams. If you do not include game scores, your team will likely be seeded lower than if you include those scores.***

# TEAM RECORD SHEET

## FALL LEAGUE PLAYOFFS

W _____	L _____	T _____
---------	---------	---------

Club: \_\_\_\_\_

League: U12 U14 BOYS GIRLS

Team Number: 1 2 3

(For example: Congdon #3)

	Date/Time	Site	Opponent	Your Score	Opponent's Score	Win/Loss/Tie
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10						
.						

Coach's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 (Print Please)

Email Address: \_\_\_\_\_

This sheet must be mailed, emailed, or faxed to AYSA by:

**U14 Teams – Due Thursday, September 7 at NOON (for games through September 6)**

**U12 Teams – Due Wednesday, September 13 at NOON (for games through September 12)**

3501 Grand Avenue Duluth, MN 55807

Fax: 218-624-1759

info@arrowheadsoccer.com

If your team record is not turned in by the above deadlines, your team will be seeded where we deem appropriate. **All teams will be asked to opt into the playoffs by Friday, September 1.** An email reminder will be sent to all coaches as a reminder near the end of August.

## Introduction

This manual describes the laws and rules of the game for Arrowhead Youth Soccer's Lower Division Recreational program. While this manual attempts to capture all laws and rules of the game, it is not perfect. The AYSA Executive Director and Board of Directors reserve the right to change rules, and to interpret existing rules. The Laws of the Game are from FIFA with modifications from both Minnesota Youth Soccer Association (MYSA) and Arrowhead Youth Soccer Association (AYSA). More information on FIFA Laws is at: <http://www.ussoccer.com/referees/laws-of-the-game>.

Questions on this manual can be directed to Julien Bratek, AYSA Executive Director, (218) 624-1713 or [info@arrowheadsoccer.com](mailto:info@arrowheadsoccer.com).

### **LAW 1: The Field of Play**

The field of play must be safe for the players. If goals are not anchored properly, the referee will not start the game. The dimensions and marking will conform to United States Soccer Federation rules. If a field is playable and in the opinion of the referee safe for the players, the referee shall have no authority to cancel a game but will report field irregularities on the referee report.

#### **Adverse Field Conditions:**

If the field conditions are not satisfactory for a team, no forfeit will automatically be declared. That team must refuse to play under the existing conditions and must relate the conditions in writing to the Executive Director who will decide if the game is to be forfeited or played at a different time or site.

#### **All Fields:**

- The length of the field shall exceed the width of the field.
- All goals must be securely anchored.
- Field markings shall be distinctive lines from 2 to 5 inches wide.
- All fields shall include midfield markings.
- For recommended field sizes and measurements, please head to our website and click the Summer Soccer/Lower Division page. Then click on Coordinator Forms in the menu on the lower right-hand side of the page.

### **LAW 2: The Ball**

Both Home and Away teams should have a suitable game ball. Generally, the home team will provide the game ball. The ball sizes used by age division in AYSA's Fall League are:

<b>Age Division</b>	<b>Ball Size</b>
U14	5
U12	4
U10	4
U8	3
U6	3



### **Law 3: Number of Players**

For the AYSA Fall League, the number of players, including goalkeeper is as follows:

	<b>Maximum # of Players On Field</b>	<b>Minimum # of Players on Field</b>	<b>Coed Team?</b>	<b>Goalkeeper Used?</b>
U14	11	7	No	Yes
U12	9	6	No	Yes
U10	9	6	No	Yes
U8	5	4	Yes	Yes
U6	4	4	Yes	No

- Large rosters should be made under extreme circumstances (i.e., there are not enough players for another team and some players would be excluded if a smaller team roster were used). Smaller rosters promote more playing time and development. The roster limit is 18 for U14, U12, and U10 (though our recommended roster maximum is 16 for U10), 10 at U8, and 8 at U6.
- A goalkeeper is not used at the U6 level.
- A game may not start unless each team has the minimum number of players required.
- A game may not continue if the number of players on one or more teams drops below the minimum required.

### **Substitutions for AYSA League Play**

Teams must have their players at the halfway line to substitute. Substitutions shall be unlimited and may be made only with the consent of the referee at the following times:

- U8 and U10 – Prior to a throw-in by either team.
- U12 and U14 – Prior to a throw in, by both teams, provided the team with possession of the ball chooses to substitute. Teams must have their players at the halfway line prior to the throw to substitute.
- Prior to a goal kick by either team.
- After a goal is scored by either team.
- After an injury to either team when the referee stops play.
- At the end of each period.
- After a yellow card has been issued, the cautioned player must leave the field and a substitute player sent on.
- A player that has been substituted may reenter the game.
- Substitutes must enter at the halfway line.
- In U6 soccer (only), substitutions are allowed "on the run." No stoppage of play is necessary.
- If a player is sent off (see Law 12), he or she may not be replaced. That player's team must play with one less player.
- A field player may change places with the goalkeeper while the game is stopped. The referee must be informed of the change.
- Coaches are required to play all players for at least 1/2 of every game they attend, tournaments and playoffs included.

### **Changing the Goalkeeper**

Any of the other players may change places with the goalkeeper, provided that:

- The referee is informed before the change is made.
- The change is made during a stoppage in the match.

## **Infringements/Sanctions**

If a substitute enters the field of play without the referee's permission:

- Play is stopped.
- The substitute is cautioned, shown the yellow card, and required to leave the field.
- Play is restarted with a dropped ball where the ball was when play was stopped

If a player changes with the goalkeeper without the referee's permission before the change is made:

- Play continues.
- The players concerned are cautioned and shown the yellow card when the ball is next out of play.

For any other infringements of this Law, the players concerned are cautioned and shown the yellow card.

## **Law 4: Player Equipment**

The basic mandatory equipment of a player is:

- A jersey or shirt
- Stockings
- Footwear
- Shorts
- Shin guards

### **Shin guards**

- Are covered entirely by the stockings.
- Are made of a suitable material (rubber, plastic, or similar substances).
- Provide a reasonable degree of protection.

### **Goalkeepers**

Each goalkeeper wears colors that distinguish them from the other players, the referee, and the assistant referees.

### **AYSA Modifications for U6-U14 Recreational League Play**

1. A referee shall not permit a player to wear or use any equipment or clothing that in the opinion of the referee would likely risk injury to others. This includes jewelry. Earrings are not allowed under any circumstance.
2. All eyeglasses shall be secured by an elastic eyeglass holder band or strap, or by other means that will be reasonably likely to secure the eyeglasses to the player's head. AYSA strongly recommends that eyeglasses, including frames and lenses, shall be either athletic glasses or flexible plastic or other synthetic frame glasses with shatterproof lenses. Eyeglass frames should either have rounded corners or have any non-rounded corners taped. Metal frames or wire-rim eyeglasses are not recommended.
3. A player will be allowed to wear a cast only if, in the opinion of the referee, it is well padded and will not constitute a risk of injury to the player or others.
4. Generally, AYSA expects that soccer players will dress and conduct themselves in a fashion that is keeping with usual soccer custom and does not reflect unfavorably upon their state or community.
5. Visible under garments such as cycling shorts are authorized. In the case of cold weather, the use of sweatpants or shirts underneath the uniform shall be acceptable.
6. Players must have their own numbers on jerseys with no numbers being shared by players on the same team.
7. Jerseys must be always tucked in.
8. Socks and shorts need not be identical colors for all players on a team in recreational league play.

## **Infringements/Sanctions**

For any infringement of this Law:

- Play need not be stopped.
- The player at fault is instructed by the referee to leave the field of play to correct his equipment.
- The player must leave the field the next time the ball goes out of play unless he has already corrected his equipment.
- Any player required to leave the field of play to correct their equipment does not re-enter without the referee's permission.
- The referee checks that the player's equipment is correct before allowing them to re-enter the field of play.
- The player is only allowed to re-enter the field of play at a stoppage, when the ball is out of play and with permission of the referee.

A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without the permission is cautioned and shown the yellow card.

## **Restart of Play**

If play is stopped by the referee only to administer a caution, the match is restarted by an indirect free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match.

## **LAW 5: The Referee**

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

### **Powers and Duties of the Referee**

- Enforces the Laws of the Game.
- Controls the match in co-operation with the assistant referees and, where applicable, with the fourth official.
- Ensures that the ball meets the requirements of Law 2.
- Acts as timekeeper and keeps a record of the match.
- Stops, suspends, or terminates the match, at their discretion, for any infringements of the Laws.
- Stops, suspends, or terminates the match because of outside interference of any kind.
- Stops the match if, in their opinion, a player is seriously injured and ensures that they are removed from the field of play.
- Allows play to continue until the ball is out of play if a player is, in their opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
- Allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time.
- Punishes the more serious offense when a player commits more than one offense at the same time.
- Takes disciplinary action against players guilty of cautionable and sending off offenses. They are not obliged to take this action immediately but must do so when the ball next goes out of play.
- Acts against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the field of play and its immediate surroundings.
- Acts on the advice from assistant referees regarding incidents which he has not seen.
- Ensures that no unauthorized persons enter the field of play.
- Restarts the match after it has been stopped.

- Provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match.

**Decision of the Referee**

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at their discretion, on the advice of an assistant referee, if they have not restarted play.

**LAW 6: The Assistant Referees**

In most AYSA Lower Division play, the lines persons are volunteers supplied by the teams that are playing. Each team must supply one (1) adult line person to assist the assigned official referee. The exceptions are U13 games where assistant referees are assigned and U12 and U13 tournament games where assistant referees are assigned.

The duties of the adult club lines people will be to indicate, by raising the flag, when the whole of the ball is over the touchline (sideline) or end line (goal line). If so asked by the referee, they shall identify the team that last touched the ball prior to its leaving the field of play. They shall not make calls on goals, fouls, offside, etc. Volunteer linespersons should refrain from actively cheering for a team while they are working.

**Duties of an Assistant Referee**

Two assistant referees are appointed, when available, to U12/U14 matches, whose duties, subject to the decision of the referee, are to indicate:

- When the whole of the ball has passed out of the field of play.
- Which side is entitled to a corner kick, goal kick, or throw-in.
- When a player may be penalized for being in an offside position.
- When a substitution is requested.
- When misconduct or any other incident has occurred out of the view of the referee
- When offenses have been committed whenever the assistants are closer to the action than the referee (this includes, circumstances, offenses committed in the penalty area).
- Whether, at penalty kicks, the goalkeeper has moved forward before the ball has been kicked and if the ball has crossed the line.

**Law 7: Duration of Play**

The number of periods and length of the game shall be:

Age Division	Periods	Length	Quarter Break	Half-time Break
U14	2	30 min	-	5 min
U12	2	30 min	-	5 min
U10	2	25 min	-	5 min
U8	2	22 min	-	5 min
U6	4	10 min	2 min	5 min

- AYSA staff or game officials may shorten games due to darkness or other weather or field hazards. For example, U12 and U14 games are shortened to 25-minute halves in late September to compensate for shorter daylight hours.
- A game shall be considered complete and the outcome final if the first half has been completed.
- All ties during the regular season will remain ties with no overtime periods.

- Time outs are not available in soccer. Only in the case of an emergency such as an injury would an official stop time.

### **Halftime Interval**

Players are entitled to an interval at halftime. The halftime interval is usually 5 minutes but must not exceed 15 minutes. The duration of the halftime interval may be altered only with the consent of the referee.

### **Law 8: Start and Restart of Play**

- Teams must be present and ready to play at the appointed starting time.
- Teams not present or ready to play within 15 minutes of the appointed starting time will forfeit that game. If the game is still played, the forfeit will stand, and no rematch will be played.
- When consecutive games are scheduled on the same field, the first game must end no later than 15 minutes after the starting time for the second game.
- Games that start late may be shortened by the referee.

### **Start of the Game**

A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match.

- The other team takes the kick-off to start the match.
- The team that wins the toss takes the kick-off to start the second half of the match.
- In the second half of the match, the teams change ends and attack the opposite goals.

### **Kick-off**

A kick-off is taken at the center mark to start a game, restart play after a goal is scored, start the second half, and start additional periods. On a Kick-off:

- All players must be in their own half of the field.
- The opponents of the team taking the kick-off are the required distance from the ball until it is in play (U12 and U14: 10 yards; U10: 8 yards; U8: 6 yards; U6: 3 yards)
- The ball must not be moving when it is kicked.
- The ball is in play when it is kicked either forward or backwards.
- The player kicking the ball may not touch the ball a second time until it has touched another player.
- A goal may be scored directly from the kick-off.
- After a team scores a goal, the other team takes the kick-off.

### **Drop Ball**

A drop ball is a way of restarting the match after a temporary stoppage while the ball is in play for any reason not mentioned elsewhere in the Laws of the Game.

### **On a Drop Ball:**

- The referee drops the ball at the place where it was located when play was stopped.
- Play restarts when the ball touches the ground. A player may not touch the ball before it hits the ground.
- Unlike other restarts, the player who first touches the ball may replay it before another player touches it.

### **Special Circumstances:**

- A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.
- An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where infringement occurred.

- When play has been temporarily stopped while the ball is inside the goal area, and a dropped ball is awarded to restart play, the dropped ball is taken on the goal area line parallel to the goal line, and nearest to where the ball was located when play was stopped.

### **LAW 9: The 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.
- The referee has stopped play.

### **LAW 10: The Method of Scoring**

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

### **LAW 11: Offside**

The referee in charge of the game will make all offside calls. Adult club linesmen should be instructed that they are not responsible for offside calls. **There is no offside in the U6 and U8 divisions. For U10, the offside line is moved to the top of the opponent's goalkeeper box instead of the halfway line.**

It is not an offense to be in an offside position.

A player is in an offside position if they are nearer to their opponents' goal line than both the ball and the second last opponent.

A player is not in an offside position if:

- They are in their own half of the field.
- They are even with the second to the last opponent.
- They are even with the last two opponents.

### **Offense**

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of their team they are, in the opinion of the referee, involved in active play by:

- Interfering with play, or
- Interfering with an opponent, or
- Gaining an advantage by being in that position.

### **No Offense**

There is no offside offense if a player receives the ball directly from:

- A goal kick
- A throw-in
- A corner kick

### **Infringements/Sanctions**

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

## **LAW 12: Fouls and Misconduct**

### **Direct Free Kick**

**There are no direct free kicks at the U6 and U8 levels.**

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from where the offense occurred.

### **Penalty Kick**

A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play. **There are no penalty kicks at the U6 and U8 levels.**

### **Indirect Free Kick**

**All free kicks are indirect at the U6 and U8 level.**

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offenses:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.

An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses:

- Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
- Keeps the ball under possession, without releasing it into the play, for more than 6 seconds.

The indirect free kick is taken from where the offense occurred.

**An indirect free kick is given if a player heads the ball at U6, U8, U10, and U12. There is no heading allowed at these age groups for AYSA play.**

## **Disciplinary Sanctions**

### **Cautionable Offenses** (yellow card)

A player is cautioned and shown the yellow card if he commits any of the following seven offenses:

- Is guilty of unsporting behavior.
- Shows dissent by word or action.
- Persistently infringes the Laws of the Game.
- Delays the restart of play.
- Fails to respect the required distance when play is restarted with a corner kick or free kick.
- Enters or re-enters the field of play without the referee's permission.
- Deliberately leaves the field of play without the referee's permission.

### **Yellow Card Exit Rule**

A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play short-handed; the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

An indirect free kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for some other reason calling for a different restart. Note: This rule also applies to Goalkeepers receiving Yellow Cards.

### **Sending-Off Offenses** (red card)

A player is sent off and shown the red card if they commits any of the following seven offenses:

- Is guilty of serious foul play.
- Is guilty of violent conduct.
- Spits at an opponent or any other person.
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
- Uses offensive, insulting or abusive language.
- Receives a second caution in the same match.

## **LAW 13: Free Kicks**

Free kicks are either direct or indirect, **except at the U6 and U8 levels, all kicks are indirect**. 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.

### **The Direct Free Kick**

- If a direct free kick is kicked directly into the opponent's goal, a goal is awarded.
- If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

### **The Indirect Free Kick**

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play. 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.



### **Position of Free Kick inside the Penalty Area**

Direct or indirect free kick to the defending team:

- All opponents are the required distance from the ball (U14: 10 yards; U10/U12: 8 yards; U8: 6 yards; U6: 3 yards).
- All opponents remain outside the penalty area until the ball is in play.
- The ball is in play when it is kicked directly beyond the penalty area.
- A free kick awarded in the goal area is taken from any point inside that area.

Indirect free kick to the attacking team:

- All opponents are the required distance from the ball (U14: 10 yards; U10/U12: 8 yards; U8: 6 yards; U6: 3 yards) unless they are on their own goal line between the goalposts.
- The ball is in play when it is kicked and moves.
- An indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred.

### **Free Kick Outside the Penalty Area**

- All opponents are the required distance from the ball (U14: 10 yards; U10/U12: 8 yards; U8: 6 yards; U6: 3 yards).
- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred.
- Direct free kicks are those that can be scored directly against an opponent.
- In-direct free kicks must be played (touched) by any other player on the field before a goal can be scored.
- The Referee signals an indirect free kick by raising one arm in the air until the ball has been touched by a second player.
- All opposing players must be 10 yards from the spot of the free kick.

### **Law 14: Penalty Kick**

A penalty kick is awarded against a team which commits one of the ten offenses for which direct free kick is awarded, inside its own penalty area and while the ball is in play. **There are no penalty kicks at the U6 and U8 levels.** A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

### **Position of the Ball and the Players**

- The ball is placed on the penalty mark.
- The player taking the penalty kick is properly identified.
- The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked. The keeper may move from side-to-side.
- The players other than the kicker are located:
  - Inside the field of play.
  - Outside the penalty area.
  - Behind the penalty mark.
  - At least 10 yards from the penalty mark (U-10: 8 yards).

### **The Referee**

- Does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Laws of the Game.
- Decides when a penalty kick has been completed.

## **Procedure**

- The player taking the penalty kicks the ball forward.
- They do not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.

## **Law 15: The Throw-In**

A throw-in is a method of restarting play.

A goal cannot be scored directly from a throw-in.

A throw-in can be taken by the goalkeeper.

A throw-in is awarded:

- When the whole of the ball passes over the touchline, either on the ground or in the air
- From the point where it crossed the touchline
- To the opponents of the player who last touched the ball.

## **Procedure**

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touchline or on the ground outside the touchline
- Uses both hands
- Delivers the ball from behind and over his head.

The thrower may not touch the ball again until it has touched another player. All opponents must stand no less than two yards from the point where the throw-in is taken. The ball is in play immediately when it enters the field of play.

## **Infringements/Sanctions**

If, after the ball is in play, the thrower touches the ball a second time (except with their hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the thrower's penalty area

If an opponent unfairly distracts or impedes the thrower:

- They are cautioned for unsporting behavior and shown the yellow card

For any other infringement of this Law:

- The throw-in is taken by a player of the opposing team.

If a player makes an illegal throw-in, the opposing team is awarded a throw-in from the same spot.

- If a U6, U8, or U10 player makes an illegal throw-in, the referee may, at their discretion, give the player a second opportunity to make a legal throw-in. Generally, at U6 and U8, more than one opportunity to correct the throw will be given.

### **LAW 16: The Goal Kick**

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10.

#### **Procedure, U6, U8:**

- **Opponents must remain in their defending half until the ball is in play on a goal kick at the U6 and U8 levels. The ball is in play when it is kicked and moves forward.**
- The kicker may not play the ball a second time until it has touched another player.

#### **Procedure U10, U12 and U14:**

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the penalty area until the ball is in play. The kicker may not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked directly beyond the penalty area.

#### **Infringements/Sanctions**

If the ball is not kicked directly into play beyond the penalty area:

- The kick is retaken.

### **LAW 17: The Corner Kick**

A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when:

- The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10.

#### **Procedure**

- The ball is placed inside the corner arc at the nearest corner flag.
- Opponents remain at least 10 yards from the ball until it is in play.
- The ball is kicked by a player of the attacking team.
- The kicker does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves.

#### **Infringements/Sanctions**

If, after the ball is in play, the kicker touches the ball a second time (except with their hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

For any other infringement of this Law:

- The throw-in is taken by a player of the opposing team.

**Law 18: Common Sense**

- LET PLAYERS HAVE FUN!!!
- RESPECT THE REFEREE.
- CHEER FOR BOTH TEAMS.
- NO FOUL / ABUSIVE LANGUAGE.
- SHAKE HANDS WITH THE OTHER TEAM AFTER THE GAME.
- NO TOBACCO USE OR ALCOHOLIC BEVERAGES AT THE FIELD SITE.

**Questions?**

**For questions regarding any of the above rules, please contact AYSA at (218) 624-1713 or [info@arrowheadsoccer.com](mailto:info@arrowheadsoccer.com).**

## APPENDICES

### ARROWHEAD YOUTH SOCCER ASSOCIATION

Your local soccer club belongs to the Arrowhead Youth Soccer Association (AYSA). AYSA provides your clubs with scheduling, public relations, state and national affiliation, and administrative support.

AYSA is a 501c3 private non-profit organization with approved bylaws and a board of directors. AYSA is affiliated with the Minnesota Youth Soccer Association and The United States Youth Soccer Association.

AYSA serves approximately 30 clubs, and about 5,000 players. AYSA organizes soccer activities in the following manner:

#### **Competitive League: Ages 9-19**

Registration: Varies by club, ranging from October to February. This option will include some midweek travel to the Twin Cities and will likely include one or more out-of-town weekend tournaments. Teams will likely hold tryouts soon after registration. Season begins early May and runs through July.

#### **Summer League: Ages 8-19**

Registration: Late February at various locations. Season begins in late May. No tryouts. Generally, games are played two nights a week. Most games are held within a 30-mile radius of downtown Duluth. Occasional travel to Grand Rapids, Hibbing, or other regional communities. The season ends mid to late July.

#### **Fall League: Ages 5-13**

Registration: Late April at various locations. Season begins August 1 and ends in late September or early October. No tryouts. Generally, games are played one or two nights a week. Most games are held within a 30-mile radius of downtown Duluth. Occasional travel to the Grand Rapids area. **Players ages 10-12 can play in Summer Recreational or Competitive soccer and also play in this program.**

#### **U16 League: Ages 13-15**

Registration: Mid-August. Season begins early September. No tryouts. Generally, games are played on weekends. Most games are held within a 30-mile radius of downtown Duluth. Occasional travel to the Iron Range. **Players ages 12-14 can play in Summer Recreational or Competitive soccer and play in this program. U14 Fall League players may play in this program but must register and pay for both Fall League and U16 League.**

#### **Little NetBusters: Ages 3-4**

Sessions consist of age appropriate soccer activities supervised by trained coaches. Program runs evenings during the summer.

## **Recreational Soccer**

The AYSA Fall League soccer program is recreational soccer. Coaches are responsible for upholding and communicating the mission and spirit of recreational soccer.

What is recreational soccer? Recreational soccer allows youth to:

- Participate in a fun, physical activity
- Develop friendships
- Develop team building and problem solving skills
- Participate in affordable team activities

### **United States Youth Soccer Association Recreational Soccer Mission Statement**

The focus of recreational soccer is participation and fun over competition. Recreational soccer is a learning program for youth players organized within their community. Recreational soccer provides youth players with the opportunity to play in an appropriate environment (USYSA).

United States Youth Soccer (USYSA) defines recreational soccer as a program in which:

- a) The use of tryouts, invitations, recruiting, or any like process to roster players selectively to any team based on talent or ability is prohibited.
- b) Affiliate members must accept as participants' all eligible youths (subject to reasonable terms of registration).  
Note: AYSA and all AYSA affiliated clubs are USYSA affiliate members.
- c) A system of rostering players is employed for the purpose of creating a fair or balanced distribution of playing talent among all teams participating.
- d) Each player plays at least ½ of each game except for reasons of injury, illness, or discipline.
- e) US Youth Soccer recognizes two types of team genders. Teams with all females are girls' teams, all other teams are boy's teams.

## AYSA ADDITIONAL POLICIES

### **Non-Discrimination and Participation**

The Arrowhead Youth Soccer Association (AYSA) opens its membership to all soccer organization and all soccer players, coaches, trainers, managers, administrators, and officials without discrimination on the basis of race, color, religion, age, sex, sexual orientation, gender identity, gender expression, or nation origin.

### **Harassment**

The AYSA is committed to promoting a recreational environment that is free from harassment. Accordingly, harassment is strictly prohibited. Any member of or participant in the AYSA or its activities, including players, coaches, referees, officials, administrators, and others affiliated with the AYSA, who is found to have acted in violation of this policy will be subject to appropriate corrective action, which may include exclusion from participation in the AYSA or its activities.

“Harassment” includes verbal or physical conduct that denigrates or shows hostility or aversion toward an individual because of their race, creed, color, religion, sex, national origin, age, sexual orientation, gender identity, gender expression, membership or activity in a local commission, any other protected class status defined by local, state, or federal laws. Harassment may consist of epithets, slurs, negative stereotyping, threatening or intimidating acts, as well as written or graphic material.

### **Sexual Harassment**

The AYSA is committed to promoting a recreational environment that is free from sexual harassment. Such behavior includes inappropriate remarks of a sexual nature. Any member, or participant in the AYSA or its activities, including players, coaches, referees, officials, and others affiliated with the AYSA, who is found to have acted in violation of this policy will be subject to appropriate corrective action, which may include exclusion from participation in the AYSA.

Any member who feels he or she is being subject to sexual harassment should feel free to object to the behavior, although it is not necessary for the member to handle it alone. The member or individual should report any such occurrences to the AYSA office.

### **Disciplinary Policy**

The Disciplinary Committee shall be established to review serious incidents of unsportsmanlike or prohibited behavior by players, coaches, referees, fans or AYSA and club officials. Such behavior may include, but not be limited to the following:

- More than two (2) red cards issued to the same player during a season.
- More than four (4) red cards issued to the same team during a season.
- Any behavior prohibited by the Minnesota Youth Soccer Association including assault, harassment, racial violence, sexual harassment, sexual violence, taunting, showboating, drug or alcohol use, gambling, and inappropriate language.

### **Committee Membership**

The Disciplinary Committee shall consist of the following members of the Arrowhead Youth Soccer Association:

- President
- Vice President
- Secretary
- Treasurer
- Summer Chair
- Fall Chair

The Executive Director shall attend meetings of the committee but shall not have a vote in the proceedings. Committee members may direct questions, including a request for recommendations to the Executive Director. Additional staff members may also be present, based on the topic of the meeting, but do not have a vote (example: referee coordinator for a referee incident).

#### Procedures

Any member of AYSA, including club coordinators, coaches, players, referees, or other club officials may bring complaints to the Disciplinary Committee. Complaints shall be made in writing and directed to the AYSA Executive Director within 5 days of the incident that provoked the complaint. USSF certified referees will follow USSF guidelines and bring complaints within 48 hours of the incident. The committee has the right to refuse to hear any complaints deemed frivolous by a majority of members.

The President shall convene a meeting of the Disciplinary Committee to hear a complaint within seven (7) days of its receipt. Three members of the committee shall constitute a quorum for the purpose of reviewing complaints and/or imposing sanctions. The Disciplinary Committee shall act in an expeditious manner in reviewing a complaint.

After setting a date for a hearing, the following affected persons, at a minimum, shall be notified and invited to it:

- The club coordinator of any teams, coaches or players named in the complaint.
- The coach of any teams named in the complaint.
- The person(s) bringing the complaint.
- Any individuals named in the complaint. If a player is named, then the AYSA shall notify the player's parents or guardians.

The affected persons may be notified verbally, but a written notification shall be sent as well.

In addition to the above persons, the President may invite other persons as witnesses. Witnesses may include, but not be limited to, center referees or assistant referees, coaches, players, fans, or club officials. The person or team named in the complaint may also invite witnesses.

A scheduled meeting shall be held if, at a minimum, a quorum of the committee, the individuals named in the complaint, and the person bringing the complaint are in attendance.

If, in the opinion of 3 committee members, a reasonable attempt has been made to schedule a meeting convenient to the person named in the complaint, the scheduled meeting can proceed, and all findings will be considered valid.

Within five (5) days after the Disciplinary Committee has rendered a decision about a complaint, its findings shall be sent to the affected persons.

Any complaints brought to AYSA that do not fit within the above procedural guidelines will be reviewed by the AYSA Executive Director and President to determine if there are extenuating circumstances. If there are extenuating circumstances, the complaint will be considered as being filed and be presented to the Disciplinary Committee.

#### Sanctions

Violations of these rules may result in the imposition of any of the following sanctions: verbal or written warning, game(s) suspension, partial or full season suspension, temporary or permanent banishment.



## Appeals

A decision of the Disciplinary Committee may be appealed if AYSA does not follow the procedures outlined herein AND this results in important information being considered in the Disciplinary Committee's decision. Appeals should be made in writing to the President of the AYSA within three days of receipt of the Disciplinary Committee's decision. Appeals will be taken up by disciplinary committee within 5 days of receipt of the appeal.

During an appeal, the Board shall only consider the report of the Disciplinary Committee and the new information on which the appeal is based.

## Mediation

The person bringing the complaint and the person named in the complaint may, if both parties agree, enter into non-binding mediation with the Executive Director and one Committee member prior to a scheduled committee meeting. Mediation must be completed within the seven (7) day window for scheduling the hearing. Sanctions imposed or other action taken as a result of this process requires the approval by majority vote of committee member, as well as.

## PLAYER/ADULT PROTECTION GUIDELINES

### DEFINITIONS:

**ADULT** is defined as those persons in their roles as coach, assistant coach, board member, team manager, or volunteer who work with, for or around PLAYERS. This would include anyone older than the age group they are interacting with; for example, a 15-year old assistant coach of a U-11 team would be considered an ADULT for the purposes of these Guidelines.

**PLAYER** defines all persons who are members of or play on a soccer team. This definition does include those players who participate at the U-19 level, even though they may be of legal age. In the example of the 15-year old assistant coach: if s/he is also a rostered participant on a U15 or higher team that participates at the U-19 level, even though they may be of legal age that person is also subject to the guidelines applicable to a PLAYER.

### GUIDELINES:

These guidelines recognize that the lines of authority and separation between adults and players must be recognized and respected. Generally, players are children and as such, deserve special protection. These guidelines provide that protection while setting levels of acceptable conduct for adults.

### Physical Contact

**ADULTS** must be aware that any physical contact with **PLAYERS** can be misinterpreted. Physical contact should be limited to that necessary and appropriate to teach a skill, treat an injury, or console or congratulate a player. In the instance of teaching a skill, minimal contact should be involved and none which places the ADULT in a position of power and/or intimidation; for example, taking a PLAYER by the shoulders and physically moving them to another field or body position. Sexual contact of any kind or type is prohibited between **ADULTS** and **PLAYERS**, whether or not contact is consensual. [The exemption to this guideline would be in the event of player/coach spouses or legally declared domestic partners.]

### Social Contact

**ADULTS** should not socialize or spend time alone with **PLAYERS** except at games, practices, or team functions. An **ADULT** in a one-on-one situation with a **PLAYER** is generally inappropriate.

**ADULTS** should avoid instances such as driving alone with a non-family **PLAYER**. However, in the event that a **PLAYER** remains on a field waiting for transportation, the **ADULT** should wait with the **PLAYER** on the field to guarantee the **PLAYER'S** safety and well-being (**ADULTS** should stress with their **PLAYERS'** parents the responsibility for safe and timely

transportation to and from the field.) **ADULTS** transporting players must model safe driving techniques and enforce seat belt use with **PLAYERS** and other vehicle occupants. During out-of-town tournaments, a non-parent/custodian **ADULT** shall not share any sleeping arrangements with a **PLAYER** or **PLAYERS**. **ADULTS** should respect the privacy of **PLAYERS**. If shower or changing room facilities are available, schedules should be arranged so that **ADULTS** and **PLAYERS** have separate use. If using a changing room, **ADULTS** should provide privacy for **PLAYERS** to make necessary preparations before entering for pre/post-game discussions. In addition, **ADULTS** should not allow others to enter except by the expressed wish of the **PLAYERS** still present.

### **Health and Well-being**

**ADULTS** share responsibility for the **PLAYERS'** health while at practices, scrimmages, and games. **ADULTS** should have **PLAYERS'** release forms and medical kits with them at all times. **ADULTS** are also responsible for seeing that the field conditions are safe for the **PLAYERS** and that the field equipment is in safe condition prior to the start of any activity. Head injuries resulting in disorientation should result in a **PLAYER** remaining out of the game. **ADULTS** need to be aware of signs of neglect and abuse (physical, emotional, or sexual) of the **PLAYERS**. Observations should be reported to the local law enforcement agency.

### **Language**

Offensive and insulting language by **ADULTS** or **PLAYERS** is unacceptable. **ADULTS** should model good communication skills. Language that is denigrating in nature, content, or tone or refers to one's gender, race, national origin, disability, sexual orientation, or religion is unacceptable. Inappropriate language targeting officials, opponents, or spectators may be grounds for **PLAYER** penalties or **ADULTS'** removal from the game and/or the premises.

### **Violations**

Violations of these guidelines by **ADULTS** or **PLAYERS** will subject them to disciplinary actions, including but not limited to warnings, sanctions, suspensions or release by the Affiliate Member and/or MYSA. Appropriate legal authorities may be called upon based on the nature of the violation. Anyone witnessing a violation of these guidelines should report the violation to the office of the State Risk Manager/Vice President of Administration, MYSA.

### **Risk Management Policy: Club or Team Websites**

AYSA also has a risk management policy regarding team or club web sites. This policy states that in order to ensure the safety and privacy of all players registered to play in the Arrowhead Youth Soccer Program, web sites for clubs or teams associated/registered with Arrowhead Youth Soccer will not include any information that:

- Associates' player pictures with that player's name
- Provides addresses, ages, or phone numbers of players.
- Provides business or home telephone numbers or business addresses of player's parents or guardians.
- Provides team practice schedules.

### **Questions?**

For questions regarding any of the above rules, please contact AYSA at 624-1713 or [info@arrowheadsoccer.com](mailto:info@arrowheadsoccer.com).