

ARROWHEAD YOUTH SOCCER ASSOCIATION

2026 NORTHERN LEAGUE

RULES SUMMARY FOR COACHES



Each player present must play a minimum of half of the game, except in the case of injury or discipline. All teams must have approved adult supervision. Players may not coach themselves under any circumstances. All coaches must be registered with AYSA and be rostered on the official roster. The coach is responsible for controlling the behavior of his/her team's players and fans. No tobacco use is allowed at fields, in surrounding areas, or in parking areas during AYSA activities.

Field Safety

Coaches should check the field for playability before games and practices. This includes ensuring that goals are anchored.

Player Roster

Coaches must have a copy of their official team roster for each game. Please make it available for the referee to check in your players before the game. Players not listed on the roster will not play in any official match. Guest players may be written on the official roster at the bottom of the page (name and birthdate). If a coach does not have access to the team roster, the coach may forfeit the game and play it as a scrimmage with permission of the referee and the opposing coach. The game would be recorded as a 3-0 win for the opposing team. The team may only play if both coaches agree to a forfeit and scrimmage. There will be no makeup opportunities when teams forfeit games.

Approved Coaches

Each adult on the team sideline must be listed on the official team roster. Only coaches who have completed all their coach requirements will be listed on the official roster. No adult will be allowed on the team side of the field without being listed on the roster before the game. If there is no adult to coach the team, the game will not be played or will end immediately.

Coaches Area

No coach, player, or spectator may be behind or within 10 yards of the goal. Coaches and players not in the game should remain in the technical area, which begins five yards from the halfway line and extends 10 yards towards the goal on that end of the field. **Coaches must never stand on or cross the halfway line.**

Team Colors

Coaches should check the uniform color of the opponent before the game. Home teams are responsible for wearing alternate colors. The home team may use pinnies over their uniforms if they do not have an alternate color.

Guest Players/Playing Up

Guest players are allowed to guest play on any age-eligible teams within Northern League 1. Guest players can “play up” from Northern 2 to Northern 1, but Northern League 1 players are not allowed to “play down” to Northern League 2 teams. Coaches write the guest player's name and birthdate on the bottom of their team roster before the game to give to the referee for check-in. If possible, please share your guest players with your opponent and home club coordinator before the game. Teams are only allowed to have guest players from their own club.

Players on the Field

U13+: 11 players on the field. A minimum of 7 players on the field to start the game, one must be the goalkeeper.

U11/U12: 9 players on the field. A minimum of 6 players on the field to start the game, one must be the goalkeeper.

U9/U10: 7 players on the field. A minimum of 5 players on the field to start the game, one must be the goalkeeper.

U10 teams with larger rosters may play 9v9, but only if both coaches agree to do so before the match.

Length of Games

U15/U16 Two 40-minute halves

U11/U12 Two 30-minute halves

Halftime break of about 5 minutes.

U13/U14

Two 35-minute halves

U9/U10

Two 25-minute halves

Equipment

Both Home and Away teams should have a suitable size 5 (U13-U15) or size 4 (U10/U12) game ball available. The home team should provide the game ball. Players must have their own numbers on jerseys with no numbers shared by players on the same team. Players cannot wear or use any equipment or clothing that, in the opinion of the referee, would likely risk injury to others. **No jewelry, even if the ears were just pierced!** All eyeglasses shall be secured by an elastic band or strap. 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.

Substitutions

Teams must have their players at the halfway line prior to the substitution. Substitutions shall be unlimited. Substitutions may be made, with the consent of the referee, at the following times: Prior to a throw-in, by both teams, provided the team with possession of the ball chooses to substitute. Prior to a goal kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops play. At half time. To replace a player by a substitute, you must ask the referee before any proposed substitution is made. A substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee.

Offsides - (U11 and up)

A player is in an offside position if he is nearer to his opponent's goal line than both the ball and the second-to-last opponent. It is not an offense in itself to be in an offside position. A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, he is, 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. There is no offside on a goal kick, a throw in, or a corner kick.

Offsides - (U9/U10)

A player is in an offside position if they are nearer to their opponents' goal line and beyond the second to the last defender. This rule is only enforced when the player in question is beyond the defending team's breakout line, not the halfway line. It is not an offense to be in an offside position. A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate 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. It is not an offense in itself to be in an offside position.

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following 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, 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 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.

Indirect Free Kick

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

Heading

No heading the ball allowed at U9-U11. If a header occurs, it is treated as a foul, and an indirect free kick is awarded to the opponent at the spot where the header occurred. Heading is allowed at U12 and above.

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. Note: This rule also applies to Goalkeepers receiving Yellow Cards. **Please note: The Yellow Card Exit Rule is for AYSA league play only. MYSA-sanctioned tournaments should note that the Yellow Card Exit rule does not exist in MYSA league play or MYSA-sanctioned tournaments.**

No Punting for U9-U10

There is no punting allowed in the U9/U10 age group.

Breakout Rule for U9/U10

Due to the fact there is no punting at U9/U10 and to encourage playing out of the back, anytime a GK receives the ball in their hands or for any player on the defensive team's goal kick. The opposing team must have all players, or be in the process of, drop behind the halfway line for the defensive team to play the ball out. Once the ball is played the offensive team may then enter their offensive half to resume play. The defensive team does not need to wait for the opposing team to drop behind the half to resume play, they may choose to start play at any time.

Throw Ins

A throw-in is awarded when the whole of the ball passes over the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in. At the moment of delivering the ball, the thrower: Faces the field of play, has part of each foot either on the touch line or on the ground outside the touch line, 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.

Corner Kick

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.

Goal Kick

The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain outside the penalty area until the ball is in play. 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 directly beyond the penalty area.

**A complete Rules Manual is available at www.arrowheadsoccer.com
Questions? Contact the AYSA Office: 218-624-1713 or info@arrowheadsoccer.com**