

# SECTION 2



# AREA F

As adopted by the Area 2F Board  
June 24, 2008

# **AYSO Area 2F**

## **Guidelines for Interregional Play**

### Purpose

The purpose of this document is to establish a consistent guideline for the benefit of all Area 2F Regions participating in interregional “regular” fall season play, including the Area 2F Sierra Friendlies program. These guidelines shall apply to all age groups participating in regular interregional play, or Area 2F Sierra Friendlies. The Area 2F Board created this document to provide consistent rules across all Regions in the Area. As always with AYSO, we seek to promote competition that is safe, fun and fair.

All participating regions acknowledge that AYSO Rules and Regulations apply and pledge to uphold the 5 philosophies:

- Everyone Plays
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship.

The guidelines have several major sections. In order, these discuss:

- The governing rules for games
- Regional responsibilities regarding schedules, contacts, interregional conflicts, player registration, uniforms, coach training and conduct, and referees
- Behavior and disciplinary sanctions
- Uniforms
- Recommended field/goal sizes

Appendices to these guidelines:

- Appendix A – U19 Rules (to be attached when revised from earlier season)
- Appendix B – U19 Player Agreement

### Final Authority

The Area Director (or her/his designees) has authority over interregional play. Throughout this document, the term “Area Director” means the actual Director or AYSO volunteers specifically designated by the actual Director. The Area Director may be contacted at [adayso2f@aol.com](mailto:adayso2f@aol.com). Decisions by the Area Director or her/his designee shall be final.

## Rules and Regulations

All games shall be played using most current *FIFA Laws of the Game* and the *AYSO National Rules and Regulations*, except as amended by this document. Additionally, short-sided games shall implement the recommendations contained in the AYSO publication *Short-Sided Games Guide for Referees*, except as amended by this document.

## Regional Responsibilities

Each region will provide the Area Director with participating teams' rosters, including the names and AYSO ID number for all teams' coaches and referees. Regions choosing to participate shall maintain game schedules with coaches' contact information and submit a copy to the Area Director.

Sometimes, conflicts arise between regions. Often, these are handled directly by regions. Although the Area Director does not want to intercede unnecessarily, all discussions, emails, etc., about region to region problems shall be summarized or copied to the Area Director. The Area Director may intercede either by request or on her/his own authority.

Each region will provide *all participating players* and coaches (Interregional, Sierra Friendlies and Kit Carson Shootout) with valid AYSO ID cards. Blank ID cards can be purchased through the AYSO Supply Center and printed through eAYSO player reports screen, coaches will need to be hand written or typed. Photographs and original authorizing signatures (Regional Commissioner, Player and Coach) are required on each card.

Player and coach ID cards are *required* at all interregional and Sierra Friendly games. Participants without ID cards will not be permitted to play or coach.

### **Coaches**

A maximum of 2 coaches are permitted for each team. All coaches and assistant coaches must:

1. be a currently registered AYSO Volunteer (with an AYSO ID number),
2. have taken and passed the Safe Haven Course,
3. have taken and passed the AYSO Coaching Course appropriate for the team's age level, or have been assigned to coach at this level by their home region.

In addition, head coaches must be at least 18 years old.

At each game and practice coaches must have in their possession:

1. eAYSO printed rosters with original signature of the Regional Commissioner.
2. Medical release forms for each player with original parent/guardian signature.
3. Official AYSO player ID cards
4. A signed AYSO player agreement form for each U19 player.

Coach must present player and/or coach ID Cards upon request by an AYSO official, i.e., the game referee, area staff, or regional board member.

Coaches and players on both teams shall take one side of the field and spectators shall take the other at all venues.

## Coaches, cont'd

Coaches shall remain in the technical area on their half of the field during the game, whether or not this area is marked. The technical area is defined as the area that is between 1 yard and 4 yards behind the touch line, and extends 10 yards from either side of the center line (visually identifiable as the width of the center circle).

Coaches also assume a general responsibility to maintain good sportsmanship among the players, parents, and spectators accompanying their team.

In the event a team is short of players the game may continue based on the minimum number of players in AYSO policies. It is recommended and considered good coaching and sportsmanship that both teams play with equal numbers.

## Referees

All referees must:

1. be a currently registered AYSO Volunteer (with an AYSO ID number),
2. have taken and passed the Safe Haven Course,
3. have taken and passed the Regional Referee Course.

It is preferred that referees for games of U-12 and above be certified as Intermediate Referees.

All referees:

1. may **NOT** act as a coach during the game,
2. must shorten halves (equally) as necessary to keep game/field time on schedule,
3. may **terminate or abandon** a game at their discretion and shall report to the Area Director immediately if they do so.

The authority of the game referee starts when he or she arrives at the field and ends when he or she leaves the area.

The Diagonal System of Control (one center referee and two assistant referees) shall be used for all games. A dual referee system shall not be used. In the absence of two certified assistant referees, club lines (spectators) are to be used.

Home teams are responsible for providing a certified referee. All teams must have a certified referee in addition to the head coach (who may also be a certified referee). Home regions unable to provide referees shall contact the visiting team's region/coach as soon as possible to request help. Home teams not providing a certified referee shall forfeit. No games will be played without a certified referee.

Area policy is to discourage coaches from officiating their own team games. However, there may be times when one or more coaches need to stand in as referee(s) at their own games because no other certified referee is available. In these cases, the coach-referee shall not coach during the period he or she is acting as referee. Whenever a coach has to stand in as the center referee on her/his own team's game, the coach/referee must report this event to the Area Referee Administrator (ARA) [DavidOren@aol.com](mailto:DavidOren@aol.com). This allows the ARA an opportunity to assess that the game was fairly (and happily) officiated.

**NO GAMES WILL BE PLAYED WITHOUT A CERTIFIED REFEREE.**

**Area 2F may assign referees for any game at its discretion.**

## Coed (U-19) Program

The U-19 interregional program is bound by the guidelines presented here. However, the U-19 program has additional rules pertaining to play. These are presented in Appendix A. The U-19 program also requires that all players, parents and coach read and sign the Player Contract regarding acceptable behavior (Appendix B).

## Behavior Problems and Discipline

Soccer is an exciting game, and it is easy to get swept up in the passion of a game and forget to act in a wholly responsible manner. This is especially true when playing opponents outside of one's home region. Interregional play demands that all participants exhibit their best behavior. Players, coaches, referees, and spectators are the representatives of their home regions. Poor behavior reflects badly not only upon the individual, but also upon the individual's home community.

AYSO policy, at every level, is that players come first. Everything that all AYSO participants do on and around soccer games should exemplify sportsmanship and courtesy. Sometimes, on and off the field, an individual may forget these precepts. In interregional play, the expectations for sportsmanship and the sanctions for a lack of it are discussed below.

## Players

*The Laws of the Game* specifies occasions for which disciplinary actions are appropriate and, in some cases, required. The Laws shall be the basis for all disciplinary actions. In addition to the *Laws of the Game*, the following procedures and sanctions shall be followed and used. Only players are shown actual cards, so the preferred terms are "cautions" (yellow cards) and "send offs" (red cards).

**Cautions (yellow cards)** - Cautioned players are not required to leave the field. However, coaches shall be given the opportunity to substitute the cautioned player. The referee may assist the coach with player management by suggesting a substitution, in case the coach has forgotten that the opportunity to substitute is available.

**Send Off (red cards)** - The offending player shall leave the field / field area. The player (may NOT be replaced) \* **for the remainder of the game**. A sent off player will be suspended for at least 1 additional game. Sent off players may attend their team's games while under suspension but must sit quietly with their team, behave in an exemplary fashion, and wear street clothes. The player ID card of any player sent off is retained by the referee at the end of the game and submitted to the proper authority prior to administrative review.

**\* The coach is responsible for proper and appropriate adult supervision of any sent off players.**

Send offs require immediate communication with the both Regional Referee Administrators and the Area Director. A written report is also required within 24 hours.

The general procedure for send offs is:

1. Make sure you know and document the name, number, and team of the player sent off,
2. Retain the ID card of the player,

## Players, cont'd

3. Immediately after the game (e.g., that evening), contact your Regional Referee Administrator and the Area Director, [ADAYSO2F@aol.com](mailto:ADAYSO2F@aol.com). The Area Director should forward the report to the other team's Regional Referee Administrator.
4. Within 24 hours, submit a brief report summarizing the game and the disciplinary actions taken. The report should explicitly reference behaviors that violated the Laws of the Game or league guidelines. The description of these behaviors should also cite the Laws or league regulations that were violated. Game reports can be found at [www.aysohelp.org](http://www.aysohelp.org) or at the U.S. Soccer web site.

### League Rules – Specific Send Off Offenses

Foul or Abusive Language	1 game <u>minimum</u> suspension
Serious Foul Play, Violent Conduct, Spitting	2 game <u>minimum</u> suspension
Fighting	4 game <u>minimum</u> suspension

Second send off during a season (and any thereafter) a player shall serve a minimum 2 game suspension and must also appear before a disciplinary board before reinstatement.

Based on the contents of the Referee game report and other factors, the length of any suspension may be increased and other disciplinary measures applied if deemed warranted (e.g. offensive, insulting or abusive language directed at a referee) by the Area Director.

Suspensions shall be served in the first game/s following the send off. Scrimmages shall not count toward the serving of a suspension. At least one game of the suspension must be served in the program where the send off offense occurred (i.e., inter-region play or friendlies).

### Parents – Spectators – Volunteers - Coaches

Parents, spectators, volunteers, and coaches are not allowed behind the goal line or within 3 yards of the touch line during the game (exception: coaches in the technical area).

Parents, spectators, volunteers and coaches are expected to abide by the rules of good sportsmanship and are only allowed to make positive and encouraging comments. Those who, in the opinion of the referee, fail to do this may be asked to depart from the field. The referee may suspend the game until the offender is beyond sight and sound of the field. If, in the opinion of the referee, the offender does not leave the field in a reasonable amount of time, the referee may terminate or abandon the game (and must file a report with the Area Director immediately following this action).

Coaches shall help the referees in maintaining a positive, instructional environment for players. Referees may ask coaches to intervene with spectators for the good of the game.

Coaches can be given a formal caution by the referee (who should not display a yellow card). When cautioned, a coach is "in the book" and is in imminent danger of being sent off from the game.

When coaches are sent off by the referee, the referee will follow the same steps outlined above for player send offs, including reporting the send off in a written report.

#### Suspension guidelines:

Foul or Abusive Language	1 game minimum suspension
Violent Conduct/Behavior, Spitting	2 game minimum suspension

## Parents – Spectator – Volunteers – Coaches, cont'd

Should a second offense occur, the offender will be suspended from all remaining games. The offender may ask for reinstatement after serving the 2 game minimum suspension by written request to the Area 2F Board which includes a letter of recommendation for reinstatement from their Regional Board. Reinstatement is solely at the discretion of the Area Board.

Based on the contents of the Referee game report and other factors, the length of any suspension may be increased and other disciplinary measures applied if deemed warranted (e.g. offensive, insulting or abusive language directed at a referee) by the Area Director.

Parents, spectators, volunteers or coaches serving a suspension may not be present at a game (including any pre- and post-game activities) or participate during a game in any manner. Suspensions from interregional play apply at all interregional games not just “away” or “home” games.

## Interregional Game Policies

Games generally follow the same format as any other AYSO game. Home teams are responsible for providing a safe field with proper markings and flags. All local facility rules and regulations must be adhered to.

Games shall start and end on time.

All players shall play 3 quarters before any player plays all 4 quarters in interregional games.

Area policy is to encourage coaches to be creative should game scores become lopsided.

"Running up" scores by deliberately overwhelming a weaker opponent is frowned upon and is considered to be unsporting and contrary to the ***Spirit of the Game***. A goal differential of five (5) or more goals is considered “running up” the score.

Coaches should seek ideas for making lopsided games more challenging by consulting their Regional Coach Administrator, the AYSO web site [www.soccer.org](http://www.soccer.org) or [www.aysohelp.org](http://www.aysohelp.org) and by collaborating with their fellow coaches.

Players can only play on one regular AYSO Fall season team at a time. In addition, a player may also play for a single Sierra Friendlies team, if one is available.

Players with casts, soft casts, or splints, wrapped or otherwise, are NOT able to play.

No jewelry of any kind may be worn (e.g., earrings, necklaces, watches, bracelets); this includes jewelry made of string or other soft materials. No barrettes or other HARD hair accessories may be worn. Players may not wear hats with bills, but may wear soft cling-to-the-head style headwear if approved by the referee.

### Player maximum and minimum on field

U10	7 v 7	(minimum of 5)
U12	9 v 9	(minimum of 7)
U14	9 v 9	(minimum of 7)
U19	11 v 11	(minimum of 7)

## Substitutions

Substitution procedures shall not needlessly waste game time.

All players shall play 3/4 of every game before any player may play a full game.

Substitution in U10, U12, and U14 will follow AYSO standard procedures:

- Approximately halfway through each half
- At the half
- On any injury

*Free substitution is not permitted and may result in coach suspensions.* Coaches are reminded that the quarter break is for substitution and repositioning of players only, and shall not be used for coaching purposes.

U19 games play with free substitutions (upon the referee's permission) at the following times:

- Any kickoff
- Any goal kick
- On one's own possession for a throw-in

Substitutes must be "up and ready" prior to the opportunity – standing about a yard back from the half line, awaiting the referee's permission to enter the field. U19 players must still play at least half of each game. Coaches may verbally remind the referee of waiting substitute players in a positive, polite manner at a normal substitution stoppage if the referee does not show a substitution signal.

## Uniforms

All players must have AYSO approved uniforms. Each team must have socks, shorts, and jerseys that match in color and general pattern (exc.: goalkeepers must wear contrasting jerseys). In the event teams have similar colors, or at the request of the referee, the home team shall wear a different uniform or jersey cover approved by the referee. Referees are cautioned against disqualifying uniform elements with trifling or insignificant differences.

## Size Recommendations for Fields and Goals

<b>U10</b>	<b>Field:</b>	80 yd long x 40 yd wide
	<b>Markings:</b>	halfway line, 8 yd radius center circle, 6 yd x 15 yd goal area, 14 yd x 30 yd penalty area with penalty mark 10 yards from goal line, corner arcs 1 yd with hash marks off the field at 9 yards.
	<b>Goal:</b>	7 ft high x 7 yd wide.
<b>U12-U14</b>	<b>Field:</b>	100 yd long x 50 yd wide
	<b>Markings:</b>	halfway line, 10 yd radius center circle, 6 yd x 20 yd goal area, 18 yd x 36 yd penalty area with penalty mark 12 yards from goal line, corner arcs 1 yd with hash marks off the field at 10 yards.
	<b>Goal:</b>	8 ft high x 8 yd wide.

**U19**            **Field:**            115 yd long x 75 yd wide  
**Markings:**    halfway line, 10 yd radius center circle, 6 yd x 20 yd goal area, 18 yd x 36 yd penalty area with penalty mark 12 yards from goal line, corner arcs 1 yd with hash marks off the field at 10 yards.  
**Goal:**            8 ft high x 8 yd wide.

**Edmonds Sports Complex, Carson City – field sizes for the 2008 Toiyabe season were**

U10            80 yards x 40 yards  
U12            105 yards x 50ish yards  
U14 (9 v 9) 100 yards x 50 yards

## Tournaments

Tournament rules will be posted on the Area web site [www.area2f.org](http://www.area2f.org).

### **Cookie's Best - Format**

U10    7 v 7, 20 min. half  
U12    9 v 9, 20 min. half  
U14    9 v 9, 25 min. half

### **Section 2 Tournament**

Team's advancing to the Section 2 Tournament for U14 will be allowed to bring guest players for 11 v 11. Guest players should not under or over balance a team and must be approved by your Regional Commissioner.

### **Kit Carson All-Star Tournament**

U10            7 v 7  
U12            9 v 9  
U14-U19      11 v 11

**Appendix A. U-19 Rules  
(in progress)**

- no more than 6 boys play on the field

## Appendix B. U-19 Player Contract

### AYSO PLAYER AGREEMENT

#### **AYSO strictly enforces a ZERO TOLERANCE Policy**

Participation in U19 Co-ed soccer will be permitted based on good behavior. To provide a safe and enjoyable atmosphere for all participants and spectators, our region demands exceptional behavior from everyone involved including spectators.

*Please read the following agreement carefully. In order to play in U-19 Coed within our region, you must agree to each of the statements below (initial in the blank after each) and sign this agreement.*

1) I agree to be on my best behavior during any and all AYSO functions. This includes all games, practices, tournaments, and events.

\_\_\_\_\_

2) I agree to play soccer to the best of my ability without using aggressive or violent actions. If I am thought to be "playing dirty" or too aggressively, I agree to being removed from the field calmly and immediately for a "cool off period".

\_\_\_\_\_

3) I agree to take a 5 minute "cool off period" after any yellow card that is received and will be allowed to sub back into play on the next subbing opportunity.

\_\_\_\_\_

4) I agree that I will maintain a respectful demeanor toward everyone around, including all players, coaches, officials, spectators and Board Members.

\_\_\_\_\_

**5) I understand that my involvement in any fighting calls for immediate ejection and a 4 game minimum suspension, and that I may be ejected from play for the remainder of the season.**

\_\_\_\_\_

6) I understand that any red card that is issued to me, regardless of the reason, will require a minimum of a 1 game suspension. A second send off during a season (and any thereafter) a player shall serve a minimum 2 game suspension and must appear before a disciplinary board before reinstatement.

\_\_\_\_\_

**By signing this agreement, you acknowledge understanding of the zero tolerance policy and that you will abide by the rules set out in this agreement. You understand that failure to comply with the rules requires immediate suspension from participation and review by the board of directors.**

Player name (print) : \_\_\_\_\_ signature and date: \_\_\_\_\_

Parent signature and date: \_\_\_\_\_

Coach signature and date: \_\_\_\_\_

Regional Commissioner signature and date: \_\_\_\_\_