



AMERICAN YOUTH SOCCER ORGANIZATION

REGION 159 GUIDELINES

May 2, 2009

Los Alamitos/Rossmoor/Seal Beach

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AYSO REGION 159 GUIDELINES

1.0 REGISTRATION

- 1.1. The season will commence each year on August 1. Practices may not commence until August 1. The Regional Registrar will conduct the registration program during the spring proceeding the season on dates determined by the Board.
- 1.2. For team placement and all other circumstances where age is a criterion, the player's age as of July 31 in the year the season begins shall be used.
- 1.3. The Regional Registrar is responsible for assuring the eligibility of all players. All players must present a birth certificate or other legal proof of age to the Regional Registrar if requested.
- 1.4. Unless they have reached the age of 18 by the date of registration, no player may register without the written consent of a parent or legal guardian.
- 1.5. Children who have missed the registration sessions may request to be placed on the Waiting List. As positions become available they will be placed on a team (see Section 2.7 & 2.8).
- 1.6. Refunds will be given up until the team formation meeting (generally the last week of June). Refunds requested before that date will be for the registration fee less the AYSO National per player handling fee.

2.0 TEAMS

- 2.1 There will be separate divisions for boys and girls. The players shall be assigned to a division based upon their age as follows:

<u>DIVISION</u>	<u>AGE RANGE</u>
Under 5 (U5)	Three years 11 months and Four (4) years of age with birth dates from August 1, 2004 through September 1, 2005
Under 6 (U6)	Four and one-half (4 1/2) and Five (5) with birth dates from August 1, 2003 through July 31, 2004
Under 8 (U8)	Six (6) and Seven (7) years of age with birth dates from August 1, 2001 through July 31, 2003
Under 10 (U10)	Eight (8) and Nine (9) years of age with birth dates from August 1, 1999 through July 31, 2001
Under 12 (U12)	Ten (10) and Eleven (11) years of age with birth dates from August 1, 1997 to July 31, 1999
Under 14 (U14)	Twelve (12) and Thirteen (13) years of age with birth dates from August 1, 1995 to July 31, 1997
Under 16 (U16)	Fourteen (14) and Fifteen (15) years of age with birth dates from August 1, 1993 to July 31, 1995
Under 19 (U19)	Sixteen (16), Seventeen (17), and Eighteen (18) years of age with birth dates from August 1, 1990 to July 31, 1993

- 2.2 Team names shall bear no resemblance to a religion, race or nationality.

- 2.3 Each team shall have a maximum and/or minimum number of registered players as noted below:
- 2.3.0 U5 teams will be formed each week with players present at that week's session. Games will be played 3 v 3 with *no* goalkeepers.
 - 2.3.1 U6 teams will have a maximum of 8 players on the Roster. Games will be played 5 vs. 5 with *no* goalkeepers.
 - 2.3.2 U8 teams will have a maximum of 9 players on the Roster. Games will be played 7 vs. 7 with *no* goalkeepers.
 - 2.3.3 U10 teams will have a maximum of 9 players on the Roster. Games will be played 7 vs. 7 with goalkeepers. No player may play a goalkeeper more than 2 quarters during league games played within Region 159, including playoff games.
 - 2.3.4 U12 teams will have a maximum of 14 players on the Roster for fall regular season teams. No player may play goalkeeper more than 2 quarters during league games played within Region 159, including playoff games.
 - 2.3.5 U14 teams will have a maximum of 14 players on the Roster for regular fall season teams.
 - 2.3.6 U19 and U16 teams will have a minimum of twelve (12) and a maximum of eighteen (18) players.
- 2.4 A player becomes an official member of a team only after payment of the required registration fees and acceptance of the registration form by the Regional Registrar. Except for all-stars and tournament teams, a player may only be a member of one AYSO team at any one time.
- 2.5 If the number of volunteers is insufficient to complete a team formation, the registration fees will be refunded, less any AYSO National handling fees, and the team disbanded.
- 2.6 Children on the Waiting List will be assigned teams on the following basis:
- 2.6.1 The Regional Registrar shall establish and maintain the Waiting List. The Regional Coach Administrator shall use the Waiting List to place children as positions become available. In instances where the Regional Coach Administrator is a coach in the Division requiring a player to be added, the decision to place the player will be made by the Division Coach for that Division.
 - 2.6.2 Children are placed on the Waiting List by division in the order their application is received.
 - 2.6.3 The player's evaluation and experience will be used to prepare a Players Rating Card (see Section 3.0) by the Regional Coach Administrator. The player's rating will be used to determine placement on a team while assuring team balance.
 - 2.6.4 The placement of a player on a team from the Waiting List shall not affect the team balance within a division. If the placement of a player will affect the team balance, that player will not be placed on a team. The Regional Coach Administrator shall make this determination.
 - 2.6.5 If no opening occurs during the time the child wishes to be considered for team placement, the child's name will be deleted from the Waiting List. The Waiting List will be in effect through September **15**, and children on the Waiting List at that time will be advised they will not be placed on a team.

- 2.7 A coach must accept players assigned by the Regional Coach Administrator after the team selection meeting (see Section 3.0) as follows:
- 2.7.1 The Regional Coach Administrator will assign players from the Waiting List as set forth in Section 2.6
 - 2.7.2 A coach must accept assigned players from the Waiting List.
- 2.8 Coaches may not recruit players for their teams. All players are assigned teams during the team selection meeting or by the Regional Coach Administrator from children on the Waiting List.
- 2.9 Any team playing with an unassigned player will forfeit the game. The coach will be subject to disciplinary action.
- 2.10 For the U10 division, when a team's *official roster* falls to **8** or less and fewer than **7** players are available to play during a game (except as a result of game misconduct), the opposing team will play with 8 players. For the U12 and U14 divisions, when a team's official roster falls to 12 or less and fewer than 11 players are available to play during a game (except as a result of game misconduct), the opposing team will play with 10 players
- 2.10.1 If a team's official roster falls to the minimums established in paragraph 2.10, the Regional Coach Administrator will issue a "play down" card.
 - 2.10.2 A team's official roster consists of those players listed with the Regional Coach Administrator as active participants on a team.
 - 2.10.3 The Regional Coach Administrator or Division Coach should be notified as soon as possible of changes in the roster for legitimate reasons such as players quitting the team or long-term illness/injury.
 - 2.10.4 A player missing individual games does not change the official roster.
 - 2.10.5 The Referee and opposing coach must be notified prior to the start of the game (or following an injury during the game that reduces the number of players to less than 11 for U12 & U14 divisions or less than 7 for the U10 divisions) that they wish the other team to play down. The referee must be shown the "play down" card issued by the Regional Coach Administrator to validate the request.

3.0 TEAM SELECTION

- 3.1 The Regional Coach Administrator is responsible for the Team Selection process in accordance with National guidelines and the basic tenets of AYSO. The Regional Coach Administrator will assure that the team selection process is conducted fairly, impartially and the resultant teams are as evenly balanced as possible for all divisions.
- 3.2 The coaches are responsible for verifying the information on the roster with their players' parents at their first parent meeting and advising the Regional Coach Administrator of any errors.
- 3.3 The Regional Coach Administrator will provide a copy of the rosters to the Regional Commissioner.

4.0 TRANSFER OF PLAYERS

No player shall be transferred without the express approval of the Regional Coach Administrator and the Regional Commissioner. Transfers cannot affect the Division team balance achieved during the Team Selection Meeting.

5.0 DURATION OF GAMES

5.1 Duration of the games shall be as shown below:

<u>DIVISION</u>	<u>DURATION OF GAME</u>
U5	Two (2) Ten (10) minute halves
U6	Two (2) Sixteen (16) minute halves
U8	Two (2) twenty (20) minute halves
U10	Two (2) twenty-five (25) minute halves
U12	Two (2) thirty (30) minute halves
U14	Two (2) thirty-five (35) minute halves
U16	Two (2) forty (40) minute halves
U19	Two (2) forty-five (45) minute halves

5.2 Half-time periods shall be a minimum of five (5) and a maximum of ten (10) minutes.

6.0 PLAYER SUBSTITUTION DURING GAMES

6.1 Failure of a coach to assure that each player has the minimum required playing time may result in a forfeiture of the game. Disciplinary action may be taken after review.

6.2 All registered players in attendance and in uniform at league and playoff games must participate and play at least three-quarters of the game except as noted below:

6.2.1 Overtime periods are excluded.

6.2.2 In Regional play, players in Divisions U14, U12, U10, and U8 cannot be substituted a second time during any game until all other players on the team have been substituted a first time. Except as noted below, all players present are required to play a minimum of three-quarters (commonly referred to as the "3/4 Rule").

6.3 Special Division U6 substitution requirements:

6.3.1 In accordance with 6.2.2 above, free substitution may be used to assure each player plays an equal amount of time in each match.

6.4 Special Division U8 substitution requirements:

6.4.1 In accordance with 6.2.2 above, no player may sit out a second quarter in any one game before all other players have sat out 1 quarter. In no case shall a player sit out 2 quarters in any one game more than 2 times during the season.

6.5 Special Division U10, U12 and U14 substitution requirements:

6.5.1 In accordance with Section 6.2.2 above, all U10, U12 and U14 players must play three (3) quarters during league games played within Region 159, including playoff games. The following exceptions apply:

- 6.5.1.1 No U10, U12 player shall play more than one half the games (2 quarters) as a goalkeeper during any regional league game.
 - 6.5.1.2 In Area or Section games, players are required to play a minimum of only 1/2 game (two quarters) in accordance with the AYSO National Guidelines. However, it is recommended that player substitutions be as fair to the players as possible.
- 6.6 Late arriving players shall be substituted as follows:
- 6.6.1 For U10 through U19, players arriving after the start of the 1st quarter, the player must play a minimum of two (2) quarters. For U8, if a player arrives during the 1st quarter, the player must play a minimum of three (3) quarters.
 - 6.6.2 For U10 through U19, players arriving after the start of the second quarter must play a minimum of one (1) quarter. For U8, players arriving after the start of the second or third quarter must play for the remainder of the game.
 - 6.6.3 When a team has less than the maximum allowed number of players on the field, late arriving players will be played immediately. Note: An equipment check by the Assistant Referee must be conducted and the Referee's permission is required before the player may enter the field.
- 6.7 Injury substitution
- 6.7.1 If the player is injured the coach may provide a substitute for the injured player, in which case the injured player may not return until the beginning of the next quarter. Only the player who began playing the quarter (the injured player) is credited with playing the quarter regardless of the actual time played.
 - 6.7.2 A coach may choose to temporarily play short, thereby allowing the injured player to return during the quarter in which injured. The player must be recognized by the referee to legally return to the game.
- 6.8 Player participation in Divisions U14 through U8 is controlled as follows:
- 6.8.1 At approximately the mid-point of the first half and the second half, the Referee shall halt play to permit player substitution. The Assistant Referees shall note those players being substituted on the line up cards. Stoppage of play for substitution is normally made when the ball is out of play (i.e., at throw-ins, goal kicks, and prior to kickoffs following a goal). Additionally, substitutions may be made at half time. Breaks in play mid-way through the halves (quarter breaks) are for substitution and positioning of players only. The players must not leave the field and the coaches must not enter the field.
 - 6.8.2 Coaches may substitute as many or as few players as desired at each of these breaks in play as long as every player present has played at least the minimum required time at games end.
 - 6.8.3 Players leaving the field will gather on the touchline at the halfway line in order for the officials to note their numbers.
 - 6.8.4 During overtime periods (in post-season play), free substitution is allowed for all divisions at any normal stoppage in play (as amended by Section 6.9.1). Players must be recognized by the referee before entry onto the playing field. A player may not enter the field until the departing player is off the field. The game duration will not be extended for these substitutions.

- 6.9 Free substitution is authorized for Divisions U19 and U16 as follows:
- 6.9.1 Substitutions by either team may be made when the ball is out of play for a Kickoff or Goal Kicks. When the ball is out of play for a throw-in, the team in possession of the ball may request a substitution. If the team in possession of the ball makes a substitution, then the opposing team may request to substitute.
 - 6.9.2 A player who has been injured may be substituted. The opposing team may substitute a like number of players at that time.
 - 6.9.3 A player sent off (red card) may not be replaced.
 - 6.9.4 Except as previously noted for late arriving players, everyone plays a minimum of half a game. If it is discovered that a player has not played the required minimum time, the offending team may be required to forfeit the game. It is the coach's responsibility to see that the players play a minimum of a half game.

7.0 PROPER DRESS AND SAFETY

- 7.1 The Region shall issue a uniform for each registered player consisting of a jersey, shorts and socks.
- 7.2 To compete, each player must be dressed as follows:
 - 7.2.1 Issued jersey must be tucked into the issued shorts.
 - 7.2.2 Issued socks must be pulled up and completely cover the shin guards..
 - 7.2.3 Shin guards are **MANDATORY** for all games and practices.
 - 7.2.4 Players may not wear uniforms other than those issued by the Region.
- 7.3 Bicycle shorts may be worn under the issued shorts. However, the bicycle shorts must match the color of the issued shorts and the length cannot extend to the knee.
- 7.4 Regulation soccer shoes, gym shoes, and sneakers are permissible in all AYSO competitions.
- 7.5 Players will not be allowed to play with any hard cast or splint. Elastic bandages are allowed as long as there is no hard splint material inside and there are no exposed metal retaining clips.
- 7.6 Players are permitted to play with medically necessary knee braces providing they are adequately padded to prevent injury to other players and written verification of the medical necessity is provided to the referee upon request..
- 7.7 With the exception of adequately padded medical alert bracelets, players are not allowed to use equipment or wear jewelry, watches, earrings or other items that could cause harm to themselves or other players.

8.0 OFFICIATING

- 8.1 The Regional Referee Administrator shall assign Referees and Assistant Referees for all region games.
- 8.2 Referees shall at all times apply the Rules and Regulations of competition as defined by FIFA Law, AYSO Guidelines, and these Regional Guidelines.
- 8.3 Soccer matches hosted by Region 159 shall be governed by the specific regulations or guidelines designated for that competition. Referees will rely on the direction of the Regional Referee Administrator regarding applicable guidelines to that competition.
- 8.4 Referees shall at all time put great emphasis on the welfare of players and shall officiate the game in a manner promoting clean competition and good sportsmanship. If a player is injured, the Referee may stop play to ensure the welfare of the player. The ball need not be out of play for the Referee to stop play.
- 8.5 Referees will not wear their referee shirt or striped referee socks while coaching a team..

9.0 SPECIAL RULES FOR U5, U6, U8, AND U10 DIVISIONS

SPECIAL RULES for Under 5 (U5) DIVISION

The effective date of age determination shall be the player's age as of September 1st of the year that the season commences. Players that have reached the age of four as of this date are eligible to participate. Every effort shall be made to have separate girls and boys divisions. The U5 program consists of one day per week of the Jamboree One with One program for 8 weeks.

9.0.1 ORGANIZATION

Jamboree One with One is the combination of two different formats that, put together, will provide the best possible introduction to soccer for our youngest players. In AYSO soccer, a jamboree means that teams are formed on a weekly basis depending on how many players attend a given session. **One with One** refers to the concept that each player will have a parent (or other adult) working with them on the field. A "Master Coach" will lead each session. The "master coach" will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each pair (player/parent) will then attempt the activity while the master coach circulates between pairs providing specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the "master coach" will bring the parents and players back together as a group and recap what they have done, introducing the next game/activity.

Each Jamboree One with One session will end with a 20 minute short-sided game (3 v 3). Details regarding the game are explained later in this document. Most importantly allow the players to play without coaching or teaching them as this experience is designed to expose them to soccer, not to begin developing them. Two goals of the program are to allow the players to enjoy the activities and to let the game be the teacher.

9.0.2 MASTER COACH

The master coach should be certified (at a minimum) as an AYSO Advanced Coach and Advanced Coach Instructor. The Regional Coach Administrator shall work with the Regional Commissioner to determine the most qualified (and willing) instructor.

The master coach is "in charge" at the field! He/she will introduce and demonstrate each game/activity, then circulate to help the parents as they help the kids, providing all with a positive learning experience.

- 9.0.3 **AYSO U-5 PROGRAM - 3 V 3 GAME SET UP AND GUIDELINES**
 Each player in the U-5 division can receive a uniform, since it is part of the fun to get dressed up for “the big game”. Having fun will make the kids want to come back. The uniforms should be identical for all players. Each week before the game portion of the day begins, players will be divided into groups of 4 (3 on the field with 1 substitute/reserve). Based on how many players arrive, pennies (different colored “vests”) to differentiate the “teams” for games for a particular weekend will be used.
- 9.0.4 **SESSION SCHEDULE**
 Sessions should last one hour and fifteen minutes including organizing time and breaks-NO MORE.
- | | |
|------------|---|
| 10 minutes | Group Warm-Up and Activities |
| 5 minutes | Water Break |
| 20 minutes | Training Activities and Games |
| 10 minutes | Team organizing and water break, assigning players to teams and assigning field locations |
- 9.0.5 **GAME**
 20 minutes 3 v 3 Game with 5 minute Half-Time
- During the game, one parent from each team should be selected to act as the game supervisors for the week. These parents should only be required to keep the game going. All other parents should be encouraged to cheer positively and refrain from “coaching” (giving directions) from the sideline. This is the time for the kids to play – LET THEM!

9.1 SPECIAL RULES for Under 6 (U6) DIVISION

The U6 Division will be guided by the “SHORT SIDED GAME SUMMARY” (see 25.0 APPENDIX) plus the following for the conduct of matches within the Region:

- 9.1.1 Player safety will be the prime consideration.
- 9.1.2 Games will be played in accordance with the FIFA Laws as modified by AYSO with the following exceptions:
- 9.1.2.1 Offside will not be considered a foul.
 - 9.1.2.2 An incorrect throw-in will be re-thrown one additional time by the same player after receiving instruction from the referee regarding the correct procedure. If the second throw-in is also incorrect, play will proceed without stoppage by the Referee.
 - 9.1.2.3 No Goalkeepers will be used so players can experience and improve their field playing techniques. Players will only be allowed into a clearly defined “no camp zone” when the ball is on the same half of the field as the “no camp zone”. Players should be instructed to move with the flow of the game (transition), and not to "camp out" near their own goal.
 - 9.1.2.4 One coach from each team will be allowed on the field of play. The coach must stay on his team’s defensive end of the field and may not go past the halfway line. The coaches are there to teach attacking and defensive transition skills and must not interfere with the play or the Referee. U6 coaches will move off the field and coach from the touchline after the first 5 games. When coaching from the touchline the coaches must stay near the halfway line in

an area demarked by the edge of the no camp zones nearest to the center circle (don't wander up and down the entire length of the touchline).

9.1.2.5 Except as previously noted for late arriving players, all players will play an equal playing time in each match. (See 6.3.1).

9.1.3. Discipline:

9.1.3.1 Yellow or Red cards must not be shown to players - only verbal warnings are to be used. A second verbal warning may result in a player being sat out for period of a few minutes to a period not to exceed the remainder of the quarter. The player will be substituted. The player will be escorted to the coach by the Referee. The purpose of a sit out at this level is to provide an opportunity for the coach to provide appropriate instruction to the player so that the player may return to the game and play appropriately.

9.1.3.2 Only repeated dangerous play will result in a player being removed from the game. The player will be escorted to the coach and the player will be substituted. The player need not leave the playground. Red cards are not to be shown as stated in 9.1.3.1.

9.1.3.3 Coaches are subject to being cautioned or sent-off by the Referee per the Laws of the Game.

9.1.3.4 Uncontrolled behavior of parents or other spectators will not be tolerated and may result in the coach as well as the spectator being cautioned and/or sent-off and/or the game being terminated or suspended.

9.2 SPECIAL RULES FOR Under 8 (U8) DIVISION

The U8 Division will be guided by the "SHORT SIDED GAME SUMMARY" (see 25.0 APPENDIX) plus the following for the conduct of matches within the Region:

9.2.1 Player safety will be the prime consideration.

9.2.2 Games will be played in accordance with the FIFA Laws as modified by AYSO with the following exceptions:

9.2.2.1 Offside will not be considered a foul.

9.2.2.2 An incorrect throw-in will be re-thrown one additional time by the same player after receiving instruction from the referee regarding the correct procedure. If the second throw-in is also incorrect, play will proceed without stoppage by the referee..

9.2.2.3 No Goalkeepers will be used, so players can experience and improve their field playing techniques. Players will only be allowed into a clearly defined "no camp zone" when the ball is on the same half of the field as the "no camp zone". Players should be instructed to move with the flow of the game (transition), and not to "camp out" near their own goal.

9.2.2.4 One coach from each team will be allowed on the field of play for the first three (3) regular season games. The coach must stay on his team's defensive end of the field and may not go past the halfway line. The coaches are there to teach attacking and defensive transition skills and must not interfere with play or the Referee. Beginning with the fourth (4th) regular season game the

coaches are restricted to the area behind their own touchline and to 8 yards on either side of the half-way line., and being mindful to remain a minimum of 1 yard from the field of play at all times in order to not interfere with the Referee or Assistant Referees. The two coaches must coach from their team's sideline only.

9.2.2.5 Except as previously noted for late arriving players, all players will play at least three (3) quarters per game (see 6.6.2).

9.2.3 Discipline:

9.2.3.1 Yellow and Red cards are not to be shown to players - only verbal warnings are to be used. A second verbal warning may result in a player being sat out for a period of a few minutes to a period not to exceed the remainder of the quarter. The player will be substituted. The player will be escorted to the coach by the Referee. The purpose of a sit out at this level is to provide an opportunity for the coach to provide appropriate instruction to the player so that the player may return to the game and play appropriately.

9.2.3.2 Only repeated dangerous play will result in a player being removed from the game. The player will be escorted to the coach and the player will be substituted. The player will remain on the playground under the supervision of the team's coaches unless leaving under parental supervision. Red cards are not to be shown as stated in 9.2.3.1

9.2.3.3 Coaches are subject to being cautioned or sent-off by the Referee per the Laws of the Game.

9.2.3.4 Uncontrolled behavior of parents or other spectators will not be tolerated and may result in the coach as well as the spectator being cautioned and/or sent-off and/or the game being terminated or suspended.

9.3 SPECIAL RULES FOR Under 10 (U10) DIVISION

The U10 Division will be guided by the "SHORT SIDED GAME SUMMARY" (see 25.0 APPENDIX) plus the following for the conduct of regular season matches within the Region:

9.3.1 Games will be played in accordance with the FIFA Laws as modified by AYSO for short sided games.

9.3.2 Except as previously noted for late arriving players, players will play at least three (3) quarters per game (see 6.6.2).

9.3.3 No player is permitted to play in goal for more than two (2) quarters per game.

9.3.4 Discipline:

9.3.4.1 Yellow and Red cards are not shown to players. Players should be unofficially warned at least once; then officially warned once. At the coach's discretion, a second official verbal warning may result in a player being sat out for a period of a few minutes to a period not to exceed the remainder of the quarter. The Player may be substituted if the coach wishes the player to sit out for the remainder of the quarter. The player will be escorted to the coach by Referee. The purpose of a sit out at this level is to provide an opportunity for the coach to provide appropriate instruction to the player so that the player may return to the game and play appropriately.

- 9.3.4.2 Repeated dangerous play or a fourth warning will result in a player being escorted to the coach for removal from the game. Player will not be substituted. The player will remain on the playground under the supervision of the team's coaches unless leaving under parental supervision. Red cards will not be shown as stated in 9.3.4.1.
- 9.3.4.3 Coaches are subject to being cautioned or sent-off by the Referee per the Laws of the Game.
- 9.3.4.4 Uncontrolled behavior of parents or other spectators will not be tolerated and may result in the coach as well as the spectator being cautioned and/or sent-off and/or the game being terminated or suspended. If a match is terminated the official outcome and score shall be determined at the discretion of the Disciplinary Review Board or Regional Commissioner.
- 9.3.5 Each U10 team must provide a center referee or up to 3 points may be deducted at the end of the regular season.

10.0 GOOD SPORTSMANSHIP

- 10.1 Good sportsmanship is a vital element in the AYSO philosophy. All coaches and officials are expected to demonstrate and reward good sportsmanship whenever and wherever it is found. Likewise, poor sportsmanship by players, coaches, parents, and spectators will be strongly discouraged. Disregard may result in disciplinary action being taken against the offending individual.
- 10.2 In Divisions U10 through U16 only, each year a coach may designate one player from their team that best exemplifies good sportsmanship throughout the season. The Region shall provide a "Sportsmanship Award" which will be presented to this player.
- 10.3 Coaches are to provide an example of good sportsmanship for their teams. Upholding the soccer tradition of congratulating and shaking the hands of the opposing team after the game is expected.
- 10.4 In keeping with the tenet of good sportsmanship, coaches must not allow their team to humiliate an opposing team by running up the score. The coach should take appropriate action to assure that a goal differential does not exceed 5 goals at any time during the game. Disregard may result in disciplinary action being taken against the coach (see Section 21.0).

11.0 COMPETITION

- 11.1 All Region 159 soccer matches shall be governed by the Regional Guidelines and the Rules and Regulations of competition as defined by AYSO and the FIFA Laws. Area or Section competition matches shall be governed by the guidelines or regulations designated for that competition.
- 11.2 Size of ball for competition:
 - Size 5 – U19, U16, and U14
 - Size 4 – U12 and U10
 - Size 3 – U8 and U6
- 11.3 U6 and U8 Divisions are for the introduction of soccer skills and techniques and are not competitive. No standings or win/loss records will be maintained nor championships awarded. Trophies will be awarded to all players at the conclusion of the season.
- 11.4 A division may be integrated with another region or placed in Area play if too few teams are available for league competition. If this occurs the teams shall be bound by the Area guidelines.

- 11.5 League standings will be determined as follows:
- A win shall count 3 points
 - A tie shall count 1 point
 - A loss will count 0 points
- 11.6 Failure to required trained volunteers may result in loss of points for League standings. Continued failure to provide the mandatory trained volunteers may be cause for disbanding the team.
- 11.7 Decisions by the Referee are final. Protests are not permitted.
- 11.8 Area playoffs
- 11.6.1 The Region may enter two teams from each division in the Area playoffs. These teams are chosen based on the following:
- 11.6.1.1 Division champions are determined by play/standings during the regular season.
- 11.6.1.2 The participation and seeding of the second team for Area Playoffs will be determined before the beginning of the fall season. The format will be documented by the Regional Coach Administrator and presented to the Regional Commissioner for approval.
- 11.6.1.3 If the coaches of either team eligible to participate in the Area playoffs declines to participate, then the team with the next best regular season record will be given the opportunity to play in place of the team that declined.
- 11.6.1.4 Only the Regional Coach Administrator shall schedule playoff games.
- 11.7 Tie Games
- 11.7.1 Tie games are permitted during the regular season play. The format for post season Regional playoffs will determine how ties will be handled during the playoffs.
- 11.7.2 Regional playoff games that require resolution and that are tied at the end of regulation play shall be resolved as follows:
- 11.7.2.1 Two complete overtime periods shall be played. Prior to starting the first overtime period, the winner of a second coin toss will select the goal they wish to attack, with the other team kicking off. At the end of the first (1st) overtime period, time will be stopped and the teams will change ends of the field and the second overtime period shall be played. The team with the greatest number of goals at the end of the second overtime period shall be the winner.
- The length of each overtime period is:
- 5 minutes for U10
 - 7 minutes for U12
 - 9 minutes for U14
- Overtime is not sudden victory.
- 11.9.2.2 In the event that the teams remain tied at the completion of the two overtime periods the winner shall be determined by kicks from the penalty mark as follows:

- Only those players on the field of play at the end of the second overtime period will be permitted to take kicks from the penalty mark.
- The winner of a coin toss will choose whether to kick first or second.
- Each team shall alternately take kicks at the same goal with a different player taking each kick until each team has taken a total of five (5) kicks. The team scoring the most goals at the end of these kicks will be the winner.
- If the score is still tied after completion of the five kicks, additional kicks will be taken by alternating in pairs between teams, first with eligible players who have not yet taken a kick, and then in the original order, until one team has more goals than the other. That team is declared the winner.

11.9.3 Tie games during tournaments are resolved according to the rules of the tournament, including Area, Section and Tri-Section tournaments, which are played in accordance with their respective Guidelines.

12.0 ALL-STARS

- 12.1 The governing philosophy of All-Star team formation is that better players tend to dominate the play on average teams. As a consequence, All-Star play is an opportunity for these players to learn team play with players of equal ability. With this in mind, the objective of selecting and fielding an All-Star team should be to promote good sportsmanship and team play as well as select the most competitive team to represent the Region in post-season play.
- 12.2 All-Star teams shall consist of 15 players from each U12 and U14 boys and girls division, and **10** players from each U10 boys and girls division. All-star teams will not be formed in the U8 and U6 divisions. Unless authorized by Area, only one team from each division will be formed to represent the Region in competition with similar All-Star teams from other regions. Games are played in accordance with the schedule published by the Area and generally begin in late January. The Area champions may compete in the Section championship and the Section champions may compete in the Tri-Section championship.
- 12.3 A coach may petition or be nominated in writing to the Regional Coach Administrator for the all-star coaching position on or before the date established in the Regional Calendar. A committee appointed by the Regional Commissioner shall make the selection. The Regional Commissioner approves the All-Star coaches.
- 12.4 Player selection: All-star players are nominated by their regular season coaches, selected by the All-star team coach, and approved by the Regional Commissioner. In addition to nominated players, 2 players may be selected who have not been nominated. Final approval of All-star rosters rests with the Regional Commissioner. Each coach may nominate a maximum of 3 players from their regular season team. The All-star coach may select a maximum of 3 players from any one team.

13.0 PLAYER EVALUATIONS

- 13.1 At the conclusion of the fall and spring season all coaches (except for Division U6) will turn in an evaluation of the players on their team using the evaluation form provided. Guidelines will be provided for individual evaluations.

- 13.2 The coach's rating of the players plus the results of the coaches post-season evaluation meeting will be used to determine the players' skill level for the next season. The final relative ranking of the players in each age group will be performed at the next player selection meeting by the coaches present.
- 13.3 All players not having played in Region 159 the previous fall season (excluding Division U6 and U8) will be evaluated prior to team formations.

14.0 CANCELLATION / RESCHEDULING OF GAMES

- 14.1 Cancellation of games:
- 14.1.1 Officials authorized to cancel games are:
- Assigned Referee
 - Director of Field Operations
 - Regional Referee Administrator
 - Assistant Regional Commissioner
 - Regional Commissioner
- 14.1.2 The criteria for the cancellation of games because of weather are as follows:
- Rain: Rain producing standing water or accompanied by thunder, lighting or hail creating unsafe conditions.
 - Fog: If the goalpost at the one end of the field is not visible when standing between the goalposts at the other end of the field.
 - Wind: If the ball will not remain stationary when placed at the center of the field.
 - Other conditions deemed sufficiently dangerous or unacceptable as determined by the individuals named in 14.1.1
- 14.1.3 Coaches must have their team present at the field and ready to play unless officially notified prior to the game of a cancellation. Coaches are NOT to call the above listed individuals regarding this matter.
- 14.1.4 Deleted
- 14.2 It is mandatory to play scheduled games, including playoff games, unless rescheduled by the Regional Coach Administrator for a valid reason prior to the game. Only the Regional Coach Administrator may reschedule/postpone games.
- 14.2.1 In the case of a religious observance that precludes the participation in a scheduled game, the coach may request that the game be rescheduled if, and only if, the coach or at least two players are unable to participate because of the religious observance. Requests for reschedule must be submitted to the Regional Coach Administrator before the start of the fall season.
- 14.3 In the event a team fails to play a scheduled game, the offending team shall forfeit the game and the official score will be recorded as 1-0.
- 14.4 In the event of rescheduled/postponed games, the Regional Coach Administrator shall reschedule the game and notify the Regional Referee Administrator of the rescheduled game time and location so that officials may be assigned. The Regional Referee Administrator shall provide or cancel officials only at the request of/or as approved by a Director of Coaches.

- 14.5 Playoff games are scheduled by the Regional Coach Administrator and coordinated with the Regional Referee Administrator and Director of Operations. In the event a team fails to appear or is not ready to play a scheduled playoff game within 15 minutes of the official start time, the offending team shall forfeit the game and the official score will be recorded as 1-0.
- 14.6 If both teams fail to appear or are not ready to play a scheduled playoff game within 15 minutes of the official start time, the game will be a double forfeit. If the forfeited game was the championship game, the team with the next best season record shall be declared the champion. Should a tie exist between two or more teams, the tie(s) will be resolved with a playoff.

15.0 PLAYOFF AND CHAMPIONSHIP GAMES

- 15.1 Scheduling/rescheduling:
 - 15.1.1 All playoff games are scheduled by the Regional Coach Administrator. Only the Regional Coach Administrator or the Regional Commissioner may schedule and/or re-schedule games.
 - 15.1.2 Games may be cancelled in accordance with the procedures specified in these guidelines.
- 15.2 The playoff format will be decided prior to the start of the fall season. The format will be documented by the Regional Coach Administrator and must be reviewed and approved by the Regional Commissioner.

16.0 REGION 159 EQUIPMENT

- 16.1 Uniforms and other specified equipment are to be returned to Division Coaches not later than two weeks after the completion of play. Failure to return uniforms and equipment within the allotted time will result in forfeiture of uniform deposits.
- 16.2 Coaches manuals and any material of interest to the coach may be kept at the end of the season.
- 16.3 Nets, field equipment, and pennies are the property of Region 159.

17.0 DUTIES AND RESPONSIBILITIES OF COACHES AND OFFICIALS

- 17.1 It is the duty of all coaches of Region 159 to:
 - 17.1.1 Conduct him/her self in a manner becoming a member of AYSO.
 - 17.1.2 Encourage good sportsmanship and clean competition at all times.
 - 17.1.3 Train and coach assigned teams to the best of their ability.
 - 17.1.4 Enforce the Rules and Regulations of AYSO and these Region Guidelines.
 - 17.1.5 Participate in positive coaching that both instructs and encourages players during AYSO games and practices.
 - 17.1.6 Coach from the touchlines (limited to two coaches from each team) in the designated coaching (technical) area. Division U8 coaches are restricted to the space 8 yards on either side of the halfway line. Coaches in all divisions U8 through U19 will coach from their own touchline only.

- 17.1.7 Refrain from negative comments and complaints about the officials. Such negative comments and complaints will not be tolerated a may be cause for an official Caution or Send-off.
 - 17.1.8 Be responsible for the conduct of their team's spectators (including parents) and players. Coaches, Spectators and players are to remain in designated areas for the duration of the match. Home teams occupy the North or West side of the field and the Visiting teams occupy the South or East side of the field.
 - 17.1.9 Look after the welfare of their players in the absence of a player's parents. Coaches are not to leave players unattended at any time and must ensure the players are picked up after practices and games.
- 17.2 It is the duty of all officials of Region 159 to:
- 17.2.1 Conduct him/her self in a manner becoming a member of AYSO.
 - 17.2.2 Encourage good sportsmanship and clean competition at all times.
 - 17.2.3 Enforce the Rules and Regulations of AYSO and these Region Guidelines.
 - 17.2.4 Utilize appropriate techniques in dealing with inappropriate sideline behavior.
- 17.3 Removal of a coach for cause:
- 17.3.1 It is the responsibility of the Regional Coach Administrator to remove a coach with the approval of the Regional Commissioner for the following reasons:
 - Violation of the spirit of sportsmanship and fair play
 - Consistent failure to attend games and practices
 - Use of foul or abusive language
 - Willful violation of the rules and regulations of AYSO or Region 159 Guidelines
 - For any other reason deemed significant by the Regional Coach Administrator, the Board, or the Regional Commissioner

18.0 PRACTICES

- 18.1 U6 and U8 Divisions shall conduct a maximum of two (2) practices each week for a maximum of sixty (60) minutes each during the season.
- 18.2 Divisions U10 thru U19 shall conduct a maximum two (2) practices each week for a maximum of ninety (90) minutes each during the season.
- 18.3 Prior to the season and prior to the playoffs three (3) practices per week are permitted. The duration of these practices shall not exceed the durations listed in 18.1 and 18.2 above. Practices may not begin until August 1st.
- 18.4 It is recommended that all U10 thru U19 teams practice a minimum of one (1) hour twice each week to sharpen skills and learn team play.

- 18.5 A standings points penalty may be deducted for each violation of the maximum practices times set forth herein.
- 18.6 Coaches shall, without exception, use the fields designated by the Regional Coach Administrator or Regional Commissioner to conduct practices. If no field is designated, the field where the division's league games are played is to be used for practices. If a coach desires to use an alternate site to conduct practices the Regional Coach Administrator must approve the site.
- 18.7 A quarter of a field is considered adequate space for a practice and coaches are advised not to take more space than this when practice space is limited. Practices are subject to "congestion relief measures that may be invoked to reduce congestion at practice venues.
- 18.8 Lighted fields are to be use only by teams authorized by the region. Teams that practice at lighted venues may practice within any appropriately sized area and are not limited to the specific field on which they play.
- 18.9 Coaches must strictly adhere to permit limitations to avoid conflicts with other permitted organizations. A Field permit does not automatically grant a coach the right to use a permitted venue. The Region may re-allocate permitted venues to optimize field utilization.
- 18.10 Failure to comply with the practice times or field assignments may result in disciplinary action.

19.0 INJURIES

- 19.1 Any injury to, or damage caused by, an AYSO participant shall be reported to the Director of Safety. The Region must report all injuries to AYSO Inc. Insurance Department. The Director of Safety must complete the accident forms.
- 19.2 Dealing with blood:
 - 19.2.1 Any player or official who is bleeding must leave the field immediately to receive medical treatment, and may not return until the situation is corrected (the bleeding is stopped and the wound is covered).
 - 19.2.2 If there is blood on the uniform, the individual may not return until that portion of the uniform is replaced or the blood has been neutralized with either a 70% solution of isopropyl (rubbing) alcohol or a hydrogen peroxide solution. Hydrogen peroxide may be used as purchased over the counter at a local drug store.
 - 19.2.3 If there is blood on the body, the individual may not return until all blood has been removed from skin surfaces and the contaminated skin has been disinfected with either a 70% solution of isopropyl (rubbing) alcohol or a hydrogen peroxide solution. Hydrogen peroxide may be used as purchased over the counter at a local drug store.
- 19.3 In the event of an injury that appears to be serious in nature, it is encouraged that the paramedics be contacted immediately to assist the injured player.

20.0 DISCIPLINE

- 20.1 Unfortunately, while AYSO and Region 159 place great emphasis on good sportsmanship by the players, coaches, officials and spectators, occasions do arise requiring disciplinary action. This Section provides procedures to be followed within Region 159.
- 20.2 Coach discipline of players:

- 20.2.1 Every effort should be made for the coach to discuss the discipline problem with the player concerned and his or her parents.
- 20.2.2 If a problem still exists, the coach shall notify the Division Coach. If there is the potential for physical harm the Regional Coach Administrator must be immediately notified.
- 20.2.3 A player may be sat out for extra quarters or a game for disciplinary reasons only after the coach has: 1) consulted with and received the approval of the Regional Coach Administrator and 2) has then notified the parents prior to the start of the game.
- 20.3 Misconduct during matches:
- 20.3.1 The Referee officiating a soccer match may caution or send-off players, coaches, and/or spectators for misconduct as defined by the Laws of the Game. The Referee's authority begins immediately upon the Referee's entering the playground and ends upon his/her departure. Points will be assigned based on the severity of the misconduct for subsequent action in accordance with paragraph 20.3.4 below.
- 20.3.2 Cautions (Yellow Card):
- a) A caution is worth two (2) points.
- b) If a player, who has already been cautioned, commits another cautionable offense, the player will be sent off the playing field. The player sent-off may not be replaced. The team of the offending player is required to play short for the remainder of the game. The sent-off player will remain on the playground under the supervision of the team's coaches unless leaving with parental supervision.
- c) The Regional Referee Administrator shall keep track of the players accumulated points.
- 20.3.3 Send-off (Red Card):
- a) A send-off is worth five (5) points.
- b) A player sent-off shall be immediately removed from the field of play and may not be replaced. The team of the offending player is required to play short. The sent-off player will remain on the playground under the supervision of the team's coaches unless leaving the playground under parental supervision. A Coach or spectator being sent off will immediately leave the playground.
- c) A player, coach, or spectator sent-off from a game is automatically suspended for a minimum of one game, as determined by a Disciplinary Review Board. The coach is responsible for seeing that the player does not play in the next game. The team of the offending player is not required to play short during the game from which the offending player is suspended. Players are required to be in attendance on the field and in uniform for a game from which they have been suspended. Coaches or parents who were sent off are prohibited from being at the field of play or in any way participating in games during their suspensions.
- 20.3.4 A player must sit out for a minimum of one (1) game after accumulating a total of five (5) points for misconduct during matches. It is the coach's responsibility to notify the Referee of the next match of the suspended player and to assure that the player does not play during that match. Players are required to be in attendance on the field, in uniform, at the game from which they have been suspended.
- a) When a player has accumulated five (5) points the coach will be notified before the next game and the coach is responsible for seeing that the player does not play in the next game.

b) If a player has received three (3) Yellow Cards for a total of six (6) points, five (5) points will be forgiven after the player has completed the one game suspension. The remaining point will be carried forward.

c) The Regional Referee Administrator shall notify the respective Regional Coach Administrator who will provide notification to coaches when a player or coach is suspended due to the accumulation of points. The Regional Referee Administrator will notify the assigned Referee for the team's next game.

20.3.5 A player with severe disciplinary problems will be removed from the league with no refund of registration fees.

20.4 Unacceptable conduct: In addition to the procedures set forth above the following applies to incidents of violent conduct, and other acts of personal or group behavior such as, but not limited to, racial discrimination, sexual harassment, harassment of officials, etc. that are considered unacceptable.

20.4.1 California penal code: The following is an excerpt the California Penal Code on battery committed against sports officials:

Section 243.8 provides: "(a) When a battery is committed against a sports official immediately prior to, during, or immediately following an interscholastic, intercollegiate, or any other organized amateur or professional athletic contest in which the sports official is participating, and the person who commits the offense knows or reasonably should know that the victim is engaged in the performance of his or her duties, the offense shall be punishable by a fine not exceeding two thousand dollars (\$2,000), or by imprisonment in the county jail not exceeding one year, or by both that fine and imprisonment. (b) For purposes of this section, 'sports official' means any individual who serves as a Referee, umpire, linesmen, or who serves in a similar capacity but may be known by different title or name and is duly registered by, or a member of, a local, state, regional, or national organization engaged in part in providing education and training to sports officials."

It is the policy of Region 159 to maintain an environment where safe, fun filled and uninterrupted soccer practices and matches may be played. In this regard violent and other forms of unacceptable conduct whether it involves players, coaches or spectators will not be tolerated. The actions and procedures set forth below are not intended as, and should not be viewed as punishment but rather a standard procedure in dealing with circumstances that threaten the safety or well being of the players, coaches and spectators as well as threaten unwarranted disruption of soccer matches in Region 159.

20.4.2 Violent conduct: Is the act of any player, coach or spectator who strikes, kicks, spits on, or throws an object at another person or attempts to strike, kick, spit at or throw an object at another person.

20.4.3 Harassment: Harassment of game officials or the harassment of other Region 159 officials will generally include, but is not limited to, intense, pointed, or persistent derogatory comments directed at the official during or after the performance of their official function.

20.4.4 Reporting:

a) All incidents of violent or otherwise unacceptable conduct shall be reported as soon as possible to the Regional Commissioner and/or Regional Referee Administrator.

b) Violent or unacceptable conduct by a player, coach, or spectator witnessed by the assigned Referee during the conduct of a match shall result in a send-off of the individuals involved and a written report filed with the Regional Referee Administrator.

c) Incidents reported of violent or otherwise unacceptable conduct involving Region 159 coaches, players or spectators whether they occur within Region 159 or elsewhere shall be treated as set forth herein.

20.4.5 Applicability: This policy applies whether the violent or otherwise unacceptable conduct occurred prior to, during or after any soccer match hosted by the Region, or participated in by a Region team.

20.4.6 Disciplinary actions:

a) Any incidents of violent or unacceptable conduct witnessed by a Referee and reported via a written "Game Misconduct" report will result in an automatic two (2) game suspension.

b) Violent or unacceptable conduct by a spectator shall result in the spectator being asked to remain away from any further games in which a Region 159 team participates for a minimum of two (2) games. Should the offending spectator elect to disregard the request and appears at a game involving a Region 159 team during this period, the Referee will not allow play to continue until the individual has departed. If the individual refuses to depart, the game will be terminated and the offending team will forfeit the game..

20.4.7 Disciplinary Review Board (DRB): The DRB (see Section 21.0) will review all reported incidents of violent and other unacceptable conduct within one (1) week of the incident. The DRB shall review the incident to determine the appropriateness of the suspension and may increase the action up to and including removal from the league. Removal from the league for unacceptable conduct shall not result in the refund of registration fees.

20.4.8 Right of review: In the event that the disciplinary action is increased by the DRB, the offending individual, parent or adult guardian may request a review of the decision by the Board. The decision of the Board as approved by the Regional Commissioner shall be final.

20.5 Suspended players/coaches:

20.5.1 Suspended players are required to be in attendance on the field and in uniform for the suspended game.

20.5.2 Suspended coaches are not to appear on the field immediately prior to, during or immediately after the game(s) from which they are suspended. Additionally, a suspended coach may not provide instructions to the team during the game from which they are suspended through another person while viewing the game from an otherwise acceptable distance, i.e., across a street, in an adjacent parking lot, etc. The suspended coach is not restricted from conducting practices unless such restriction is specified by the DRB decision.

21.0 DISCIPLINARY REVIEW BOARD (DRB)

21.1 Coaches have the responsibility to practice, and to remind their players, parents and other spectators to practice good sportsmanship at all times during the season. This will minimize the occasion for use of the DRB.

21.2 The purpose of the DRB is to review, validate and deal with any written report of misconduct (Law 12) during a game regarding anyone including players, coaches and spectators by the Referee. In addition, the DRB shall review all other incidents of unacceptable behavior. Depending on the seriousness of the misconduct, disciplinary action will vary up to and including expulsion from the league.

- 21.3 The DRB shall be a standing board comprised of members of the Board of Directors appointed by the Regional Commissioner. The members of the DRB normally will be:
- Regional Referee Administrator - Chairman
 - Assistant Regional Commissioner
 - Regional Coach Administrator and/or Director of Post Season Play
- 21.4 Incidents to be reviewed:
- 21.4.1 All "Red Cards" (send-offs) issued. "Yellow Cards" will be validated by the Regional Referee Administrator and need not be reviewed by the DRB.
- 21.4.2 All reports involving violence or incidents of unacceptable conduct regardless of the source.
- 21.5 All Send-offs must be reported to the Regional Referee Administrator on the day they are administered. Official written reports will be filed with the Regional Referee Administrator within 24 hours. The following day, or as soon as practical, the Regional Referee Administrator shall review the matter with the members of the DRB, calling a meeting if necessary. If available, reports should be entered in the online match reporting system within 24 hours. The DRB Chairman may invite the parties involved and/or witnesses to attend the DRB meeting for the purposes of clarifying the details of the incident for the DRB. Unless specifically invited, the involved individuals shall not be permitted to attend the DRB meeting. The Region's goal for the DRB is to have all reported incidents of violence, misconduct and unacceptable conduct reviewed in a timely fashion.
- 21.6 The Regional Referee Administrator shall provide the Regional Commissioner with the DRB findings and recommendation`. The Regional Commissioner may accept the recommendations or alter the discipline in the best interests of the region.

22.0 SPRING SEASON

- 22.1 Spring Season soccer is normally conducted after completion of the regular fall season, including all Region, Area and Section playoffs, beginning in March of each year and ending in May or June. The spring season may vary in the number of games scheduled.
- 22.2 Spring competition will normally involve teams from other regions within Area 11E but may include teams from other Areas.
- 22.3 Coaches wishing to form a spring team are required to obtain authorization from the Regional Commissioner or his designee prior to forming a team. The coach's request for authorization to form a spring team shall be submitted to the Regional Commissioner or his designee. The Regional Commissioner may withdraw such authorization at any time.
- 22.4 Unlike the regular fall season the method and timing of player recruitment will be decided by the Regional Coach Administrator and the Director of Post Season and Tournament Play, and be approved by the Regional Commissioner. Conflicts between coaches over players will not be tolerated.
- 22.5 Player Eligibility
- 22.5.1 To be eligible, the player must have been registered in AYSO during the previous fall season and played at least three-quarters (3/4) of the regular season games.
- 22.5.2 Non-AYSO players are not permitted to participate in the AYSO Spring program.
- 22.5.3 Coaches are required to submit a fully completed roster (AYSO Roster Form) to the Regional Commissioner or his designee (typically the Director of Post Season Play) for player

verification and approval. Only players whose names appear on approved roster submitted to the Regional Commissioner may play.

- 22.5.4 Recruiting and playing non-AYSO players will result in the coach's suspension or removal from the Spring program and may result in the coach being banned from all future participation in AYSO.
- 22.5.5 The players shall normally play in the division they played during the previous fall season. Players are permitted to play up one division (older age group) providing they are authorized by the Director of Post Season Play and/or the Regional Commissioner. However, players will not be authorized or permitted to play down to a younger age division.
- 23.5.6 The player fee for spring play will be determined by the Board of Directors in November of each year.
- 22.5.7 Players wanting to play on another Region's Team need written approval from the Region 159 Commissioner. Conversely, players from other regions wanting to play in Region 159 must provide written approval from their respective Regional Commissioner.

23.0 TOURNAMENT PLAY

- 23.1 Tournaments occur throughout the year and coaches in division U-10 and up are encouraged to give players the opportunity to play in these events. Competition in tournaments may include teams from any region or area of AYSO or teams from Club soccer. A "tournament season" for purposes of participation, team formation, and player qualification commences the day after Labor Day and runs through the fall season, spring season, until the next Labor Day. The Regional Commissioner at any time may shorten or change the tournament season. No AYSO team may play in a non-AYSO tournament. Tournament play is not allowed for U-8 and below.
- 23.2 Coach eligibility. Before forming a team, a qualified AYSO coach wishing to form a tournament team is required to obtain authorization from the Regional Commissioner or his designee (typically the Regional Coach Administrator or the Director of Post Season Play). The coach's request for authorization to form a tournament team shall be submitted in writing to the Regional Commissioner or his designee.
 - 23.2.1 A tournament coach must meet minimum qualifications: (1) The coach must be Safe Haven certified; (2) He/she must have AYSO coaching certification in the division for which he/she intends to coach; (3) He/she must be in compliance with Area E Guidelines for minimum training or other requirements; (4) Within the past year (August to August), he/she must have no history of disciplinary action against him/her in any AYSO region, including sanctions, penalties, or restrictions as the result of a Regional DRB, or other sanctions as prescribed by the Regional Guidelines; and (5) The coach must at all times practice good sportsmanship on the field.
- 23.3 The timing of player recruitment will be determined by the Regional Coach Administrator or the Director of Post Season Play, and approved by the Regional Commissioner. Tournament play is different from the Regular fall season, and no player is guaranteed a position on any specific tournament roster. The decision to participate in any tournament is left to a qualified AYSO certified coach's election to participate and his/her compliance with the Region's guidelines and rules. Conflicts between coaches over players will not be tolerated.
- 23.4 Player eligibility:
 - 23.4.1 To be eligible, players must be currently registered in AYSO during the fall season for the tournament season in which they intend to play.

- 23.4.2 Only AYSO players are permitted to participate.
 - 23.4.3 Coaches are required to submit a fully completed roster (AYSO Roster Form) to the Regional Coach Administrator or the Director of Post Season Play (or their designee) for player verification. They must then forward the roster to the Regional Commissioner for approval. Only players whose names appear on approved roster submitted to the Regional Commissioner may play.
 - 23.4.4 Recruiting and playing non-AYSO players will result in the coach's suspension or removal from the team.
 - 23.4.5 The players shall normally participate in tournament play in the division they played in during the fall season. Players are permitted to play up one division (older age group), but will not be permitted to play down. Playing up is allowed only if approved by the Regional Coach Administrator or the Director of Post Season Play and/or the Regional Commissioner.
 - 23.4.6 Players wanting to play for another Region's tournament team need written approval from the Regional Commissioner. Conversely, guest players for Region 159 tournament teams must provide written approval from their respective Regional Commissioner and the Region 159 Commissioner.
- 23.5 Tournaments other than all-star and post season fall playoffs occurring during the fall season:
- 23.5.1 No tournament team shall play in any tournament or practice as a team at any time if doing so would conflict with or interfere with a regularly scheduled fall game or practice of another team. No player or coach may decline to participate in any regularly scheduled fall season practice or game to play or practice with any tournament team.
 - 23.5.2 For tournaments occurring during the regular fall season, preference will be given to fall Head Coaches who commit by a date specified by the Regional Coach Administrator to taking only players on his/her fall roster to an AYSO tournament in the same division he/she is currently coaching. Players on this fall tournament team may not play on any other team participating in the same tournament.
 - 23.5.3 The fall head coach must comply with all rules, guidelines, and deadlines established for the Region's tournament teams.
 - 23.5.4 A tournament team coached by one or more fall Head Coaches with players selected from more than one fall team are not afforded the preference defined in paragraph 23.5.2 and are governed by the procedure established below for "select" tournament teams. "Select", as used here, defines the process of team formation and is not used to differentiate between competitive and recreational teams. Region 159 does not recognize or promote Progressive Play.
- 23.6 Selection of "tournament teams" for Thanksgiving weekend tournaments:
- 23.6.1 The region shall follow the preference guidelines established by paragraph 23.5.2 to permit an individual fall Head Coach to take his/her existing fall team to any Thanksgiving weekend tournament in the same division and age bracket.
 - 23.6.2 The next order of preference will be given to one or two "select" teams (or three "select" U10 teams in the case of a 7 vs 7 tournament). The "select" coaches will be chosen by the Regional Commissioner or by a committee chosen by the Regional Commissioner. The committee may be the all-star selection committee or a separate committee at the discretion of the Regional Commissioner. Neither the players nor their parents will have any input into the selection process.

- 23.6.3 The third order of preference will be given to any combination of head coaches meeting the Region's coaching criteria. These additional selected tournament teams may not select any player from a fall team tournament team roster or from a "select" team roster. No coach or team may ignore the Region guidelines. He/she must comply with all obligations and deadlines on a coach's election to take a team, qualifications to coach, team formation, and other Region rules, including but not limited to the advance payment of tournament fees to the Region.
- 23.7 Tournament referee deposits will not be refunded to a team unless the team is comprised of players whose parents can form a fully qualified 3-person referee team that referees the minimum number of games required to receive a deposit refund. A fully qualified referee is one who has attained certification as a Regional or higher level referee.
 - 23.7.1 Coaches must not recruit referees who are unaffiliated with their tournament team.
 - 23.7.2 If a team cannot form a qualified 3-person referee team, but the Region supplies a sufficient number of unaffiliated referees to receive a deposit refund from the tournament organizers, the refund must be returned to the Region.

24.0 REGIONAL COMMISSIONER

- 24.1 The Regional Commissioner shall be nominated by the Regional Board of Directors, approved by the Area Director, and appointed by the National Board of Directors of AYSO, Inc. The Regional Commissioner shall have complete responsibility and authority to conduct the business of the Region within the AYSO rules, regulations and By-Laws. The Regional Commissioner is responsible to AYSO for the affairs of the Region and has power to purchase, incur indebtedness within the financial plan of the Region as may be affected by actual income.
- 24.2 In the execution of his or her responsibilities, the Regional Commissioner will form a Regional Board of Directors to assist in the administration of the Region. The Regional Commissioner is responsible for appointing the Board of Directors. Board Meetings will be held as deemed appropriate (by the Regional Commissioner) throughout the year but no less than quarterly.
- 24.3 The Regional Commissioner may override any provision of these guidelines.
- 24.4 The Regional Board shall constitute a Nominating Commission at least three months, and preferably six months, before the expiration of such term or whenever there is a vacancy in the Regional Commissioner position due to death, resignation or removal. The Nominating Commission shall submit its recommendations of one or more candidates for the position of Regional Commissioner to the Regional Board. The Regional Board shall, by a majority vote, nominate a Regional Commissioner and forward such nomination to the Region's Area Director as directed by National Bylaw Section 7.03. In the absence of a Regional Board, or in the absence of a nomination by a majority of the Regional Board, the Regional Commissioner will be nominated by the Region's Area Director. Subject to the approval of the Area Director and the Section Director, the nominee for Regional Commissioner shall be appointed by the AYSO National Board of Directors for a term of three years unless a shorter term is specified in these guidelines.
- 24.4 In the event of a vacancy in the position of Regional Commissioner other than at the expiration of the regular term, the Regional Board, including (if available) the outgoing Regional Commissioner, shall recommend an interim Regional Commissioner and submit such recommendation to the Area Director. The interim successor shall remain in office until the completion of the election procedures in paragraph 24.24.4.
- 24.5 The Regional Commissioner may serve multiple terms so long as he or she is nominated and appointed as indicated above.

- 24.6 It is the general policy of the Region that the Regional Commissioner will have normally served at least one year on the Regional Board before serving as Regional Commissioner.
- 24.7 Any areas not specifically addressed in these guidelines will default to the Standard Regional Guidelines developed and supplied by AYSO National Headquarters.

SHORT SIDED GAME SUMMARY – NEXT PAGE

25.0 APPENDIX --- SHORT SIDED GAME SUMMARY

GUIDELINE	UNDER 6	UNDER 8	UNDER 10
Law 1 – Field (typical)	30 yards long x 15 yards wide A “No Camp Zone” is Utilized	50 yards long x 25 yards wide A “No Camp Zone” is Utilized	75 yards long x 40 yards wide
Law 2 – Ball	Size #3	Size #3	Size #4
Law 3 – No of Players • Maximum Roster Size • Goalkeeper	<ul style="list-style-type: none"> • 5 vs 5 • Roster = 8 • NO Goalkeeper 	<ul style="list-style-type: none"> • 7 vs 7 • Roster = 9 • NO Goalkeeper 	<ul style="list-style-type: none"> • 7 vs 7 • Roster = 9 • NO change from regular play. Two quarters maximum as goalkeeper.
Law 4 – Players equipment	NO change from regular play	NO change from regular play	NO change from regular play
Law 5 – Referee	HOME team provides a trained Referee.	HOME team provides a trained Referee.	HOME team provides a trained Referee for the game following and on the same field as his child’s game (unless other arrangements have been made)
Law 6 – Assistant Referee	EACH team provides one trained Assistant Referee.	EACH team provides one trained Assistant Referee.	EACH team provides one trained Assistant Referee.
Law 7 – Game Duration • Substitution	Two 16 minute halves; halftime break of 5 to 10 minutes <ul style="list-style-type: none"> • Players MUST play $\frac{3}{4}$ of the game. 	Two 20 minute halves; halftime break of 5 to 10 minutes <ul style="list-style-type: none"> • Players MUST play $\frac{3}{4}$ of the game 	Two 25 minute halves; halftime break of 5 to 10 minutes <ul style="list-style-type: none"> • Players MUST play $\frac{3}{4}$ of the game.
Law 8 - Game Start and Restart	NO change from regular play, except opponents must be 5 yards away from the center mark while the kick off is in progress	NO change from regular play, except opponents must be 6 yards away from the center mark while the kick off is in progress	NO change from regular play, except opponents must be 8 yards away from the center mark while the kick off is in progress
Law 9 – Ball In and Out of Play	NO change from regular play.	NO change from regular play.	NO change from regular play.
Law 10 – Scoring	NO change from regular play, BUT NO score or standings are kept and NO winners or losers	NO change from regular play, BUT NO score or standings are kept and NO winners or losers	NO change from regular play
Law 11 - Offside	NO offside called and NO "camping out" in front of the goal	NO offside called and NO "camping out" in front of the goal	NO change from regular play
Law 12 – Fouls and Misconduct	NO change from regular play, except all free kicks are DIRECT with opponents 5 yards away. Referee should explain ALL infractions. Referees will work with coaches to eliminate the need for cautions and send-offs and will not show yellow or red cards.	NO change from regular play, except all free kicks are DIRECT with opponents 6 yards away. Referee should explain ALL infractions. Referees will work with coaches to eliminate the need for cautions and send-offs and will not show yellow or red cards.	NO change from regular play, except opponents must be 8 yards away. Referees will work with coaches to eliminate the need for cautions and send-offs and will not show yellow or red cards.
Law 13 – Free Kicks	All free kicks are DIRECT and opponents must be 5 yards away before the kick is allowed.	All free kicks are DIRECT and opponents must be 6 yards away before the kick is allowed.	NO change from regular play, except opponents must be 8 yards away before the kick is allowed.

GUIDELINE	UNDER 6	UNDER 8	UNDER 10
Law 14 - Penalty Kicks	NO Penalty Kicks	NO Penalty Kicks	NO change from regular play, except opponents must be 8 yards away before the kick is allowed
Law 15 – Throw-in	Opponents must be 5 yards from the ball. A 2nd throw-in is allowed for infractions and play continues.	Opponents must be 6 yards from the ball. A 2nd throw-in is allowed for infractions and play continues.	NO Change from Regular Play
Law 16 – Goal Kick	NO change from regular play, except opponents must be 5 yards from the ball	NO change from regular play, except opponents must be 6 yards from the ball	NO change from regular play, except opponents must be 8 yards from the ball
Law 17 – Corner Kick	NO change from regular play, except opponents must be 5 yards from the ball	NO change from regular play, except opponents must be 6 yards from the ball	NO change from regular play, except opponents must be 8 yards from the ball
Other	One coach from each team may be on the field during the game, but must remain his team's defensive side of the field and must not interfere with play.	One coach from each team may be on the field during the game for the 1 st 3 games only, but must remain his team's defensive side of the field and must not interfere with play.	