

AYSO Region 1282 Rules
2010 Season

All Divisions (U5 – U19)

1. Player Equipment

- a. **Glasses** - Players who require prescription glasses are to be allowed to wear them during a match. AYSO recommends, but does not require, that retaining straps be worn. Spectacle guards made of plastic or other hard material are permitted. Broken glasses or frames should not be allowed.
 - b. **Hats** - Goalkeepers may wear a brimmed hat or cap, where the brim is soft. In the opinion of the referee, they must not constitute a danger to the player or to any other player, and must be approved by the referee prior to the match. Ordinary baseball caps are not generally acceptable, and helmets and caps with plastic or metal brims, are not acceptable. Subject to the safety constraints outlined above, AYSO allows soft hats to be worn by players other than the goalkeeper when required by a specific medical condition or religious practice.
 - c. **Jewelry, Earrings, and Studs** - Not allowed under any circumstances. Covering jewelry, earrings or studs with tape or bandages is not permitted; the item must be removed before playing. Medical alert bracelets may be worn, but must be covered with a cloth wristband or something equivalent.
 - d. **Casts and Splints** - Players shall not be allowed to practice or participate in any game with any type of cast or splint. Soft rubber or neoprene braces and supports are allowed. Knee braces are allowed if, in the opinion of the referee, they do not present a hazard to any of the players.
 - e. **Headguards** – Soft headguards specifically designed for soccer are allowed.
2. **Slide Tackles** – Slide tackles are not allowed in U5 through U8. For U10 and above, there are no special Region 1282 restrictions against properly executed slide tackles. Standard FIFA rules apply as follows:
- a. Tackling is the act of blocking the ball or moving the ball away from the feet of an opponent, in a manner that is not dangerous to the player. If contact is made with the player being tackled before contact is made with the ball, then a penal foul has been committed. In some cases, contact with the player after the ball has been played may even be a foul, depending on the circumstances (usually the severity or deliberateness of the contact).
 - b. Tackles from behind which endanger the safety of an opponent must be sanctioned as serious foul play. However, all tackles from the rear are not automatically a foul. If the ball was played first, and the contact with the player was minor, then there was no foul.
3. **Referee Decisions** - The referee has full authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed. The decisions of the referee regarding facts connected with play are final. The referee may only change a decision on realizing that it is incorrect or, at his/her discretion, on the advice of an assistant referee, provided that play has not been restarted. In games where Regional Rules are in effect, the Referee has full

discretion in the interpretation of said “RULES”. This shall include allowing or disallowing player numbers above National recommendations or any other “local” rules interpretations. The Referee is the sole arbiter of these conditions during matches and his/her decision is final and will not be questioned by coaches or spectators. It is a Referee’s duty to act in support of the Laws of the Game and to promote a fair and equal match for the participants.

4. **Assistant Referees, Club Linesmen, and Offside (U10 and above):** If certified assistant referees are available, they may indicate when a player may be penalized for being in an offside position. Regardless of any signals from assistant referees, it is always the referee’s decision to stop play and award an indirect free kick. If ARs are not available, club linesmen may be used and will only indicate to the referee when the whole ball has left the field of play. Club linesmen will not assist with offside.
5. **Conduct of Coaches:** Coaches are required to uphold the principles of AYSO and the Spirit and Laws of the game. Unsporting behavior or dissent by coaches should not be tolerated. The AYSO National Rules and Regulations, Section E, “Duties and Responsibilities of Coaches and Officials”, item 6 states that: “Negative comments and complaints about refereeing shall not be allowed.” A coach guilty of such behavior should be given one warning. If the behavior persists, the coach may be dismissed (ejected) from the game. If a coach fails to leave the area of the game upon being dismissed by the referee, then the match should be terminated.
6. **Conduct of Spectators:** Spectator involvement in the game should be limited to positive encouragement. Unsporting behavior or dissent by spectators should not be tolerated. The coach is responsible for the behavior of everyone on his or her touchline and should take the initiative as needed to control unruly spectators. If action by the referee becomes necessary, after a warning, the referee should direct the appropriate coach to dismiss a spectator who persists in such behavior. If a dismissed spectator refuses to leave the area of the game, then the match should be terminated. Yellow and red cards are not shown to coaches and spectators, but the effect of the referee’s warning and dismissal are the same.
7. **Substitutions (Regular Season Games) :** Players must be recognized by the referee prior to exiting or entering the playing field. Such participation is controlled as follows:
 1. Halfway through the first half and halfway through the second half, the referee halts the game and notes on the line-up cards, those players substituted. Only players that are becoming substitutes may leave the field at this time. Substitutions may also be made a half time. Divisions U19 & U16 have free substitutions.
 2. Respective coaches of each team may substitute any number of players (or none) during such interruptions.
 3. If a player is injured or does not wish to participate, the coach may provide a substitute for that player, in which case the substituted player may not return until the beginning of the next quarter. Only the player who is substituted for is credited with the quarter of play, regardless of the actual time played. The

coach may choose to play short, thereby allowing the player to return to the field (with the referee's permission) during the quarter.

- 8. Playing Time (Regular Season, Intra-Region Games) :** Unless there is a physical, medical, or disciplinary reason, all registered players in attendance at regular season intra-region games (i.e. games between teams from Region 1282) must participate and play at least three-quarters of each game. No player shall play all four quarters until all players have played three quarters. If a team has too many players for everyone to play at least three periods, the players who only play two periods must rotate each game so the same players do not sit out two periods in consecutive games.
- a) Late arriving players shall be substituted as follows: If the player arrives during the first quarter, the player must play a minimum of two (2) of the remaining three (3) quarters. If the player arrives during the second or third quarter, the player must play a minimum of one (1) quarter. It is the coach's responsibility to ensure that all players in attendance have met the above conditions.
 - b) If it becomes apparent at the conclusion of a match that a team did not utilize all players in attendance, in accordance with the above rules, the referee should file a report with the Referee Administrator and Girls/Boys Coach Coordinator.
 - c) **Playing Time (Playoff, All-Star, Spring Select, and Inter-Region Games):** Playing time in Playoff, Spring Select and Inter-Region games shall be in accordance with AYSO national guidelines. That is, all registered players in attendance at these games must play at least half of the game, but coaches are encouraged to follow Region 1282 playing time guidelines.

U5 RULES/ U6 RULES

- U5 age group is adopting a “Jamboree” concept this season, meaning no set teams. Contact age group coordinators for the applicable rules.
1. Officials: There are no official referees to manage U5 and U-6 games. Both of the coaches should “officiate”, with each coach covering one half of the field. The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption, with safety the primary concern.
 2. Ball Size: 3
 3. Standard play is 5v5. With the mutual agreement of both coaches, teams may play 6v6. No team may play 6 when the other team can only play 5. If when playing 6v6, one of the teams needs to go to 5 players due to an injury or a player leaving the game early then both teams shall play with 5 players.
 4. Minimum number of player on the field: 3. Coaches are encouraged but not required to loan players to a short-handed opposing team in order to allow both teams to play at equal strength. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
 5. Goalkeepers are not used in U5 and U6 games. Coaches should discourage players from camping out in front of either goal.
 6. Two 10-minute halves. Substitution breaks midway through each half. 5 to 10 minute halftime.
 7. Slide Tackles are not allowed in U5 and U6 games.
 8. Direct free kick for all fouls, with opponents five (5) yards away. Free kicks awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal.
 9. Corner Kick: Opponents 5 yards from the ball.
 10. Cautions: Do not show yellow or red cards.
 11. Throw-ins: A second throw-in should be allowed if the player commits an incorrect throw-in on the initial attempt. Proper throw ins are not a priority in U5 and U6; the priority is to get the ball back in play.
 12. Offside: No Offside calls. Coaches should instruct players not to stand by the opponent’s goal when the ball is down the other end of the field.
 13. No Penalty kicks. Award a direct free kick to the attacking team for a foul committed by the defending team inside its own penalty area.
 14. Coaches may be on the field coaching and refereeing during play.

U8 RULES

1. Ball Size: 3
2. Standard play is 7 v 7. During REGULAR SEASON REGIONAL PLAY ONLY, both coaches may agree at the start of the game to play 8 v 8. If when playing 8v8, one of the teams needs to go to 7 players due to an injury or a player leaving the game early then both teams shall play with 7 players.
3. Minimum number of player on the field: 5. Coaches are encouraged but not required to loan players to a short-handed opposing team in order to allow both teams to play at equal strength. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
4. Two 20-minute halves. Substitution breaks midway through each half. 5 to 10 minute halftime.
5. Slide Tackles are not allowed in U7 and U8 games. If a player attempts a slide tackle, the Referee should stop the game, instruct the player that such tackles are not allowed in this age division, and award a direct free kick for the opposing team.
6. Direct free kick for all fouls, with opponents eight (8) yards away. Free kicks awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal.
7. Corner Kick: Opponents 8 yards from the ball.
8. Cautions: Do not show yellow or red cards. Referees work with coaches to eliminate cautions and send-offs.
9. Throw-ins: A second throw-in should be allowed if the player commits an incorrect throw-in on the initial attempt. The referee should explain the proper method before allowing the player to re-throw.
10. Offside: No Offside calls. Referees and coaches should instruct players not to stand by the opponent's goal when the ball is down the other end of the field. If a player in a blatantly offside position scores a goal, it should be disallowed and the other team awarded a goal kick.
11. No Penalty kicks. Award a direct free kick to the attacking team for a foul committed by the defending team inside its own penalty area.
12. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.
13. Coaches must not enter the field during play.

U10 RULES

1. Ball Size: 4
2. Standard play is 7 v 7. During REGULAR SEASON REGIONAL PLAY ONLY, both coaches may agree at the start of the game to play 8 v 8. If when playing 8v8, one of the teams needs to go to 7 players due to an injury or a player leaving the game early then both teams shall play with 7 players.
3. Minimum number of player on the field: 5. Coaches are encouraged but not required to loan players to a short-handed opposing team in order to allow both teams to play at equal strength. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
4. Two 25-minute halves. Substitution breaks midway through each half. 5 to 10 minute halftime.
5. Fouls and Free Kicks: No Change from regular play.
6. Cautions: No Change from regular play. Cautions and send-offs (yellow and red cards) should be reported to the Regional Referee Administrator.
7. Throw-ins: No second throw-in allowed. Award a throw-in for the opposite team if a player makes an illegal throw-in (note: do not disrupt play for trivial infractions).
8. Offside: No change from regular play. If certified assistant referees are available, they may indicate when an offside has occurred. Club linesmen (e.g. parents) should not call offside.
9. Penalty kicks. No change from regular play.
10. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.

U12 RULES

1. Ball Size: 4
2. Standard play is 9 v 9. During REGULAR SEASON REGIONAL PLAY ONLY, both coaches may agree at the start of the game to play 10 v 10. If when playing 10 v 10, one of the teams needs to go to 9 players due to an injury or a player leaving the game early then both teams shall play with 9 players.
3. All teams must play 9 v 9 during Regional Playoffs and during any further post season play.
4. Minimum number of player on the field: 7. Coaches are encouraged but not required to loan players to a short-handed opposing to team in order to allow both teams to play at equal strength. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
5. Two 30-minute halves. Substitution breaks midway through each half. 5 to 10 minute halftime.
6. Fouls and Free Kicks: No Change from regular play.
7. Cautions: No Change from regular play. Cautions and send-offs (yellow and red cards) should be reported to the Regional Referee Administrator .
8. Throw-ins: No second throw-in allowed. Award a throw-in for the opposite team if a player makes an illegal throw-in (note: do not disrupt play for trivial infractions).
9. Offside: No change from regular play.
10. Penalty kicks. No change from regular play.
11. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.

U14-U19 TRAVEL/INTRA-REGIONAL RULES:

1. Teams shall choose a Captain and this captain will be identified by an ARMBAND. Only the captain will converse with the referee.
2. Parents must stay out of the Coaching Technical Area.
3. Coaches must remain in the Coaching Technical Area.
4. PLEASE be respectful of our hosts when traveling to AWAY locations and abide by any local rules or traditions without argument. Any problems should be dressed to the RC AFTERWARD, not at the location. Traveling teams are AMBASSADORS for AYSO La Costa and everyone from the Coaches, Players and Spectators are expected to act with the highest standards of good manners and sportsmanship.

U14 RULES

1. Ball Size: 5
2. Maximum number of players on the field: 11
3. Minimum number of player on the field: 7. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
4. Two 35-minute halves. Substitution breaks midway through each half. 5 to 10 minute halftime.
5. Fouls and Free Kicks: No Change from regular play.
6. Cautions No change from regular play. Cautions and Send-offs should be reported to the regional referee administrator.
7. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.

U16 RULES

1. Ball Size: 5
2. Maximum number of players on the field: 11
3. Minimum number of player on the field: 7. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
4. Two 40-minute halves. Free substitution on own team's throw-in or goal kick, with the referee's permission. Referee may allow reciprocal substitution by the opposing team.
5. Fouls and Free Kicks: No Change from regular play.
6. Cautions: No change from regular play. Cautions and Send-offs should be reported to the regional referee administrator.
7. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.

U19 RULES

1. Ball Size: 5
2. Maximum number of players on the field: 11
3. Minimum number of player on the field: 7. Full-strength teams are not required to play with less than the maximum number of players in order for both teams to play at equal strength.
4. Two 45-minute halves. Free substitution on own team's throw-in or goal kick, with the referee's permission. Referee may allow reciprocal substitution by the opposing team.
5. Fouls and Free Kicks: No Change from regular play.
6. Cautions: No change from regular play. Cautions and Send-offs should be reported to the regional and area referee administrator.
7. General: The referee may explain a call to the players if it is not obvious or there is confusion about its meaning.