



**OPERATING PROCEDURES**  
**Addendum**  
**U10 & Below**  
**Small Sided Soccer**

Approved 07 July 2014  
Revised: 01 June 2015  
Revised: 07 June 2016  
Revised: 10 October 2016  
Revised: 14 June 2017

## Changes made: October 10, 2016 revision

Starting a changes page for each revision

Law I Field and Goal size chart: U05 – U07 deleted cones and 4 x 6ft goal size.

Law I Field and Goal size chart: U08 changed goalie box to 2 x 10 yd.

Law I Field and Goal size chart: U08 deleted 4 x 6ft goal size.

Law I Field and Goal size chart: U08 changed center circle radius to 3 yd.

Law I Field and Goal size chart: U09 – U10 changed goalie box to 4 x 10 yd.

Law II Exceptions to FIFA: A.1. changed to 3 players.

Law II Exceptions to FIFA: Added A.3. Team may loan player (s) to team for match without forfeit.

Law II Exceptions to FIFA: B. changed to U09 and U10.

Law II Exceptions to FIFA: B. removed “and below”.

Law II Exceptions to FIFA: C. removed the words “age all ages thru” added “U09 /”.

Law IV Player Equipment: C. changed the word must to should.

Law IV Player Equipment: F. removed the words “but they must be underneath the socks and cannot be used to encourage slide tackles.

Law V Referee: A.1. was deleted.

Law VIII Start of Play: added B “Kickoff may go in any direction”.

Law VIII Restart of Play: Now reads

### A. Conform to FIFA

1. All restarts shall be subject to the definition for LAW XII
2. When a player performs a header in an attempt to play the ball, the referee shall stop play and instruct the player of the dangers of executing this action.
  - i. The referee will then restart play with an indirect kick opposing team.

### B. Build out line.

1. Age U05 thru U10 shall use the half line as the “build outline”
2. Opposition team can cross build out line after 2nd touch of offensive team or crosses the half line.
3. Violation of this rule will result of with an indirect free kick from the original location.

Law X Method of Scoring: Deleted B and C.

Law XII Fouls and Misconducts: added E.1.iii. Goalkeepers are not allowed to slide feet first.

Law XII Fouls and Misconducts: F changed the word lay to play.

Law XII Fouls and Misconducts: F.1.i. Now reads “The referee will stop play and inform the player that using the head to strike the ball is dangerous and therefore should not be performed. An indirect kick restart will be awarded to the opposing team”.

Law XIII Throw In: A.1. changed U09 to U08.

Law XIV Goal Kick: A.2. changed U08 to U10.

Law XIV Goal Kick: A.2. removed half line and replaced with build out line.

Law XIV Goal Kick: A.3 removed.

Law XIV Goal Kick: A.3.i and ii became A.2.i and ii.

Appendix A: B.2.ii changed “disrespectively” to “with disrespect”.

Appendix C: Deleted K.

Appendix C: L: changed U07 to U05.

Appendix C: L: deleted (6 v 6).

**Changes that are listed above are the major changes. Administrative changes are not listed.**

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**LAW I - FIELD OF PLAY Field Size and Goal Size**

- A. Use Field and Goal sizes as described/shown in chart below:
- B. Field Markings Use field markings as described/shown in chart below:

**NSYSA U10 & Below Field/Goal Size & Field Marking Chart**

	U05/U06 4 v 4	U07 4 v 4	U08 4 v 4	U09 7 v 7	U10 7 v 7
Field Length x Width	30 x 20 Yd.	30 x 20 Yd.	30 x 20 Yd.	47 x 30 Yd.	47 x 30 Yd.
Goalie Box	2 x 10 Yd.	2 x 10 Yd.	2 x 10 Yd.	4 x 10 Yd.	4 x 10 Yd.
Goal Size	6 x 6 Ft	6 x 6 Ft	6 x 6 Ft	6 x 12 Ft	6 x 12 Ft
Penalty Mark	None	None	None	None	None
Penalty Area	None	None	None	10 x 20 Yd.	10 x 20 Yd.
Center Circle Radius	3 Yd.	3 Yd.	3 Yd.	5 Yd.	5 Yd.

**LAW II - EXCEPTIONS TO FIFA**

- A. Games shall not be played with fewer than the following number of players on the field:
  - 1. 4 players for U5, U6 U07 & U8 teams. (No Goalkeeper)
  - 2. 6 players and goal keeper players for U09 & U10 teams.
  - 3. At time of play can offer substitute player (s) without forfeit.
- B. In all U09 and U10 matches **no player shall make physical contact with the goalkeeper** within the penalty area. Any attempt to play the ball once the goalkeeper has control of the ball, IN ANY MANNER, is prohibited.
- C. Dropkicking/punting by the goalkeeper is not allowed for U09 and U10. Ball will be given to goalkeeper and instructed to perform a goal kick.

### LAW III - PLAYER Registration

#### A. Number of Players:

Age	# of Players on Field	Goal Keepers	Maximum Roster Size
U05	4 Field Players	None	8
U06	4 Field Players	None	8
U07	4 Field Players	None	8
U08	4 Field Players	None	8
U09	6 Field Players	1 Goal Keeper	12
U10	6 Field Players	1 Goal Keeper	12

#### B. Definitions

1. Youth Players - The term "Youth" as applied to the NSYSA shall mean, an amateur player whose age groupings for teams shall be comprised of players whose birthdate occurs on the first day of January thru the last day of December of the current seasonal year.

#### C. Registration

1. All players must register annually through member Clubs, in accordance with WYS, and NSYSA, in accordance with applicable Association Rules and Guidelines; to participate in all activities of NSYSA.
2. No team may allow unregistered players to practice with a team, nor may any coach, Club, or Association official place a player in a reserve status.

#### D. Player Eligibility

1. **Play Down** - All players requesting to play down for an age group less than defined in Law III-B; and must make application through WYS and receive approval.
  - a. The Application and form may be accessed on the WYS website, search for "Play Down."
  - b. The approved application must be presented to the Club Registrar before the player will be allowed to register.
2. **Play Up (1 Year)** - Players may request and register to play up one age group greater than defined in in Law III-B
3. **Play Up (Greater than 1 Year)** - Players may not request or register to play up greater than one age group, as defined in Law III-B; without the following condition being met:
  - a. Requesting Club VP of Competition or Director of Coaching must evaluate the player for the following criteria:
    - i. Will the playing skill of the individual being evaluated provide opportunity to play competitively at the higher level?

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- ii. Will the player receive opportunity for playing time based on skills?
- iii. Will the physical size of the player place the individual in jeopardy of harm / injury due to differences of stature with other team members?
- b. Written evaluation results must be presented to the Club's Board of Directors and the request must be approved by the Club's Board.
- c. Clubs may not request two players or more for play up to a single age / gender merely for purpose of roster size.

### E. Substitutions

1. May be made, with permission of the referee on ANY dead ball.
2. The number of substitutes shall be unlimited unless a competition superseding the jurisdiction of the WSYSA determines otherwise.
3. Players not on the field of play must remain two (2) yards behind the touchline and not within the distance of the goal area for the particular age from the corner of the field.

### F. Playing Time

1. **Each player will be given the opportunity to receive meaningful playing time with a goal of 50%.**

Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than to run up the score.

## LAW IV – PLAYER EQUIPMENT

### A. Shoes.

1. Soccer shoes or gym shoes are acceptable. Soccer shoes must have nonmetal cleats and no toe cleat.

### B. Shin guards

1. Shin guards are mandatory
2. Must be worn under socks and the shin guard must be completely covered by the socks. Shin guards shall have connected ankle pads.

### C. Socks

1. Socks should be all of the same color.

### D. Jerseys

1. Jerseys should be all of the same color and a color designated by NSYSA as the Club color.
2. Jersey with a unique six (6) inch high number.
  - i. Sweatshirts may be worn, but if there is a hood it must be tucked underneath the jersey so that the number can be seen and all strings must be tucked inside as well.
  - ii. Goalkeepers are required to wear a different color jersey than the rest of the layers on the field.

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### **E. Shorts**

Shorts should be all of the same color and a color designated by NSYSA as the Club color.

### **F. Miscellaneous**

1. Sweat pants or leggings can be worn.
2. Hats may be worn; however they cannot have a peak, a bill or any dangling or protruding objects.
  - i. A goalkeeper may wear a soft billed hat to keep the sun out of their eyes.
3. Any member(s) of a team are permitted to wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that:
  - a. The proper team uniform is worn outermost.
  - b. Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

### **G. Protective orthopedic devises,**

Prosthetic devices and any equipment, gear, appliance or apparatus that is protective for a known medical condition may be worn during a regularly scheduled game provided that the referee determines that the device can be used safely.

### **H. Jewelry**

1. No jewelry is allowed. Arm bracelets, hair beads, and hair pins; are examples of unacceptable jewelry.
2. Items of religious designation are acceptable, but must be deemed safe by the referee. All items must be taped to the body.
3. Medical alert items may be worn. All medical alert items must be taped to the body.

## **LAW V - REFEREE**

A. Referee training and pool shall be the responsibility of the Clubs.

1. Failure of a scheduled referee to show up will not be the cause for canceling the match:
  - i. After a five (5) minute grace period, a substitute official should be chosen upon the agreement by both coaches, and his/her decision shall be final.
  - ii. In the event a Referee cannot be chosen to the agreement of both coaches, the coaches themselves shall referee, each coach will referee one half of the match, the home team coach will referee the first half. The visiting team coach will referee the second half.

B. Referee's decision on points of fact connected with the game shall be final.

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C. All rule infractions shall be briefly explained to the offending player.

### LAW VI - ASSISTANT REFEREE

A. Assistant referees are not required, nor recommended, in small-sided matches

### LAW VII - DURATION OF MATCH AND GAME BALL SIZE

Age	Match	Qtr Break	Half Break	Ball	Total Playing Time
U05 / U06	4 x 8 Min. Qtr.	2 Min	5 Min	3	32
U07 / U08	4 x 10 Min. Qtr.	2 Min	5 Min	3	40
U09 / U10	2 x 25 Min. Half	NA	5 Min	4	50

### LAW VIII -

#### START OF PLAY

- A. Conform to FIFA.
- B. Kickoff may go in any direction.
- C. Defensive players must be outside the center circle and in their own half, for play to begin.
- D. U09 / U10 may score directly from kick-off

#### Restart of Play

- A. Conform to FIFA
  - 1. All restarts shall be subject to the definition for LAW XII
  - 2. When a player performs a header in an attempt to play the ball, the referee shall stop play and instruct the player of the dangers of executing this action.
    - i. The referee will then restart play with an indirect kick opposing team.
  - 3. If goalkeeper punts / or drop kicks. Ball will be given to goalkeeper and instructed to perform a goal kick.
- B. Build out line.
  - 1. Age U05 thru U10 shall use the half line as the "build outline"
  - 2. Opposition team can cross build out line after 2nd touch of offensive team or crosses the half line.
  - 3. Violation of this rule will result of with an indirect free kick from the original location.

### LAW IX - BALL IN AND OUT OF PLAY

Conform to FIFA

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## LAW X - METHOD OF SCORING

- A. When the whole of the ball has passed over the goal line between the goal posts and under the top of the crossbar a goal shall be scored.
- B. U08 and below: A goal cannot be scored directly from kick-off. The ball must be touched by another player before the ball may be scored.
- C. U09 / U10 May score directly from kick-off.

## LAW XI OFFSIDE

- A. Conform to FIFA
- B. The offside rule will not apply to any teams U8 and below.
  - 1. However, the intent of the rule will be followed.
  - 2. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program.
    - i. If a team is consistently positioning a player at the opponent's goal, the referee shall stop play and instruct the player and the coach to stop.
    - ii. If the team continues to play while positioning a player in an offside position the referee shall award an indirect kick to the offended team at the location where the opposing player is in an offside position.
    - iii. If a team continues to position a player at an opponent's goal, the referee may deny any goals scored as a result of this tactic. The referee shall award an indirect kick to the offended team at the location where the opposing player is in an offside position.
    - iv. If a defending team positions a player inside the goal box area for the purpose of defending the goal and the ball is not in the area, the referee shall stop play and

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inform the defending team that this action is not acceptable; without the ball being in the goal box area.

C. U09 and U10 teams will play the offside.

### LAW XII FOULS AND MISCONDUCTS

A. **Free Kicks** - Free kicks shall be classified under two (2) categories:

1. **“Indirect Kick”** – Kicks from a dead ball restart from which a goal cannot be scored unless the ball has been played or touched by another player before passing through the goal.
2. **“Direct Kick”**, Kicks from a dead ball restart from which a goal can be scored directly from the restart.
  - i. U8 and below may only use “indirect Kick” for all restarts.
3. U9 and above will be allowed to use “direct kick” for all applicable restarts.

Fouls committed within Penalty box / Goal Box area are restarted by direct or indirect kick, as appropriate. The ball will be placed at a point that is diagonally nearest, but outside of the top of the area where foul was committed.
4. For U08 and below, the ball will be placed outside the top of the goal box. A defensive line may be placed inside the goal area for this event. The defensive line can be no closer than the distance from the goal line. Therefore all defenders must be on the goal line and between the goalposts/cones. Any other defender, not on the goal line, must be equal to the radius of the center circle (age appropriate) away from the spot of the restart.
5. For U09 thru U10, the ball will be placed outside the top of the penalty area. All defender must be equal to the radius of the center circle away from the spot of the restart.

B. Restarts which allow the **“direct free kick”** for the restart are:

1. Kicking or attempting to kick an opponent.
2. Tripping or attempting to trip an opponent.
3. Jumping or attempting to jump at an opponent.
4. Charging an opponent in a violent or dangerous manner.
5. Charging an opponent from behind.
6. Striking an opponent.

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7. Holding an opponent.
8. Handling the ball, with exception of the goal keeper in their own goal area.

Restarts which allow the “**indirect free kick**” for the restart are:

1. Dangerous Play (exp. High Kick, Player on the ground)
2. Charging fairly (shoulder to shoulder) when the ball is not within playing distance of the players involved.
3. Obstructing the goal keeper. (Preventing to allow the goal keeper to release the ball while inside the penalty area.)
4. Unsportsmanlike behavior.

**NOTE:** There will be NO INTENTIONAL PHYSICAL CONTACT with the goalkeeper within the “penalty box area.” This contact will result in a free kick by the defending team at the spot of the foul.

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- C. For all restarts the distance the defensive players must set the defensive wall is equal to the age appropriate radius of the center circle. (See Law I - FIELD OF PLAY Field Size and Goal Size)
- D. Penalty Kicks
  - 1. **Penalty kicks for U10 and below, are not allowed for small sided games.**
- E. **Slide Tackling or sliding will NOT be allowed** for U05 thru U10.
  - I. Should a slide tackle occur, it will be considered dangerous play. The referee will stop play and instruct the player of his infraction and then award an indirect free kick restart.
    - i. If the slide tackle is performed by the attacking team, a restart for the opposing team will be an indirect free kick at the spot of the foul.
    - ii. Should the slide tackle occur with the Penalty Box / Goal Box area and performed by the defending team, the restart will be at the point nearest, but outside of the top of the penalty / goal area where foul was committed.

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F. **Using the Head to play the Ball - Headers**

1. Use of the head for playing the ball or attempting to head the ball, “headers” will **NOT** be allowed for all ages **U10 and below**, in either **practice** or **during** game play.
  - i. The referee will stop play and inform the player that using the head to strike the ball is dangerous and therefore should not be performed. An indirect kick restart will be awarded to the opposing team.
  - ii. Coaches are reminded that no heading will occur during practice or during game time. And all such action should be followed by an instruction not to perform the action.

G. The “**Blue Card**” only will be used for all ‘small sided” matches. Neither red nor yellow cards have application to the Small Side game.

1. The “Blue Card” is a tool to address and inform players, coaches, and sidelines of unacceptable play or conduct for individuals participating or spectators of the game.
2. See Appendix A for “Blue Card” rules.

## LAW XIII THROW IN

A. Conform to FIFA with the following exception:

1. U8 and below - A second throw in will be allowed if the player fails to properly attempt to throw the ball into play.
  - i. The referee will explain the proper technique before allowing the player to second throw.
2. If on the second throw in, the player once again fails to properly execute a proper throw in, the ball will be awarded to the opposing team for their throw in .

## LAW XIV GOAL KICK

A. Conform to FIFA with the following exception:

1. The ball is to be placed at any point within the goal area.
2. Opposition team can cross the build out line after 2nd touch of offensive team or crosses the half line.

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- i. For U09 and above the ball may not be played by a second player until the ball has left the penalty box area.
- ii. Failing to allow the ball to leave the penalty area will result in a second goal kick.

### **LAW XV CORNER KICK**

A. Conform to FIFA with the following exception:

1. Opponents must be eight (8) yards away before kick is allowed.

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## *Appendix A - The “Blue Card”*

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The “**Blue Card**” will be used for all ‘small sided” matches. Neither the red nor yellow cards have application to the Small Side game. The “Blue Card” is a tool to address and inform players, coaches, and sidelines of unacceptable play or conduct for individuals participating in the game or spectators of the game.

- A. The Small Sided referee often does not feel comfortable with addressing a coach or spectator about their behavior.
  - 1. We must accept that our referees are young and just beginning to learn the skills of being a referee. We must accept that mistakes will be made. It is necessary to reinforce that even the best of referees will make mistakes. Coaches and spectators must accept and respect the efforts of our young referees.
  - 2. The largest factor for referee retention is the interaction of the referee with players, coaches, and spectators. The courtesies and respect given to the referee will support the retention and growth of our young referees.
  - 3. Our young referees are as our young players, learning and maturing with the game of soccer. Please allow them this opportunity through respect and patience.
  
- B. What is the purpose of the “Blue Card”?
  - 1. The “Blue Card” is a tool to address and inform players, coaches, and sidelines of unacceptable play or conduct for individuals participating or spectators of the game.
  - 2. Examples of unacceptable conduct include:
    - i. Coaches, spectators, or players loudly expressing their disagreement with the referees call.
    - ii. Coaches, spectators, or players speaking with disrespect toward the opposing players, coaches, or spectators.

Note: Coaches, Spectators, and players may not address others of the opposing side in any manner other than as supportive and positive comments.

- iii. A Player persistently commits the same foul over and over even after having been instructed to stop such behavior.
- iv. If the referee feels uncomfortable and feels that disrespectful comments are being addressed towards the referee.

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3. The coaches/sidelines may be shown a blue card for the following offenses:
    - i. Abusing or behaving in a threatening manner towards the referee.
    - ii. Abusing or behaving in a threatening manner towards the opposing sidelines.
    - iii. Abusing or behaving in a threatening manner towards the opposing players.
  4. A player may be shown a blue card for the following offenses:
    - i. Abusing or behaving in a threatening manner towards the referee.
    - ii. Abusing or behaving in a threatening manner towards the opposing sidelines.
    - iii. Abusing or behaving in a threatening manner towards the opposing players.
    - iv. Persistently commits the same foul over and over even after having been instructed to stop such behavior.
- C. Coaches responsibility:
1. Coaches are responsible for their own conduct as well as the conduct of the team's spectators and players.
    - i. It is expected that the coach will control unacceptable conduct from his spectators and players.
- D. What purpose does the "Blue Card" provide for the young referee?
1. A young referee may feel uncomfortable when addressing a coach or spectators about their conduct. In most cases this is the young referee first attempt at officiating and do not need the added complexity of addressing angry coaches or spectators. During the learning process, mistakes will be made. These mistakes should be accepted. Rational understanding and comments may be shared with the referee after the game has completed.
  2. Severe concerns regarding referee performance should be forwarded to the Club Small Sided Referee Assignor for follow up.
  3. These concerns regarding referee performance may also be forwarded to the Club VP of Competition.
- E. The presentation of the "Blue Card" by the referee is a non-verbal statement that some condition of the game has become unacceptable and must be corrected.
1. Coaches or spectators must correct the unacceptable conduct. No further unacceptable actions of this kind will be accepted.
  2. Cross field comments must be discontinued immediately.
  3. Coaches are responsible to assist the referee to correct unacceptable play by his players which may be considered disrespectful, dangerous, or persistent.
- F. Coaches are the responsible representative for the team and sideline spectators.
1. Each individual is responsible to correct any unacceptable conduct.

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2. Should the referee be unable to affect correction of an unacceptable behavior it then becomes the responsibility of the coach to assist in achieving an acceptable behavior.
3. Any further continuance of this unacceptable behavior by coaches or spectators will result in the issue of a 2<sup>nd</sup> “Blue Card” and abandonment of the game. The circumstances of the event will be communicated to the appropriate Club VP of Competition or Small Sided Referee Assignor.

### G. Process for issued “Blue Cards”:

1. Any “Blue Card” issued must be reported to the Club Referee Assignor within 24 hours of the issue.
  - i. The Club VP of Competition will facilitate discussion and possible administrative discipline within their Club.
  - ii. The Club VP of Competition will notify to the Association VP of Administration no later than the following Monday regarding any and all “Blue Cards: issued to the visiting team (s).
2. The Association VP of Administration will notify the visiting teams VP of Competition regarding any “Blue Cards” being issued to their teams while playing away from their Club area.
  - i. The Club VP of Competition will facilitate discussion and possible administrative discipline within their Club.
3. A complete report must also be submitted by the referee via the Association web site when completing the game report.
4. Each Club VP of Competition will report back to the Association VP of Competition within five days (or before the next scheduled game) with the resolution pertaining to each “Blue Card” offense.

### H. Expectations for teams receiving multiple “Blue Cards” in a single game or accumulated over a season.

1. The Association VP of Competition will notify the responsible Club VP of Competition upon identification of a trend for multiple cards issued.
2. The Club VP of Competition will facilitate discussion and possible administrative discipline within their Club.
3. The Club shall consider actions such as removal of coaches or spectators from the sidelines should the situation be warranted.
4. If the issue is related to player performances, assigning of a mentor for the coach may be necessary.

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5. The Club VP of Competition will report back to the Association VP of Competition within five days (or before the next scheduled game) with the resolution pertaining to the cause and corrective action associated with the accumulation of multiple “Blue Card” offenses.
6. Any reported action by a referee or coach, which is of a serious nature or deemed severe, may be brought before the NSYSA Disciplinary Committee. The findings of the Club may be considered, but the decisions of the NSYSA Disciplinary Committee may be added to the findings of the Club or supersede those findings.

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## *Appendix B:*

### *NSYSA Special Consideration - Mercy Rule*

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- A. The mission of North Sound Youth Soccer Association includes the goals of teaching the game soccer and promoting sportsmanship.

With regard to the values of sportsmanship, one of the main things that we as coaches need to avoid is running up the score against opponents who are not as strong. The general rule of thumb is that if your team is ahead by five or more goals, the coach should take measures to keep further scoring to a minimum.

- B. For the Small sided games U5 through U10
1. If the score differential reaches 5 goals, then the coach of the team with fewer goals may add one field player. If the goal differential returns to 4 goals, then the coach must remove one field player, thus returning to the original number of players.
  2. If the score differential reaches 8 goals, then the coach of the team with the fewest goals may insert an additional field player to the field. If the goal differential returns to 7 goals, then the second extra field player must be removed from the field.

## *Appendix C:*

### *Player, Parent / Spectator, Coach Sideline Guidance*

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#### **GENERAL NSYSA GUIDELINES FOR THE SIDELINES**

Coaches, parents and spectators should show only good adult behavior on the sidelines and act as role models for the younger players. Help create a positive soccer atmosphere. Influence your youngster's soccer experience by following these "Soccer Sideline Ethics".

- A. **The Fun is Playing** – Encourage youngsters in skill development and 100% performance. **Winning is not their motivation**. They want to be having fun. So lighten up, decrease the competitive pressures, and encourage skills, teamwork, self-esteem, and good sportsmanship. Enjoy this opportunity to be with youngsters on the field.
  
- B. **Know the Game and the Laws** – Soccer looks simple but it is complex to play, coach and officiate. You'll enjoy the game more by understanding soccer skills and tactics, the flow of play, and how the game is played. Soccer is free-flowing with ever-changing situations and constant problem solving by the players. Soccer is physical and demanding. With no timeouts, it is fun to watch. There are only 17 laws in soccer. Understand the basic laws and increase your enjoyment of the game.  
Note for "Laws of the Game" go to the FIFA Web Site,  
<http://www.fifa.com/worldfootball/lawsofthegame.html>
  
- C. **Support the Team, not just your Youngster** – Give encouragement to the entire team. Don't yell constantly at a youngster. Avoid giving directions while they are playing. Soccer is above all a player-dominated game and they have to make the decisions on the field. Always be positive, win or lose. Don't get over involved emotionally.
  
- D. **Practice Good Sportsmanship** – Always show sportsmanship and enthusiasm. Young people learn by example. Encourage your players to play by the rules. Cheer good play by both teams. Ask your youngster: "Did you have fun and try your best?" rather than, "Why didn't you win?" Win gracefully, not boastfully. Lose without being negative. Make sure the end-of-the-game rituals (such as the handshakes) reflect good sportsmanship.
  
- E. **Let the Players Play** – Soccer is a players' game. Youngsters participate for their enjoyment, not ours. To children, playing is more important than winning, while

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winning is more important to parents and coaches. Emphasize player development and having fun over winning.

- F. **Let the Coaches Coach** – The coach, volunteer or paid, provides guidance, skill instruction, and supervised fun for your youngsters in soccer. Respect the coaches and their decisions. Their concern is the whole team, not just your player. Don't undermine, second-guess, or criticize a coach in public. Coaching will be allowed only from the sidelines occupied by the team. No coaching is allowed from both sides. Most coaches will listen to parents in private, and may ask parents to help with practice.
- G. **Let the Referee Judge the Game** – Soccer referees control the game the moment they enter the grounds. Most are young and are still learning to referee, just as the players are learning to play. They respect fair play, sportsmanship, skill and the spirit of the game. Referee calls are final. No player, coach, or parent may change a ref's decision, but the criticism disrupts the game. Support the referees.
- H. **Get involved with Soccer** – Come to the games in the spirit of fun and play. Meet other parents and coaches. Make sure your youngster comes ready to play – with the proper equipment and attitude. Help them develop the skills and tactics for the game. Go to a pro or college game with your kids, or watch a game on television with them. Kick the ball around with them. Soccer isn't easy to play, so don't criticize your player for losing or making mistakes – applaud good effort.
- I. **Be a Supportive Soccer Parent** – Volunteer to help with practices. Soccer teaches discipline and responsibility, so be on time! Support the coach whenever possible. Be more concerned with your player's long-term development of skills and tactics than with short-term winning and losing. Focus on skill accomplishments and effort.
- J. **They're Only Kids - It's Only a Game** – Allow your child to be a child. Kids see soccer as fun, learning new skills, emulating heroes, being on a team, gaining success by touching the ball, and just being involved. Soccer can teach skills for life, building character, self-esteem, and awareness of others. There's no such thing as a loss if players do their best. You'll see wonderful progress if fun and skill development are your priorities.
- K. **Sideline Conduct** U05 thru U10, parents and spectators **SHALL** remain on the opposite side of the field away from the teams

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- L. Neither teams, parents or spectators may go beyond the top of the goal box when present on the field. Spectators and parents may not gather along the goal lines or behind the nets during the playing of the game.
  
- M. **Animals at the Field** - It is recommended that animals not be permitted at the field, at any time. Many of the fields are marked and provided guidance regarding field usage and animal presence. Please abide by this signage. County ordinance and school regulations do not allow for animals to be at the field. The exception to this rule will be "service dogs." Service animals in training must be accompanied with a trainer who can present appropriate documentation for the animal. Service Animals in service must be wearing the associated halter which bears the appropriate documentation for the animal. No exceptions will be made.

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## *Appendix D:*

# *Guidance for “Heading the Ball”*

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### References:

- a: USSF Initiative “Player Development” 2016
- b: USSF Guidance for “Heading the Ball”
- c: Recognize to Recovery - December 2015
- d: Recognize to Recovery Update - 02 December 2015
- e: WASRC Policy on Safety

### **General Guidelines for Using the Head to play the ball - “Heading the ball”:**

U.S. Soccer has taken a lead in education, research and proposing rule changes in the area of concussion management and protocols, and has been at the forefront of concussion prevention.

These changes are recommended for U.S. Soccer’s youth members. Washington Youth Soccer has determined that the implementation of these rules is in the best interest of our players and the game of soccer. They are based on the advice of the U.S. Soccer medical committee, and therefore U.S. Soccer strongly urges that they be followed.

➤ **These new rules will take effect on Jan. 1, 2016.**

If a player suffers a significant blow to the head and is removed from the game to be evaluated for a suspected concussion or head injury; the rules mandate that a Health Care Professional (HCP) must evaluate a player, using prescribed concussion protocol, for all players that display the symptoms of a concussion.

### **Coaches’ Responsibility:**

For ages U10 and below; coaches shall not train or allow players to head the ball during practice or league play. Attempts by players to head the ball must be corrected. And the player must be encouraged not to attempt to head a ball for any reason.

**There is no exception to this implementation!**

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**Referee Responsibility:**

Statements from reference “e” expand and clarify referee powers and duties concerning safety. These statements do not alter or conflict with any Laws of the Game or other instructions from USSF or FIFA. These statements are endorsed by the Washington State Referee Committee, Washington Youth Soccer Association and Washington Adult Soccer Association. These instructions are policy and will be followed by all USSF Certified Referees in the State of Washington and will be implemented in all USSF Sanctioned youth games. These guidelines are also will be policy for Club Referees and will be followed in all Association sponsored games.

**Article I Concussions:**

- A. If the referee suspects a participant in their youth game is suffering from a concussion:
- 1) The referee must immediately stop play if the ball is still in play
  - 2) The participant must leave the field, with assistance if necessary, before play can be resumed
  - 3) The referee MUST advise both coach and player that by Washington Law, future participation in sports requires that they cannot return to play until the athlete has been evaluated by a licensed health care provider and received a written clearance to play
  - 4) Once off, the participant is no longer a player, substitute or substituted player; and the athlete is disqualified from further participation in this game
  - 5) At the conclusion of the game, the referee must file a report with the appropriate State or Local Association containing all the details of the incident and data to clearly identify the participant involved. The referee must also confirm that both the coach and player have been informed about the return to play requirements of the Washington Law.
  - 6) Referees are in no way responsible for events that may have occurred in prior or following games where they are not an assigned official
- B. No coach shall permit a player who has been removed from a game for a concussion assessment to RTP until cleared to do so by an HCP.
- C. If a coach continues to seek to allow a player, who been removed from a game for a concussion assessment, to re-enter the game; the referee shall allow the player to return to the field but shall:
- 1) Not restart play
  - 2) Direct the player to leave the field of play and
  - 3) Direct the coach to remove the player and select a substitute.
- D. If a coach seeks to allow a player to re-enter the game, that has been removed from a game for a concussion assessment and who has not been cleared to medically by a qualified HCP, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee shall be entitled to take such

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other disciplinary measures as are permitted. The game shall not continue while the player removed for a possible concussion is removed and substituted for.

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