



AYSO Region 613 Game Guidelines

*These game guidelines are specific to Region 613 in Coloma, MI
To view the AYSO National Rules and Regulations and more,
please visit www.ayso613.com/parents/ayso manuals*

Conduct during Games: The highest standards of conduct and good sportsmanship must be maintained at all times by players, coaches, referees, spectators and all other participants.

- (a) Offensive, insulting or abusive language is forbidden.
- (b) The use of alcohol, tobacco products, or illegal drugs in the vicinity of the playing field during practices or games is strictly forbidden.
- (c) All participants must wear the official uniforms for all games and dress in them in a neat, clean manner.
- (d) The use of shin guards is required at all practices and games.
- (e) **Coaches** are expected to be positive role models and set the best possible example for the participants.
Excessive coaching from the sidelines shall not be permitted, and the function of the coach is to provide positive instruction and encouragement to the players. The coach may enter the field of play *only* with the consent of the referee and may coach only within 10 yards in each direction from the half-way line of the field (in no event in either of the penalty Areas or from behind the goals).
- (f) **Spectators** at games must remain behind the spectator control line (three yards from the touchline) and between the penalty areas and their vocal efforts should be limited to positive compliments to the participants. Spectators are expected at all times to act positively around players and to demonstrate respect for opponents, officials, and all other volunteers. Under no circumstances should they attempt to coach or address remarks derogatory to players, coaches or the referee.
- (g) At the end of the game, the players on each team shall line up and shake hands with the players of the opposing team and thank the referee and assistant referees.
- (h) Discipline shall be up to the referee at each game (Youth or Adult). The referee shall have the power and authority to caution and send off players and warn and expel coaches (as well as spectators, in the case of outside interference) from the playing Area, or terminate the match if necessary, if their conduct violates the Laws of the Game, these guidelines or otherwise interferes with the course of play. No appeal of disciplinary action taken by a referee shall be allowed.

Duration of Games: Games shall be of two equal halves, and shall not to exceed the following maximum durations:

U6 =10 minutes, U8 =20 minutes, U10 =25 minutes, U12 =30 minutes, U14 =35 minutes, U16 =40 minutes, U19 =45 minutes
Half-time periods shall be a minimum of five and a maximum of ten minutes as designated by the referee.

Size of Ball: Ball size for each division shall be as follows: U6 & U8 = Size 3, U10 & U12 = Size 4. U14 - U19 = Size 5

Number of Players: The players of each team must be safely equipped and easily distinguished from the opposing team. In situations where one or both teams are short a significant number of players, a "friendly match" could be organized by combining/sharing players from one or both teams. If the required amount of players are not present the total number of allowed players on the field can be reduced to play. Eleven-a-side is the norm, with a minimum of seven required. Fewer than that is allowed and strongly recommended for younger age groups.

The AYSO National Coaching Program recommends 3-a-side for U-6, 6-a-side for U-8, 7-a-side for U-10 and 9-a-side for U-12. A goal should be disallowed if it is determined that the team scoring the goal had more than the allowable number of players on the field at the time the goal was scored or if any bench personnel from the team that scored were on the field at the time of the score. This is true only if discovered by the referee before restarting play after the goal.

Official Lineup Card: Before each game it is the Coaches responsibility to fill out a Line Up Card and present to the Referee before the game. *All team players must be listed in order by Jersey Number.* Line Up Cards can be printed off the website at www.ayso613.com or found in the equipment shed under the Coaches mailboxes. The referee or assistant referee must keep and submit a record of playing time on the lineup card, and if it appears that a player (or players) will not be substituted into the match after sitting out the entire first half or they have only one 'quarter' of playing time at the end of the third 'quarter,' the referee should inform the coach of the situation before starting play. If the coach still elects not to substitute the player or players into the match, the referee is not empowered to require the player(s) in question to play, as this is solely the coach's decision. The referee should start play and must include the information in the game report for review and consideration by the Regional Staff.

Playing time and Substitution: No player should sit two quarters before everyone has played at least one quarter. Coaches should try and rotate players who start each game so the same players are not always sitting the first quarter. In AYSO it is mandatory that all players who are present at the match play a minimum of one half of the game. In Region 613 a "Three Quarter Rule" is encouraged which means no player on a team should play four 'quarters' in a given game, until all players on the team have played three 'quarters'.

Such participation is controlled as follows:

- (a) Approximately midway through each half the referee shall permit substitution. This normally occurs during a regular stoppage in play, and the game is resumed with the appropriate restart (i.e. throw-in, goal kick, corner kick, kick-off, free kick, penalty kick or dropped ball). On occasion the referee may need to stop play for substitution while the ball is in play, in which case the game is resumed with a dropped ball.
- (b) Substitutions may also be made at half-time and at the start of any overtime periods.
- (c) When the referee signals for substitution, the coaches should have all substitutes entering the game immediately report to the referee or the designated assistant referees, who shall note on the lineup cards those team members substituting.
- (d) During such stoppages, the coach of each team may substitute as many team members, or none, including previously substituted team members, as long as all eligible team members meet the minimum playing requirements.

Substitution for injury: *Coaches and parents are not allowed on the field until the referee signals them to come check on the player.*

- (a) If a player is injured, the coach may provide a substitute for the player, in which case the injured player may not return until the beginning of the next "quarter". Only the player who is injured is credited with a "quarter" played regardless of the actual time played.
- (b) The coach may choose to not substitute and "play short" thereby allowing the injured player to return during the "quarter" in which he or she was injured.
- (c) The player must receive a signal from the referee in order to return to the game.

Late arriving team members shall be substituted as follows:

- (a) If the team member arrives during the first "quarter", the team member must play a minimum of two of the remaining three "quarters".
- (b) If the team member arrives during the 2nd or 3rd "quarter", the team member must play a minimum of 1 "quarter".

Substitution stoppages are intended only to be a time for the quick substitution of a few players and are not intended as mini-half-time periods or opportunities for coaching or any other purpose that would unduly extend the time taken for the game. The only players entitled to leave the field are those being substituted for, and the only individuals entitled to enter the field are the new players. This entire process should take only about a minute or less.

Good Sportsmanship/Blow Out Rule: There is no such rule in AYSO to deal with games where one team is dominating the scoring. In any competition, there is the chance that the score will be lopsided. AYSO Region 613 is a bit different from most sports leagues, in that winning at all costs is not the goal. Rather we want to promote a league where all of the participants can have fun. **AYSO Region 613 feels the goal differential of a game should not be more the 5 goals at any point during a game.** Now, in no way are we stating that you should not try to win the game! By all means, play to win! However, in a game that doesn't appear to be close the Coaches are expected to control the situation.

Some basic guidelines to help situations like this are:

- (a) If a player scores 3 goals in one quarter and your team is ahead by more than 2 goals, pull that player to defense for the remainder of the quarter.
- (b) If that player scores a 4th goal when put back on offense in a later quarter, and your team is ahead by more than 3 goals, pull that player to defense for the remainder of the quarter.
- (c) If that player scores a 5th goal when put back on offense in a later quarter, and your team is ahead by more than 4 goals, pull the player to defense and either don't play them in the final quarter, or keep them on defense for the rest of the game.

Unless the game is close, there is no reason for a player to score more than 5 goals in a game. An easier way to say all that is, "If your team is up by alot, don't let one player rack up the score". Now, if the game is close (within 1 or 2 goals), and that player is keeping you in the game, let them score all they can! But generally speaking if a player scores 5 or more goals in one game it is generally not a close game.

Other ideas to use during lopsided games First and foremost, do not embarrass the other team. (i.e. when your team is winning don't let players yell "don't shoot, don't shoot" Coach says we can't score anymore goals) That doesn't make the losing team feel any better then getting scored on. As a coach you need to get creative, make up code words so the team knows they can't score another goal or they have to pass the ball. Make sure the players don't talk about your strategy on the field, here are a few examples to use if your winning big.

- (a) Players only get two touches on the ball, then after two touches they have to pass to a teammate.
- (b) Every Player on the team must touch and pass the ball before taking a shot.
- (c) Only take shots from outside the penalty area.
- (d) Only allow two attackers down field to try to score.
- (e) Players can't shoot unless it's off a cross.

So it's coming up with solutions that make your players better, because now they're taking two touches, they need to play quickly, they have to move off the ball, so they are getting something from the game and you're not embarrassing the other team. Eventually you will be in both situations as a parent, as a coach and as a player and it feels terrible to be in either one. **So make it great for everyone.**

If you have any questions or need other suggestions on how to control a game, please feel free to contact the Coach Administrator, Referee Administrator, or Regional Commissioner.