

U-14 / U-16 CoEd Rules and Pointers

Field Size: 180' x 300'	Half Time: 5 minutes
Ball Size: Size 5	Quarter Break: 2 minutes
Short Sided Play: 11 vs 11	Substitution: Quarters
Total Field Time: 95 minutes	Slide Tackling: Allowed
Scheduled Warm-up: .. 15 minutes	Heading: Allowed
Quarter Time: 17.5 min x 4	Offside: Fully Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Heading the ball is allowed in games, but may be practiced no more than 15 minutes per week.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2nd & 4th quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used.

After the ball has completely crossed the side boundary lines - called touch lines - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touch line.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

A player is offside if he or she is ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents even with or between him/her and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, corner kick or goal kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information of offside, or other soccer rules, refer to the coach's page of the regional website: www.ayso1103.org.

U-12 CoEd Rules and Pointers

Field Size: 150' x 270'	Half Time: 5 minutes
Ball Size: Size 4	Quarter Break: 2 minutes
Short Sided Play: 9 vs 9	Substitution: Quarters
Total Field Time: 85 minutes	Slide Tackling: Allowed
Scheduled Warm-up: .. 15 minutes	Heading: Not Allowed
Quarter Time: 15 min x 4	Offside: Fully Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Heading the ball is not allowed. Slide tackling is allowed, however it will be severely discouraged by referees, and ANY contact will be consider a foul. Anything beyond moderate contact, or any contact from behind will be carded.

To start the game, the second half, and after each goal, a kick off is taken from the center circle. 2nd & 4th quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. After the ball has completely crossed the side boundary lines - called touch lines - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touch line.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

A Corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

A player is offside if he or she is ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player:

5. Is in his/her own half of the field.
6. Has two opponents even with or between him/her and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
7. Is the first to receive the ball from a throw-in, corner kick or goal kick.
8. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information of offside, or other soccer rules, refer to the coach's page of the regional website: www.ayso1103.org.

U-10 CoEd Rules and Pointers

Field Size: 120' x 240'	Half Time: 5 minutes
Ball Size: Size 4	Quarter Break: 2 minutes
Short Sided Play: 7 vs 7	Substitution: Quarters
Total Field Time: 75 minutes	Slide Tackling: Allowed
Scheduled Warm-up: .. 15 minutes	Heading: Not Allowed
Quarter Time: 12.5 min x 4	Offside: Loosely Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Only blatant offside should be called. Slide tackling is allowed, however it will be severely discouraged by referees, and ANY contact will be consider a foul. Anything beyond moderate contact, or any contact from behind will be carded.

To start the game, the second half, and after each goal, a kick off is taken from the center circle. 2nd & 4th quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. After the ball has completely crossed the side boundary lines - called touch lines - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touch line.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

A player is offside if he or she is ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents even with or between him/her and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, corner kick or goal kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information of offside, or other soccer rules, refer to the coach's page of the regional website: www.ayso1103.org.

U-08 Boys & U-08 Girls Rules and Pointers

Field Size: 75' x 150'	Half Time: 5 minutes
Ball Size: Size 3	Quarter Break: 2 minutes
Short Sided Play: 5 vs 5	Substitution: Quarters
Total Field Time: 65 minutes	Slide Tackling: Discouraged
Scheduled Warm-up: .. 15 minutes	Heading: Not Allowed
Quarter Time: 10 min x 4	Offside: Not Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper **may not** be used at this level. Heading the ball is not allowed. Offside is not enforced. All free kicks will be direct free kicks. Free Kicks in the goal box (small box) will be moved out of the goal box area. Players may defend. There are no penalty kicks. While slide tackling is legal, it should not be taught or encouraged at this age. Players will be strongly encouraged to keep their feet.

To start the game, the second half, and after each goal, a kick off is taken from the center circle. 2nd & 4th quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. After the ball has completely crossed the side boundary lines - called touch lines - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touch line.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

For more information on soccer rules, refer to the coach's page of the regional website: www.ayso1103.org.

U-06 Boys & U-06 Girls Rules and Pointers

Field Size: 45' x 90'	Half Time: 5 minutes
Ball Size: Size 3	Quarter Break: 2 minutes
Short Sided Play: 3 vs 3	Substitution: Quarters
Total Field Time: 45 minutes	Slide Tackling: Not Allowed
Scheduled Warm-up: .. 15 minutes	Heading: Not Allowed
Quarter Time: 5 min x 4	Offside: Not Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper shall not be used at this level. Heading the ball and slide tackling are not allowed. Offside is not enforced. In general, free kicks should be avoided and players should be coached on appropriate play. Should a free kick become necessary, it will be direct. Coaches at this age are encouraged to be on the field with the players, and to assist players on both teams to keep the game flowing.

To start the game, the second half, and after each goal, a kick off is taken from the center circle. 2nd & 4th quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, or Free Kick (if one was awarded at the time of the quarter break). If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. After the ball has completely crossed the side boundary lines - called touch lines - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touch line.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball is placed near the goal on the goal line. It is encouraged that the opposing team be asked to provide enough space so that the restart can be taken.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed on the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

For more information on soccer rules, refer to the coach's page of the regional website: www.ayso1103.org.

New Rules for MY2016:

1. Slide Tackling is legal for all divisions. However, slide tackling should not be taught or encouraged at U08 and below. Any contact should be considered a foul, and players should be encouraged to keep their feet even if there is no contact. At U10 and above, Any contact player to player with a slide tackle, either before, during, or after the tackle, will be considered a foul by the referee. Anything more than moderate contact, or any contact from behind, will be considered a cardable offense.
2. Heading is no longer allowed at the U12 division. Heading is allowed at the U14/16 level, however practice is limited to no more than 15 minutes per week per player.
3. Any Free Kicks at U08 and below are direct. Any free kicks in the goal box will be moved to the outside of the goal box area.
4. The uniform policy will be enforced. Players must have the proper jersey and socks to compete. Shorts are not required to be uniform specific, but must be a neutral Navy or Black color. Players should bring alternate jersey in case jamboree play is required.
5. 5 Point Jamboree Rule: We strive to balance teams as evenly as possible, but some days some teams are unable to compete, and others are competing at a very high level. If, at any division level, the score is 5 points or more in favor of one team, then the referee will require that the teams divide up and play jamboree. Each coach will split their team evenly, and the referee will decide which group will play with which coach for the second half. Pinnies will be provided if necessary. In the absence of a referee, it is expected that the coaches institute this policy themselves. In this case, each coach would split their players evenly, and the opposing coach will select one of those two groups to play with him/her.
6. Coaching Certifications: Each AYSO coach is now required to be certified at the level of the team they are coaching. This means U14 teams need intermediate certification. All coaches must have completed Safe Haven Certification, and any coach participating in tournament play must have their CDC Concussion Awareness Certification.
7. Please Note ALL volunteers must register on a yearly basis. Please make it a habit to register as a volunteer as you register your child to play. The most time consuming part of preparation for the season is following up with individuals and reminding them to register. Your certifications - Safe Haven, coaching, referee, etc - stay with you for life.
8. Starting next season (MY2017) all team volunteers will need to complete the CDC Concussion online certification course. You may complete this course at any time by going to www.aysotraining.org.
9. AYSO will continue to use July 31 as the age of determination date for determining divisions. ISL and Select Team play will use birth year to determine divisions
10. ALL AYSO Tournament teams must be approved by the regional commissioner.