



NAYSA



North Area Youth Soccer Association

Coaches & Players Handbook

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BACKGROUND

North Area Youth Soccer Association (NAYSA) was formed in 1983 by parents interested in providing recreational soccer to central New York. The Association has offered thousands of children the chance to participate in a reasonably priced outdoor soccer program. Parents/guardians of all participants are automatically considered Trustees of the Association. The ages served by the Association are 5 through 18. July 1st is used as a cut-off date for each division and to participate, the child must be 5 by July 1st of the current season and no older than 18 and in high school by the end of the season. NAYSA offers five divisions:

- 6 & Under (Instructional)
- 8 & Under
- 10 & Under
- 13 & Under
- 14 & Over

Our philosophy is to teach the youth of our community basic soccer skills, sportsmanship, teamwork, and to have a lot of fun.

The Association is governed by a Board of Directors, which consists of eight to twelve people willing to volunteer for a two-year term of office. NAYSA is an independent organization and will always stay independent. NAYSA carries general liability insurance. All coaches, players, spectators, referees, and directors are covered. Please contact either the President or Vice President of NAYSA if a claim is to be filed.

COACHES

Selection Criteria

All coaches must be at least 18 years of age. In order to respect and thank coaches for their participation, NAYSA has established criteria to be used in the selection of coaches. In the event the number of coaches available exceeds the number of positions available, the following criteria shall be used for selection:

- a) Coach with a child in the division
- b) Number of teams already coaching
- c) Years of experience as a NAYSA Head Coach
- d) Years of experience as a NAYSA Assistant Coach
- e) Years of experience coaching in preferred division

Note: The NAYSA Board reserves the right to remove from consideration any person who registers to coach.

A team is only allowed to have a maximum of one Head Coach and one Assistant Coach prior to the start of the Spring session.

Rules For NAYSA Coaches

- Foster the philosophy of NAYSA – skill development, sportsmanship, teamwork, and fun. Discourage excessive competitiveness. The object of the game at this level is to teach and have fun, not always play to win.
- Play every child, regardless of ability, who is present for a game at least two (2) quarters of every game, even if absent from practice.
- Avoid any form of foul language. Display zero tolerance for it from your players and their parents, both on and off the field. Young children are always present, and both coaches and players of all levels are role models for them.
- Refrain from smoking or vaping when on NAYSA fields.
- Notify team members, of team selection and practice information within one week of draft usually by mid-April.
- Keep parents informed of all team information, rules of the game, and the NAYSA philosophy, as needed.
- Abuse of the referees will not be tolerated. If you have a specific question or concern regarding the officiating, bring it to the attention of the Referee Coordinator or Coordinator of the Day the day of the game. Coordinator of the Day and NAYSA Board Members are listed on the website.
- Conduct one (1) practice before each game, weather permitted (Optional for 6 & Under).
- Provide coverage through assistant coaches or parents in your absence.

- Ensure that all children leave the park before you leave. You must stay until all players have left.
- Sign NAYSA Game Score form each week following the end of each game to verify the score. The referees will provide the form. These sheets will be the basis for official league statistics.
- Complete an Incident Report Form in the event of an injury.
- Ensure players conduct the post-game handshake with the opposing team.
- Ensure all players are properly dressed (cleats (optional for 6 & Under), shin guards, no jewelry) before every game and practice. If not properly dressed, inform the parent or guardian of the player that the child is unable to participate. Tape is available at the Referee Stand for players who cannot remove earrings.
- Complete rating for all players at the end of the season.
- Coaches that do not follow these rules can be disciplined at the discretion of the NAYSA Board up to and including removal from their position and inability to coach in the future.

DRAFT

The draft for NAYSA occurs between the end of March and early April. It is done early to provide ample time for uniforms to be ordered and delivered before the opening game. A local hall in the North Syracuse Area is used and all divisions draft teams the same evening, except the 6 & Under Instructional Division, in which players are assigned to teams in lieu of being drafted.

A team is only allowed to have a maximum of one Head Coach and one Assistant Coach prior to the start of the Spring season. Players, including siblings, who have a parent who is volunteering as a Head Coach or an Assistant Coach in the same division they are playing in will be automatically placed on that team unless a special request was made not to. The Board will determine an appropriate draft slot of where children of Head Coaches / Assistant Coaches are to be placed for their parent's team prior to the draft and therefore, that parent/coach will not have a draft pick for that round. If siblings are playing in the same division, they will be placed on the same team unless the parents wish otherwise. We are unable to fulfill carpooling, friend requests, or coach requests.

For players who register during the summer break, the Board is responsible for assigning these players and will reach out to all the coaches within the divisions to determine if any players will not be returning to their team for the Fall Session. Any teams who lose players during the summer break will be the first teams to be assigned new players who registered during the summer break. If there are still new players to be assigned during the summer registration period after it is determined that all teams in the division have an equal number of players, then teams who did not lose any players during the summer break will be added as eligible teams at the end of the list.

RATINGS

At the end of the season, coaches will rate their players for soccer skills. These ratings are then used during the next season's draft. Since many coaches are new each year and are not familiar with many of the children, the ratings can give them some idea of a player's ability. Coaches are asked to rate the field skills and goalkeeper skills for all of their players. A rating of "did not play" is available for a player who did not play goalkeeper during the season. It is imperative to rate children truthfully. If a coach is rating the children untruthfully, the NAYSA Board will determine appropriate action.

NOTIFICATION OF PLAYERS

Team rosters will be sent to each coach after the draft. Coaches then contact players' families. Since practices begin at the end of April and since some children registered in January, please notify all players within one week after the draft. Notification can be done via email or phone at the coach's discretion. The website provides a simple tool for the coach and league to email all team families, so this is the default form of communication. Practice for the Fall Session may begin mid-August. All players should be notified by the first week of August. Coaches will be notified regarding any possible schedule changes for the Fall Session and these should be communicated to the players.

PARENTS' MEETING

One Parent Meeting is held in the Spring of each year. This meeting is an informational session held prior to the beginning of the Spring Session. The purpose of the meeting is to let the parents know about the league and encourage them to participate in the various events that the league sponsors. It will also be a time when parents may meet their child's coach. Coaches are asked to encourage parents to attend this meeting and to become involved in all the league's activities.

UNIFORMS

Uniforms are selected based on price, quality, and availability at the discretion of the Board. The Board of Directors will select the supplier for the season. The Board tries to rotate to a new uniform every few years to provide a different uniform for players. Coaches and Assistant Coaches will be provided a coach's shirt with the NAYSA logo.

Uniforms will be delivered to coaches prior to the opening of the Spring Session. When possible, they are delivered during the Parents Meeting otherwise they will be distributed at the NAYSA fields. Each player will receive a shirt with a logo and a number on the back, black shorts, and matching soccer socks. Shirts cannot be exchanged or returned. A replacement shirt can be ordered for a \$20 fee. Please ensure the correct size is selected during registration. Players must wear their full uniform on game day. Players who do not wear their whole league uniform will be given a warning (yellow card).

FIELDS

All practices and games **MUST** be conducted at Clay Park Central fields on Wetzel Road. Coaches will be held to one practice per week at an assigned time chosen during the draft at an assigned time chosen during the draft. Any exceptions must be coordinated with the Board.

A copy of the Town of Clay Park permit is distributed to all coaches. It will detail times the fields are available to NAYSA. Coaches should be sure to review it and bring a copy to all practices. A map of the field locations can be found on the league website. Spectator lines have been established to provide safety of players and spectators. Parents and team members are to remain at least six feet from the outer edge of the playing fields. Additionally, there should be no spectators around or behind the net area.

If the Town of Clay closes the fields due to field conditions, teams are not allowed to practice on/in any areas of the park. For specific field closures, the Board will work with coaches for alternate practice field locations within the park.

NETS, FLAGS, EQUIPMENT

The league has nets that are used throughout the season. All nets are put up at the beginning of each session and are taken down at the end of each session. Corner flags and cones are set up and removed every Saturday. Referees are responsible for setting up and for putting away the appropriate equipment.

FIRST AID

A stocked first aid box is located at the Referee Stand (located on the east side of the Concession Stand). Remember, gloves must be worn anytime there is blood. In the event of an emergency, a phone is located in the Concession Stand. A general rule of thumb for any injury is: **IF A CHILD IS UNABLE TO MOVE OFF THE FIELD HIMSELF, DO NOT MOVE THEM AND WAIT FOR TRAINED PERSONNEL TO ARRIVE.** If an injury occurs on a game day, please fill out an Incident Report Form with a Board Member when an incident occurs. Forms are available at the Referee Stand.

If an injury occurs on a practice night, please collect all pertinent information of the injury, which includes name, type of injury, cause of injury, field locations, field conditions, outcome (parent took child home, urgent care, ambulance, etc.), and other information of value. Send this information to the NAYSA organizational email or to the President and Division Coordinator that evening.

LOST AND FOUND

The Lost and Found will be kept in the Referee Stand with the game balls. Items will be kept until the end of the Fall Session and then given to a local charity. The most often lost items are a soccer ball and water bottles. Please have the children put their names on these items so they can be returned to them.

TEAM PARENT

A Team Parent(s) may be selected by each coach at the beginning of the Spring Session. Primarily, the Team Parent responsibilities are to assist the coaching staff with administrative tasks. These may include:

- Assisting on Picture Day by helping assemble the team at the right place at the right time.
- Notifying parents of practice changes.
- Coordinating a team snack list for games.

PICTURES

Team and individual pictures are taken usually on a Saturday in May with a potential rain date. These pictures are taken by a local photographer. This activity is entirely optional. Order forms with the available packages and costs are distributed with the uniforms but are also available at the Referee Stand. Coaches will not need to handle any money or take any orders, just distribute the information.

Teams are assigned a specific time to have their pictures taken. We ask that all players take part in the team picture, even if they are not purchasing any pictures. Please be on time as the schedule is arranged to avoid any delays in game starting times.

REFEREES

Referees for these divisions are generally individuals who have played for or are currently playing for NAYSA. These “student” referees are monitored by a Referee Coordinator who is also a Board Member that is performing this role. The Referee Coordinator is responsible for scheduling two referees per game when possible, adjusting the referee schedule as needed, and providing training to the referees to perform their duties.

Referees are responsible for managing the game clock. All games are comprised of 4-quarters and the length of each quarter for each division is specified under the [Division Specific Rules](#) section. Official time for each quarter is managed by the referee and the League utilizes a running clock which does not stop. However, if there is an injury that delays the game for an unreasonable amount of time or there is an incident that results in a delay of game, the referee can add time to the end of a quarter as long as they

inform both coaches. If a team is in the middle of a promising attack and the referee has been informed the time for the quarter has expired, play shall resume until the promising attack is resolved (the defense regains possession or a goal has been scored).

Please keep in mind that these are children/young adults providing NAYSA with a valuable service and that this is a coed, youth recreational soccer league. At no time is any member of the coaching staff to be verbally abusive or physically threatening to any referee. All referees will be given red and yellow cards to be issued as necessary for players and coaches. If a parent is verbally abusive to the referees, the players, or other spectators, the referee will ask the coach to speak to the parent(s). If the parent(s) does/do not cease their behavior, then a Board Member will ask the parent(s) to leave the premises. Depending on the egregiousness of the situation, a coach or parent may be subject to additional disciplinary action beyond what is listed here in the handbook.

Any Board Member has the authority to issue a yellow or red card to any player or coach if that player or coach is not adhering to the NAYSA philosophy of sportsmanship, teamwork, and fun.

YELLOW CARD

A yellow card is used as warning for an excessive physical foul or verbal abuse (dissent). If a player receives a yellow card, they must be substituted for and may reenter the game at the next available substitution opportunity. If a 2nd yellow card is issued to the same player or coach during a single game, it is equivalent to a red card. After issuance of a yellow card, the game is restarted with either a) a Direct Free Kick from where the excessive foul was committed, b) the normal restart if the dissent occurred when the ball was not in play (i.e. ball goes out of bounds and then a player or coach received a yellow card for dissent, the restart would be a throw-in, goal kick, corner kick), or c) an Indirect Free Kick to the opposing team from where the ball was at the moment the game was stopped to issue a player or coach a yellow card for dissent when there is no foul.

RED CARD

A red card is given for fighting or in place of a second yellow card. Any players involved in a fight will be given a red card and automatically ejected from that game and suspended from playing in the next game, whether it is a regular season game, playoff game, or a championship game. The team will play a man down for the completion of the game and if the team does not have enough players, they must forfeit the game.

Actions after a red card include:

- Player suspended from current game and next game (including playoffs and championship game).
- Team must play a man down for the duration of the game; the player may not be substituted for.

- If a player receives a red card during a championship game, then the second suspension will occur on the first game (not the scrimmage) of the following season.
- Players and coaches given a red card must leave the field area or the team will forfeit the game.
- Coaches who receive a red card are suspended for a minimum of 2 games and subject to further disciplinary action by the Board of Directors.
- Any coach or player who gets 2 red cards in the course of a complete season (Spring & Fall Sessions, including playoffs) will not be allowed to coach or play for NAYS the next year.

GENERAL RULES FOR ALL DIVISIONS PRACTICE/GAME RULES

Player Eligibility

Only players who are registered with NAYSA, have paid their registration fees, and have been placed on a team's roster may participate in practices and games. Players can only play for the team they are drafted by/assigned to. This is necessary due to the insurance coverage. Coaches that disregard this could be forced to forfeit the games where illegal players have participated. If this rule is ignored more than once, the Board will determine if additional disciplinary action is necessary.

Player Equipment

- All players (except for those in the 6 & Under Division) are always required to wear shin guards and soccer cleats, even for practice. Soccer cleats are to have soft, rounded, molded cleats. They do not have a center toe cleat that football/softball/baseball cleats have. No metal or wedge type cleats are permitted. While players in the 6 & Under division are not required to wear cleats, it is encouraged that they do so.
- The goalkeeper must wear a different color shirt. This makes it easier to distinguish the goalkeeper from the other players. The shirt must be a neutral color or pattern from the team on the field.
- Sweatshirt may be worn under the uniform in all divisions.
- Sweatpants may be worn either under or over the uniform shorts however, the socks need to be visible on the shin.
- Hats are not permitted however, if the weather is inclement a winter cap is permissible.
- Mouth guards are recommended but not required.
- All jewelry must be removed before playing. There is an exception for earrings that can't be removed before playing but they must be protected. Medical tape is available at the Referee Stand to cover them if needed.
- Metal hair accessories are not allowed, no exceptions.

- No decorations or modifications may be made to the uniforms. No stars, names, etc. are to be added to the uniforms.

The referee will prevent a child from playing if he/she is not properly equipped. All coaches are to check their players before every practice and every game. If players do not meet the equipment requirements set above, then they will not be permitted to play. If a parent disagrees with this, please refer them to a Board Member or a Division Coordinator.

Misc. Rules

- All players are encouraged to bring a water bottle to practice, scrimmages, and games.
- Each child must play at least one-half of each scrimmage/game and it is encouraged that each child plays different positions throughout the season.
- Each quarter the kick-off is switched between teams and a kick-off follows any goal scored, but the non-scoring team.
- A 2-minute break is allowed between quarters and a 5-minute break at halftime.
- Teams will switch ends of the field at half time unless both coaches agree to not switch. However, if one coach wants switch ends and one coach does not, teams must switch ends.
- Teams can play with the same reduced number of players on the field if both coaches agree.
- If a team is down by 5 or more goals, they can add another player to the field. The additional player can remain on the field until the goal differential is 3 goals.
- Games will be postponed or cancelled in the event of lightning, field conditions, or at the discretion of the town and/or Board.
- A team may wait up to 20-minutes before forfeiting (applies to 8 & Under Division and older).
- Offside will be called starting in the 8 & Under Division. It is expected coaches will try to teach their players to look for defenders between themselves and the goal.
- Goalkeepers may take an unlimited number of steps within the penalty area while holding the ball but may not do so to attempt to delay the game.
- All fouls and kicks will be taken in accordance with applicable FIFA rules starting at the 10 & Under Division (e.g., any foul committed in the penalty area by the defense will result in a penalty kick).

SLIDING

Slide tackling is when a player a player slides feet first to try and take the ball from an opponent. Though it is a part of the game, it is inherently dangerous and should be discouraged in both practices and games. Slide tackling is illegal in all NAYSA divisions and referees may issue yellow cards when necessary.

Slide kicks are when a player slides feet first to kick a free ball or kick a ball in their control. Slide kicks are permitted when there is no danger to any player on the field, including himself/herself.

Below are the restarts for slide tackling and illegal slide kick:

- If a player performs a slide tackle, the restart is a Direct Free Kick for the other team.
- If a defender performs a slide tackle in the penalty area, a penalty kick will be awarded to the opponent and the player who performed the slide tackle will be issued a yellow card.
- If the player performs a slide kick and draws contact with another player, it is a Direct Free Kick for the other team.
- If a defender performs a slide kick in a dangerous manner and makes contact with an opponent inside the penalty area, a penalty kick will be awarded to the opponent and the player who performed the slide kick will be issued a yellow card.
- If the player performs a slide kick in a dangerous manner and does not make contact with another player, it is deemed a dangerous play and an Indirect Free Kick is awarded to the other team.

HANDBALL

A handball is the touching of the ball with any part of the arm from the upper boundary of the arm that is in line with the bottom of the armpit to the fingertips. However, not every touch of a player's hand/arm with the ball is a handball offense.

It is a handball offense if a player:

- Deliberately touches the ball with their hand/arm (i.e., moving the hand/arm toward the ball).
- Touches the ball with their hand/arm when it has made their body unnaturally bigger.
- Scores in the opponents' goal directly from their hand/arm.

The goalkeeper is subject to a handball offense if they commit any of the above acts outside of their penalty area.

It is not a handball offense if a player:

- Has their arms and hands against their body.
- If a player does not deliberately touch the ball with their hand/arm (arms/hands are in a natural position).
- If a player positions their arms in a manner to protect themselves (i.e., covering their groin, chest, face).

KICK-OFF

A kick-off is used to start play at the beginning of each quarter and after each goal. Teams will alternate taking the kick-off at the beginning of each quarter. All players from each team must be on their defensive end of the field prior to the kick and the defensive team must be outside the center circle prior to the kick. A whistle is required to start play during a kick-off. The ball is in play as soon as it has traveled one revolution. The player who initially kicked the ball during a kick-off may not touch the ball again until the ball has been touched by another player of either team. A goal may not be scored directly from the kick-off.

SUBSTITUTIONS

Substitutions may be made after the referee has acknowledged the coach's request. Once the substitutions have been made, the referee's whistle will signal that play is to resume.

Unlimited substitutions will be allowed at the following times:

- At the end of a quarter
- After a goal is scored
- Before a throw-in or goal kick for either team
- Before a corner kick for your team

A substitution may be made for an injured player once the referee blows their whistle to stop play. At this time, both teams may substitute any number of players.

THROW-INS

A throw-in is used to bring the ball back into play after it has gone off the field over the sideline. The throw-in is taken by the team that did not last touch the ball while it was in play. The throw-in is taken at the approximate spot that the ball completely crossed the sideline. A whistle is not required. The ball must be delivered with both hands, starting from behind the head and going forward directly over the head. At the time of the throw-in, both feet must be touching the ground. The ball is in play as soon as it crosses the sideline, even when it is in the air. A goal may not be scored directly from a throw-in. The player taking the throw-in may not touch the ball again until it has been touched by another player.

Throw-In Redo Rules are specific for each division and are as follows:

- 6 & Under – Unlimited retakes
- 8 & Under – 1 retake and if 2nd attempt is also an illegal throw-in, the opponent gets to throw-in.

- All other divisions – No retakes

CORNER KICK

A corner kick is awarded to the offensive team whenever the defensive team kicks the ball over the goal line outside of the goal. The corner kick is taken from a stationary ball, on the ground, on or within the arc specified by the referee. The player taking the kick may not move the corner cone or flag when taking this kick but may move the ball anywhere on or within the arc before taking the kick. Hands can be used to position the ball in the arc. If there is no arc on the field, it is at the referee's discretion where the player can place the ball. A whistle is not required to start play. The ball must travel one revolution before it is in play. However, the player who took the corner kick may not touch the ball again until it has been touched by another player. A goal may be scored directly from this kick.

GOAL KICK

A goal kick is awarded to the defensive team whenever the offensive team kicks the ball over the goal line but not into the goal. The goal kick is taken from a stationary ball, on the ground, on or within the goalkeeper box. A whistle is required to start play with this kick. Once taken, the goal kick does not need to leave the penalty area before it is touched by another player. However, all opponents must be outside the penalty area until the goal kick has been taken. The player taking the goal kick may not touch the ball again until it has been touched by another player.

Note: it is suggested to keep the goalkeeper in the goal area and have another defensive player take the kick.

FREE KICKS / FOULS

Free kicks are classified under two headings:

Direct Free Kick - from which a goal can be scored directly against the offending side.

Indirect Free Kick – from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

Direct Free Kick Fouls

Handball – if a player deliberately touches the ball with their hand/arm (i.e., moving the hand/arm toward the ball), touches the ball with their hand/arm when it has made their body unnaturally bigger., or scores in the opponents' goal directly from their hand/arm.

The goalkeeper is subject to a handball offense if they commit any of the above acts outside of their penalty area.

Slide Tackle - slide tackling is when a player slides feet first to try and take the ball from an opponent.

Slide Kick – a slide kick when a player slides feet first to kick a free ball or kick a ball in their control but also makes contact with another player.

Kicking – deliberately kicking another player.

Striking – deliberately striking another player with the hand or other object.

Tripping – deliberately causing another player to fall or stumble by tripping. A tackle which causes the opposing player to trip over the ball without touching the tackling player is a legal play. If the tackling player does not make contact with the player, then it is not tripping.

Pushing – causing another player to lose control of the ball or prevent them from gaining control of the ball by pushing them with the hand or arm.

Holding – hindering the motion of a player by holding them with the hands or arms, or by pressing the player between two or more players or by pressing them against the ground or any other object.

Charging/Jumping – running into another player from in a violent or dangerous manner or jumping towards a player and coming into contact with that player, including the goalkeeper.

Indirect Free Kick Fouls

Dangerous Play – any of the following constitutes dangerous play: playing the ball when on the ground, raising the feet above the waist to play the ball when another player is near (high kick).

Obstruction – impeding, preventing, or shielding an opponent from being able to make a play on the ball when the ball is too far from the player preventing the opponent and they cannot make a play on the ball themselves.

Delay Of Game – if the goalkeeper delays the game or indulges in tactics which the referee determines are designed to hold up the game and waste time.

Playing Back to The Goalkeeper – if the ball is intentionally played back to the goalkeeper to a teammate and the goalkeeper uses their hands, it results in an Indirect Free Kick from the spot the goalkeeper touched the ball, but no closer than inside the goalkeeper box. This rule does not apply to the 6 & Under Division.

DROP BALL

A drop ball is used to restart the game when the ball makes contact with the referee or to restart the game after the game has been stopped due to injury that was not the result of a foul. The team who last had possession of the ball will receive the drop ball at the point where the ball last was when the whistle was blown for the injury or where the referee was when the ball hit them. The only exception is if the ball was in the penalty area when play had stopped; at that point the goalkeeper will receive the drop ball.

To resume play from a drop ball, the referee will hold the ball in front of a player for the team who will receive the drop ball and once it hits the ground upon release, it is a live ball. The player receiving the drop ball can pass, shoot, or dribble. If the drop ball is conducted in a penalty area and the goalkeeper is the player receiving the drop ball, the goalkeeper can use their hands to pick up the ball. The opponent must be a minimum 4-yards away prior to the ball hitting the ground and cannot encroach within 4-yards until the ball has hit the ground.

Drop balls are considered Indirect Free Kicks and may not be scored from until a second player touches the ball.

OFFSIDE

Offside is applied in all divisions in NAYSA except the 6 & Under Instructional Division and is in accordance with FIFA rules. There is a difference between being called offside and being in an offside position. It is not an offense to be in the offside position. A player is in the offside position if they are in their opponents' half of the field and are closer to the opponents' goal line than the ball and the second-to-last opponent. If the player is level with his second-to-last opponent, then they are not in an offside position.

A player is offside if they are in an offside position at the moment the ball is played or touched by a teammate and is involved in the play. If a player is called for being offside, the opposing team will receive an Indirect Free Kick from wherever the offside player was when he/she was offside.

A player cannot be called for being offside if they receive the ball directly from:

- a goal kick
- a throw-in
- a corner kick

GOALKEEPER RULES

The goalkeeper must wear a different color shirt. This is to distinguish the goalkeeper from the other players. Any type of t-shirt or sports scrimmage vest is acceptable.

There will be no charging of the goalkeeper allowed under any circumstances. Charging means physical contact when the goalkeeper possesses the ball with their hands. Charging the goalkeeper will result in a Direct Free Kick for the defending team and could result in the player who charged the keeper being issued a yellow card (at the referee's discretion).

If the ball is passed back to the goalkeeper by a teammate with anything part of the body below the waist, the goalkeeper may not use their hands to play the ball. If a teammate uses any part of the body above the waist, the goalkeeper can use their hands to play the ball. A goalkeeper cannot use their hands to play the ball directly from a throw-in taken by a teammate. If a goalkeeper uses their hands to play the ball after an illegal pass back, the opponent will be awarded an Indirect Free Kick from the point where the handling was committed, but no closer than outside the penalty area. This rule does not apply in the 6 & Under Instructional Division.

PENALTY KICK

A penalty kick is awarded if during the course of play, the defending team commits a foul inside of their penalty area or commits a handball offense inside of their penalty area. A penalty kick will be taken from the penalty mark or 12-yards away from the goal line. The player taking the penalty kick must be identified and all players except the kicker and the goalkeeper must be outside of the penalty area. Prior to the penalty kick being taken, the goalkeeper must have at least one foot touching, in line with, or behind the goal line. The player taking the penalty kick must kick the ball forward. The referee will ensure the player taking the penalty kick and the goalkeeper are ready prior to the kick being taken. A whistle is required to initiate a penalty kick. The player taking the penalty kick cannot touch the ball again until it touches another player.

Below is a summary of resolutions if a player commits an offense prior to the penalty kick being taken:

- If during a penalty kick, the goalkeeper or defense commits an offense prior to the penalty kick being taken and the penalty kick resulted in a goal, the goal is allowed.
- If during a penalty kick, the goalkeeper or defense commits an offense prior to the penalty kick being taken and the penalty kick does not result in a goal, the penalty kick is retaken.
- If during a penalty kick, the attacking team commits an offense prior to penalty kick being taken and the penalty kick resulted in a goal, the penalty kick is retaken.
- If during a penalty kick, the attacking team commits an offense prior to the penalty kick being taken and the penalty kick did not result in a goal, the kick is not retaken and the normal course of

action occurs (if the goalkeeper saves it, play resumes; if the ball goes out of bounds, the proper restart occurs (goal kick or corner kick).

If the player taking the penalty kick touches the ball a second time before another player touches it, then the defense will be awarded an Indirect Free Kick.

DIVISION SPECIFIC RULES

Below is an outline of additional rules specific to each division. If in agreement, coaches may reduce the number of players and/or game times depending on the situation (weather, number of players at the game, etc.). The Board may alternate game times and player sizes for a season/session to account for registration numbers. If this is done, the Board will communicate those changes to coaches prior to the start of the season/session.

6 & Under Instructional Division

- 4 / 10-minute quarters
- Size 3 ball
- No score is kept.
- 8 v 8 (7 players + 1 goalkeeper)
- Teams can use up to the first 20-minutes of the allotted time for warm-up before starting the game.
- Minimum 5 players
- If a team is short on players, the opposing team may share players with them.
- One coach from each team may be on the field to provide instruction to their players.
- Shin guards and cleats are optional (but encouraged)
- An Indirect Free Kick will be awarded for all fouls.
- No penalty kicks will be awarded. Any foul committed by the defense in the penalty area will result in an Indirect Free Kick at the top of penalty area.
- 5-yard clearance on all free kicks
- No offside
- A goalkeeper can use their hands if the ball is intentionally passed back by their teammate without penalty.
- Unlimited attempts when an illegal throw-in is performed.

- Build-Out Rule - when the goalkeeper has the ball in their hands (and for goal kicks) opposing players must retreat behind the midfield line. As soon as the goalkeeper throws, rolls, passes from the feet or once the goal kick is taken, the opposing players can cross the midfield build line.

8 & Under Division

- 4 / 12-minute quarters
- Size 3 ball
- Score is kept.
- 8 v 8 (7 players + 1 goalkeeper)
- Minimum 5 players
- If a team cannot field 5 players, then the team forfeits and the opposing team is awarded a 1-0 win.
- No more than a 2-man advantage is allowed (i.e., 7 v 5 or 8 v 6).
- An Indirect Free Kick will be awarded for all fouls.
- No penalty kicks will be awarded. Any foul committed by the defense in the penalty area will result in an Indirect Free Kick at the top of penalty area.
- 5-yard clearance on all free kicks
- Offside will be enforced.
- A goalkeeper can use their hands if the ball is intentionally passed back by their teammate without penalty.
- If a team is down by 5 goals, they can use an extra player on the field. The additional player can remain on the field until the goal differential is 3 goals.
- 1 redo attempt if an illegal throw-in is performed.
- Build-Out Rule - when the goalkeeper has the ball in their hands (and for goal kicks) opposing players must retreat behind the midfield line. As soon as the goalkeeper throws, rolls, passes from the feet or once the goal kick is taken, the opposing players can cross the midfield build line.

10 & Under Division

- 4 / 15-minute quarters
- Size 4 ball
- Score is kept.
- 11 v 11 (10 players + 1 goalkeeper)
- Minimum 8 players

- If a team cannot field 8 players, then the team forfeits and the opposing team is awarded a 1-0 win.
- No more than a 2-man advantage is allowed (i.e., 11 v 9 or 10 v 8).
- Direct Free Kicks will be awarded, when appropriate.
- Penalty kick will be awarded, when appropriate.
- 10-yard clearance on all free kicks
- Offside will be enforced.
- A goalkeeper who uses their hands to play the ball if a player intentionally passed the ball to them using any part of their body below the waist will result in an Indirect Free Kick for the attacking team at the top of the penalty area.
- If a team is down by 5 goals, they can use an extra player on the field. The additional player can remain on the field until the goal differential is 3 goals.
- An illegal throw-in will result in a turnover.
- Coaches must remain on the sidelines, remain on their half of the sideline, and cannot cross the center line.

13 & Under and 14 & Over Divisions

- 4 / 15-minute quarters
- Size 5 ball
- Score is kept.
- 11 v 11 (10 players + 1 goalkeeper)
- Minimum 8 players
- No more than a 2-man advantage
- Direct Free Kicks will be awarded, when appropriate.
- Penalty kick will be awarded, when appropriate.
- 10-yard clearance on all free kicks
- Offside will be enforced.
- A goalkeeper who uses their hands to play the ball if a player intentionally passed the ball to them using any part of their body below the waist will result in an Indirect Free Kick for the attacking team at the top of the penalty area.
- If a team is down by 5 goals, they can use an extra player on the field. The additional player can remain on the field until the goal differential is 3 goals.

- An illegal throw-in will result in a turnover.
- Coaches must remain on the sidelines, remain on their half of the sideline, and cannot cross the center line.

LEAGUE STANDINGS, PLAYOFF ELIGIBILITY, PLAYOFF GAMES

During the season, there could be games which are considered “scrimmages” and do not count toward final standings while other games will be considered official games. All wins, losses, and ties of official games are used to determine division standings. Except for the 6 & Under Instructional Division, all divisions will have playoffs consisting of the top 4 teams in each division having a chance to move onto the Championship game. League standings will be available on the website. The Board reserves the right to structure division and if necessary, subdivisions, as they see fit depending on the number of registered players for each division before the Spring Session begins.

Official rules for determining final standings are as follows:

- 2 points for a win
- 1 point for a tie

In the event of a tie for a position, the following criteria will be used break the tie (in order):

- Goal differential but there is a maximum of 3 goals per game. This is done to discourage teams from running up the score.
- Best Win / Loss percentage, excluding ties (i.e., 2-3-0 = 0.400' 1-2-2 = 0.333).
- Team with the fewest goals allowed.
- Coin toss

AWARDS

All players will receive an award (trophy, medallion, etc.) at the end of the Fall session. The Board will decide on the award for each season. First and second place teams in the 8 & Under, 10 & Under, 13 & Under, and 14 & Over divisions will receive slightly larger versions of the award. All players receive a participation award to reward all player effort, regardless of standing, and to help reduce a competitive environment.

CHAMPIONSHIP GAME

Once the teams participating in the playoffs have been determined, the 1st place team will face the 4th place team and the 2nd place team will face the 3rd place team in the semifinals. The winners of these two games will face each other in the Championship Game in the final week of the Fall Session. If a division has two subdivisions, then the 1st place team in each subdivision will play the 2nd place team in the opposite subdivision in the semifinals. The winners of these two games will face each other in the Championship Game in the final week of the Fall Session. In the event there are only three teams in a division, the 2nd place team will play the 3rd place team in the first week of playoffs and the 1st place team will receive a bye week.

In the event that a Playoff or Championship Game is tied at the end of regulation play, the following process will be used to break the tie and determine a winner:

Overtime periods will be equivalent to two periods (times for each period indicated below) with ends switched during the one-minute break between periods. The length of these periods shall be:

- 8 & Under: 4-minutes each
- 10 & Under: 5-minutes each
- 13 & Under and 14 & Over: 6-minutes each

The first period of the overtime shall begin with a coin toss called by the lower seeded team. The second period shall begin with an alternate kickoff, as is customary during regulation play. If the score is tied after these two periods, a third period of “Sudden Death” will be played for the same periods and duration as overtime. However, unlike overtime, once a team scores during the “Sudden Death” period, the game is over. The start of “Sudden Death” shall begin with a coin toss called by the higher seeded team.

If “Sudden Death” ends without a score, rounds of shoot-outs will be done until the tie is broken. The first shoot-out round begins by each team choosing 5 players before the shoot-out, with the referees recording the numbers of each player. Each player is awarded a penalty shot against the opponent’s goalkeeper. Teams will alternate turns shooting, with a coin toss deciding who has the choice of shooting first. The higher seeded team will call the coin toss. As soon as one team cannot tie or beat the other after each team has shot an equal number of times, the shoot-out is over and the game is decided with the team with more shoot-out goals declared the winner. If after 5 players from each team have shot and a tie still exists, 5 more players may be selected by each coach and the next round begins as described above. No player shall shoot an additional time until all players on that team have shot an equal number of times, including the goalkeeper.

NAYSA INCIDENT REPORTING

If an injury occurs on a Game Day, please fill out an Incident Report Form with a Board Member when an incident occurs. Forms are available at the Referee Stand, on the eastside of the Concession Stand.

If an injury occurs on a Practice Night, please collect all pertinent information of the injury (name, field locations, type of injury, cause of injury, field conditions, result [parent took child home, urgent care ambulance, etc.], and other information of value). Email this information to the NAYSA organizational email or to the President and Division Coordinator that evening.