

FOSTER CITY AYSO REGIONAL HANDBOOK UPDATED 10/6/04

The purpose of this handbook is to provide helpful information regarding the overall operation of the league, divisions teams and games. It is intended to be informational in nature and non-binding in the event of error, omission or conflict with AYSO Regional, Area, Sectional or National Bylaws or Guidelines. Please feel free to contact any member of the Board (as listed on the Foster City AYSO website, www.aysofc.org) with any recommendations, questions or concerns.

REGIONAL BYLAWS

Please see the "Regional Guidelines" for the bylaws of Foster City AYSO, Region 62. The bylaws include the mission statement, duties and responsibilities of the Region, membership, management, financial matters, dispute resolution, child protection policy, privacy principles and other information about the program not contained in this handbook. The Regional Guidelines can be found on the Foster City AYSO website at <http://www.aysofc.org>.

REGISTRATION

Cost of Registration, fall 2004 Season

Open Registration (between April 12, 2004 and June 12, 2004) is \$95 per child, \$85 per sibling.

Late Registration (after June 12, 2004) is \$135 per child, if space is available. Late registration continues until the third week of play (September 18, 2004).

All out-of-town (any address outside Foster City) players must pay an additional non-resident fee of \$25, per player, made payable to the Foster City Park and Recreation Department.

Preferential Volunteer Registration and Waiting List Procedure

Foster City AYSO becomes more popular each season. AYSO is a 100% volunteer organization and without an adequate number of coaches and referees, we may not be able to form enough teams and facilitate games to accommodate all players. In such event, registration priority will be given in the following order: Children of volunteer coaches, assistant coaches, referees and active board members, followed by all others on a first-come, first-served basis. Team sizes are limited to comply with short-sided games for younger divisions and minimum game playtime for each player.

To become a volunteer coach, assistant coach or referee, the volunteer must complete training as required by AYSO's National Guidelines, including safe-haven training. This training is offered prior to the fall season and throughout the year free of charge. Training schedules are posted on the calendar section of the Foster City AYSO website.

Any waitlisted player will not have their registration fees deposited into our bank account until such time as they have been assured of a spot in the league.

Registration Process, fall 2004

Players may be registered on the following dates and locations:

Monday **April 12th**, 6-9pm: Children of New/Returning Volunteers only, Foster City School
Saturday **April 17th**, 9am-12pm: Open Registration, Sea Cloud Park S3 parking lot
Thursday **May 6th**, 6-9pm: Open Registration, Foster City Library Wind Room (upstairs)
Saturday **May 15th**, 9am-12pm: Open Registration, Sea Cloud Park S3 parking lot
Saturday, **June 5th**, 9am-12pm: Last Open Registration, Sea Cloud Park S3 parking lot

There are two ways to complete registration:

- 1) Web access required (available any Internet connection, including Foster City Library): Pre-register your kids online and print out your forms. Bring your forms to Registration and you'll be directed through a special Express Lane. To pre-register online and print out your forms:
 - a. Log onto www.eayso.org
 - b. Click on "Click here: easy steps to register..." and print the step by step instructions, "Easy Steps for Parents".
 - c. Using these instructions, establish a Username and Password to access eAYSO.
 - d. Once you have access to the system, you will be able to enter parent's data and then pre-register your children for the fall 2004 season. Simply follow the instruction sheet. Note: Foster City is Region 62.
 - e. After entering your data, print 3 copies of the "Player Pre-Registration Form" for each player and bring to an Open Registration (as listed above).

NOTE: Pre-registering online does not register the player, nor does it reserve a spot in the league. To complete the registration process, you will need to bring the forms along with the player registration fees to open registration, which is on a first-come, first-served basis.
- 1) Alternatively, come to open registration and fill out a new blank registration form.

Bring to registration:

Pre-registered Players: 3 copies of pre-registration form and payment
Non-registered Players: Medical and emergency contact information and payment
New Players: Proof of residency, birth certificate or Passport for age/address verification
Non-residents: Non-resident fee of \$25 (in addition to registration fee)
Players born before 8/1/90: A wallet size photo for their player ID

Questions may be directed via email to FosterCityAYSO@yahoo.com

Refund Policy

Refunds for families moving out of the area will be paid in full prior to the commencement of the season. All other refund requests will be considered on a case by case basis. It is our general policy to refund money for any player wishing to withdraw for any reason, *prior to the receipt of a uniform and the commencement of the season*. These refunds generally carry a \$10 processing fee. Once a player receives a uniform and the first game is played, no refunds for any reason are provided by Foster City AYSO.

All refund requests must be submitted in writing to:

Registrar, Foster City AYSO
P.O. Box 4270
Foster City, CA 94404

Non-Sufficient Funds Policy

All checks will be deposited into the Foster City AYSO bank account within two business days of the time of receipt. If a check is returned unpaid, a \$5 fee will be charged and the check will be resubmitted to our bank. If a check is returned a second time, a \$15 charge will be made in

addition to certified funds being the only means of payment accepted. This payment must be made within five business days of notice.

Unless registration is completed and payment has been received in full, your child cannot practice or participate in any AYSO activity.

VOLUNTEERS

CALLING ALL VOLUNTEERS!

It is important to understand the need for volunteers at all levels, to fulfill different tasks that cumulatively make up our organization. There are varied positions, ranging from organizational and clerical needs to coaching and refereeing. AYSO, your children and other families appreciate it if you choose to contribute several hours of your time over the course of a few days a week for the ten to twelve week season. Our involved community has a wealth of talented and giving parents and individuals who are willing to give what time they can afford to AYSO. We welcome you at any level you are comfortable in and offer helpful training to help you and your children have the most enjoyable experience possible. For more volunteer information, please contact John Glickbarg at john_glickbarg@villageprop.com. Sign-up early to ensure a spot on your child's team, a season of fun with the children and a coveted invitation to the famous annual coaches vs. referees soccer match!

NOTE: You need not have a child in AYSO Soccer in order to join our volunteers!

COACHES

Coaching can be one of the most fulfilling and enjoyable volunteer positions. Depending on the age division of the team, weekday practice(s) may be conducted in addition to the Saturday games. In the Under 6 (U6) Division, no weekday practices occur. In the U8 and U10 Divisions, there is one weekday practice, in U12 and above, two weekday practices. Practices and games also require some planning. Games are between one and two hours, including warm-up and half-time, depending on the age group. All U8 and above coaches are supplied with an Assistant Coach and supplemented with training, advice and general assistance.

All coaches are required to have some formal level of training prior to the start of the season. If you cannot attend a specific clinic, you may attend the same certification clinic in a neighboring Region. Clinics generally involve a total of 4 to 6 hours of class time and 3 to 4 hours of field time. Generally these clinics are broken into two evenings and a half-day field session. Coaches are also required to attend a one-time Safe Haven Course that Foster City AYSO provides, to instill the values and inform coaches of the legal obligations of interacting with minors. Coaches are selected based on the number of available teams in their division, experience and availability. Coaching is meant to be a rewarding experience for both coach and player. We look forward to having coaches move up in age division with their child. This way, the most experienced coaches are coaching in the oldest, more competitive age groups.

Coaches will be provided all the necessary equipment to run an efficient team practice and games. Balls, practice markers, goalkeeper jersey, gloves, equipment bag, coaches manual and planner, game cards, etc. are all provided.

PROFESSIONAL TRAINING ASSISTANCE

Back by popular demand, professional coach trainers will be available to assist Foster City coaches on an intermittent basis. Additionally, weekly or bi-weekly voluntary coach or player specialty clinics (i.e., goalkeeping) are made available.

Typically, these professional trainers are younger, overseas coaches. Foster City AYSO has been fortunate that various families in our community have volunteered to host one of these fine young people in their home for a week at a time. If you are interested in assisting in this way, please contact John Glikbarg at john_glikbarg@villageprop.com for more information.

TEAM MEETING

Each coach will organize and conduct a team meeting before the first game of the season. It is requested that only parents attend this meeting (except U16 and U19 Divisions). It is important for parents to understand and support AYSO and team goals and guidelines. Each team is responsible for designating a "team parent" and a team sponsor.

A very important issue to discuss from the beginning and agree upon by all parents is their general support and behavior during all team functions (see "Kids Zone"). *Every parent should commit to **promptly** dropping off and picking up their child from practices and games, notifying the coach if their child will miss an activity, sharing any costs agreed to by the team (i.e., snacks and banner), sharing responsibility for the "Gender Parent" (see below) and consistently setting a good example for the children by refraining from openly criticizing calls (or non-calls) by the referee or shouting instructions or negative feedback to the children, coaches or other parents.*

GENDER PARENTS

As parents sometimes choose not to watch their child practice, AYSO Guidelines require that if the coach is not of the same gender as the team (i.e., a father coaching a girls' team), another parent of the same gender must be present during any AYSO activity.

REFEREES

Trained and certified referees are certainly one of the most important facets of our AYSO program. For individuals who cannot commit to the weekly time obligations coaching may require, but want to be a part of our organization as well as your child's soccer endeavors, becoming a referee may be the best avenue. All referees are thoroughly trained during various clinics and mentored during their first year. You need not know anything about the laws of soccer to sign up to become a ref. You will be taught everything you need to know in order to conduct a soccer match, beginning at lower age divisions, and with appropriate experience and additional training, progressing to officiating higher age level games. All referees must attend the mandatory Safe Haven Course we provide. New referees are initially assigned to the U8 Division games, which utilize a single referee. After experience is gained and competency demonstrated, referees may be assigned by the Referee Administrator to the U10 Division and above. No referees are used in the U6 Division. In Divisions U10 and above, Referees are generally not permitted to officiate for a game in which their child is participating.

TEAM SPONSOR

One of the most important tasks team parents will undertake is that of recruiting a Team Sponsor and supporting AYSO team sponsors in the community whenever possible. This not only provides financial stability to the organization, but also helps to develop a sense of pride and camaraderie between our communities businesses and our families. We ask that a team parent make sure the team sponsor is made aware of all team functions, by way of a special invitation. This is requested even if the team sponsor is also a parent of a team member.

Team Sponsorship costs only \$150 for the season (or \$175 for league) and includes potentially valuable publicity on the Foster City AYSO website, recognition at opening day ceremonies and at each game by a small ad typically included on the team banner. In addition, a plaque is provided to the team sponsor that they may prominently display at their place of business, recognizing their support of AYSO and children's sports in the Foster City community.

To enroll a team-sponsor, please contact Renee Prosen at dprosen@att.net.

OPENING DAY

Opening Day of the Foster City Fall AYSO season has become a positive tradition in Foster City. This is a time for all family and friends of players and teams to show their support during our parade of teams. Each team proudly runs around the field, in most cases displaying their team banner. For fall 2004, Opening Day will be on **August 28, 2004**.

Unfortunately, parking can be difficult for this event, so carpooling, walking, cycling and arriving early are strongly encouraged. Our neighbors surrounding Sea Cloud Park ask for your cooperation in making sure you are legally parked and not parked on private streets or property. On this day and throughout the season, please observe speed limits, particularly throughout the Sea Cloud parking lots and nearby roadways. Families and children with soccer balls often cross the streets around the park.

PICTURE DAY

All players will have an individual and team photo taken on Picture Day, included in the cost of registration. Orders for additional photo packages are placed that day, at additional cost. An order form must be filled out (provided to coaches approximately two weeks before Photo Day) and must be submitted even if not buying additional photos. Picture Day will be **September 12, 2004**. In an effort to make Picture Day a success, we need a number of volunteers to assist the photographers and their staff. We request volunteers to sign up at registration and be available for one to two hour commitments. Coaches will deliver pictures in late October.

KICK-A-THON

Foster City AYSO has succeeded at achieving numerous unique goals, such as professional trainers, coaching clinics, quality uniforms, field upgrades, etc. Registration fees and team sponsorships help to offset these and other AYSO expenses, including insurance and national registration. The Kick-A-Thon has become a fun and successful means for Foster City AYSO to meet these goals and obligations. Kick-a-thon also will be held on **September 12, 2004**.

Each player is asked to sign-up sponsors for the Kick-A-Thon on the form provided by their coach. This may include friends, family and neighbors, in fixed amounts as little as \$5 each, or pledge amounts based on how far the player kicks the ball at the Kick-A-Thon. All billing is done by Foster City AYSO volunteers and any donations are tax-deductible. Each family's participation is appreciated. Teams that exceed pledge goals are rewarded with league sponsorship of an end-of-season team party.

PLAYERS

ELIGIBILITY

Foster City AYSO is open to boys and girls ages 4 ½ to 18, as of July 31, 2004.

PLAYER RATINGS AND EVALUATION

In divisions U8 and above, the previous season's coach, as well as a select group of volunteers evaluates all returning players. Evaluation is based upon basic soccer skills, team play and attitude/coachability. Players are then assigned a confidential rating number that is used in formulating balanced teams.

Before any new player to Foster City AYSO can be assigned to a team in Divisions U10 and above, even if they have previously played in another AYSO Region, that player must be evaluated by two or more members of the player ratings/evaluation committee. Two dates will be set during the months of June through August in order to meet and evaluate all new players. New players will be notified as to these dates.

DIVISION/TEAM ASSIGNMENT

Divisions are defined as follows:

<u>DIVISION (U = Under)</u>	<u>AGE (as of 7/31/04)</u>	<u>DURATION OF GAME</u>	<u>MAX. PLAYERS ON FIELD</u>
U6	4 ½ to 6 years	20 min. practice/20 min. game	7
U8	6 to 8 years	40 minutes	9
U10	8 to 10 years	50 minutes	10
U12	10 to 12 years	60 minutes	11
U14	12 to 14 years	70 minutes	11
U16	14 to 16 years	80 minutes	11
U19	16 to 19 years	90 minutes	11

GOALKEEPERS

Players enjoy learning to play a variety of positions, particularly in the younger divisions. Some players are reluctant to play the goalkeeper position, due to the individual pressure they might feel. Players must learn that goals are not scored against a goalkeeper, they are scored against a team. There is no goalkeeper in U6. In U8, all players should take turns as goalkeeper.

Goalkeepers in Divisions U8, U10, U12 and U14 are limited to playing one half of the game in that position during any regular season game. In Foster City AYSO Divisions U10 and below, goalkeepers are considered to have possession of the ball as soon as they touch it with a hand, to reduce the likelihood of injury should another player attempt to cause or play a rebound. Teams are provided with uniquely colored goalkeeper jerseys to distinguish them from other players. A change in goalkeeper requires notifying the referee.

PLAYER ATTENDANCE AND PARTICIPATION

Except as noted below, no player will play an entire game unless every other player on that team has played at least three-quarters. This does not apply to players who arrive less than 15 minutes before the scheduled game-time. Coaches have complete discretion in determining which players

play three or all four quarters. If a player is late, they cannot participate until cleared to do so by a referee.

If a coach has determined that a player has been disruptive to the team, either during practice or at a game, it is up to the coach's discretion to play that player even less. The coach must first notify the parents of the player of the problem needing attention. The coach will work with the parents of the player before taking disciplinary action. Under no circumstances will a player not play three-quarters while teammates play an entire game due to a lack of ability.

ACCIDENT INSURANCE

Soccer has a low injury rate and is generally considered a safe sport. Occasionally, however, participants may become injured, as is the case in any athletic endeavor. The Foster City AYSO Board of Directors has a Safety Director to oversee all safety aspects of the program. The Safety Director makes certain field conditions, first aid, emergency medical form requirements and all other appropriate measures are being adhered to and are in place during all soccer activities. The Safety Director is also responsible for issuing Accident Insurance Forms when an injury requires a doctor's visit. The Safety Director will also follow up with the injured player and their parents or guardian.

Please be aware of the following policies that are in place in Foster City:

1. If a player is injured at a practice or a game, notify the coach and the referee (if any) immediately.
2. If the nature of the injury is in any form questionable as to the severity, seek medical care immediately.
3. AYSO has a Soccer Accident Insurance Plan that covers each registered player for injuries incurred while participating in scheduled AYSO activities. This plan pays only those eligible expenses not covered by your public, group or individual insurance policy. In order to place a claim with the Soccer Accident Insurance Plan, you must first place a claim with your personal insurance carrier.
4. All injuries must be reported to the Safety Directory, Jennie Magro at magrofam@aol.com.
5. **It is the responsibility of the parent or guardian of the injured player to report all injuries to the Safety Director.** It is not the responsibility of the coach or the referee to report said injuries.
6. **A doctor's release form (letter) is required before a player may return to play if the injury resulted in any missed AYSO participation due to the doctor's orders.**

PLAYER REQUESTS/TRANSFERS

Due to the requirement in having balanced teams, player requests are limited to two basic conditions. Siblings and the "Go Get Him/Her" program (for players new to AYSO). Coaches wishing to coach with a particular Assistant Coach, although usually granted, are not guaranteed.

Once the regular season starts, although strongly discouraged, a player may be transferred from one team to another under certain circumstances. These conditions must meet solely with the safe, fun, fair aspects of AYSO. No players will be transferred once the third game has been played. A special panel consisting of the players' parents, coach and members of the Board of Directors will be convened for discussion in the event of a request **before** any transfer is undertaken. The Board of Directors will make a final determination based upon their findings and the good of the program. Under no circumstances can teams trade players without Board approval.

UNIFORMS

Each Foster City AYSO registered player is issued a team jersey, shorts and socks before games commence. Coaches will be responsible for making sure that players have a reasonably fitting, complete uniform. **Players may not participate in any AYSO game without their issued uniform intact.** No substitutes will be allowed. Shin guards **must** be worn and fully covered during all games **and** practices, no exceptions. No jewelry of any kind, including soft yarn bracelets, earrings, or any other type of adornment is permitted during games or practices. Cleats are optional, but must not have a cleat protruding from the tip of the shoe (no baseball or football cleats). Required medical devices and prescription eyeglasses are permitted. During practices, tank tops in any form are not allowed.

SUSPENSION AND EXPULSION

Referees have several means in which to discipline a player. In the case of minor offenses, the referee may choose to informally issue a verbal warning to a player. For repeat or more serious offenses, a referee may choose to issue a Yellow Card to the offending player. Yellow Card offenses can include, but are not limited to unsporting play, foul or abusive language, dangerous play and game misconduct. Yellow Card offenses are taken very seriously. At a minimum, the player and parent or guardian will be required to meet with the Division Manager and the Regional Referee Administrator. If a player accumulates two Yellow Cards in one game, the result is an automatic suspension from the next week's game. If a player accumulates three yellow cards during the course of the season, this will also result in an automatic suspension for one or more games, at the discretion of the Division Manager and Regional Referee Administrator.

The second manner in which a referee may choose to discipline a player is a Red Card. All Red Card offenses mandate immediate removal from the game and a minimum one game suspension from the next week's game. Although some Red Card offenses are discretionary, many are mandatory. As in the case of Yellow Cards, any player receiving a Red Card will be required to appear, with their parent or guardian, before the Division Manager and Regional Referee Administrator. If discussions fail to end the offending behavior, the player may be expelled from the league; no refund of registration fees will be forthcoming.

If a player and their parent or guardian feel that the decision of the Division Manager and RRA have been biased or unfair, they may request and will be granted, a Due Process Hearing. Three Members of the Board of Directors will take part in a Due Process Hearing. Although these hearing Board Members may have some basic information as to the incident in question, none of the due process hearing Board Members will have prior knowledge of the specifics of the incident in question.

Striking or assaulting a referee, linesperson or other AYSO official will result in a minimum two-year suspension and is a felony under California State Law. This applies to all AYSO participants, including parents.

PROTESTS

Although competition and occasional frustration is a natural part of the game, referee decisions are final and game protests are discouraged. **Verbally criticizing referees is not tolerated.** Polite discussion of controversial game situations or decisions with the referee(s) may take place during half time or following a game. In an extreme case, if a coach wishes to take a protest beyond the game referee, the Regional Commissioner and Chief Referee Administrator will make a final determination.

RAINOUT AND CANCELLATION POLICY

Soccer is a game that is played under various weather conditions. The general policy of Foster City AYSO is to play the full schedule as long as it is safe and for the enjoyment of the players. **Rain does not mean rainout!** Game cancellations are determined upon safety and field conditions. If there is no remote chance of lightening or other dangerous weather conditions and fields are determined to be playable, games will be played as scheduled, even in light to moderate rain. Normally, make-up games are not possible, though under certain circumstances, some league games may be rescheduled for a Sunday, with the agreement of both coaches involved. **If you have any questions as to weather, field conditions and game cancellations, call 349-KICK for updated field and schedule information.**

THE REGIONAL BOARD

AYSO Incorporated is a non-profit corporation run by an Executive Director and a National Office Staff under the direction of a Board of Directors. A Regional Board appointed by the Regional Commissioner administers Region 62, Foster City. The Board is responsible to the Regional Commissioner for the Region's operation, and like the Regional Commissioner, serves in a volunteer capacity. Board meetings are held on the first Wednesday of each month, 7:00 to 9:00pm at the Foster City Community Center (above the library) or at the Foster City Recreation Center. Please feel free to attend.

The primary positions and responsibilities for the members of the board of Foster City's AYSO Organization within Region 62, Area N, Section 2 are defined with the "Regional Guidelines".

THE REFEREE

Soccer in the Foster City AYSO Program is played according to the same rules that govern Soccer worldwide. These rules and procedures are known as "The Laws of the Game."

"The Laws of the Game" specify that every officially sanctioned soccer match be presided over by a referee. The referee has the responsibility and authority to control the proceedings of the soccer match. The referee's authority begins when he/she arrives at the area of the field of play and continues until he/she has left the area of the field following the game. Generally, there is a team of officials consisting of the referee and two assistant referees ("AR").

Soccer has its roots in the ideal of "fair play", i.e., equal chances for both sides, combined with a total respect for the rules of the game, and the noble concept of friendly-rivalry and respect between the opponents. Soccer referees have a duty to uphold this spirit of the game, and to preserve traditional sporting values for the game they are assigned to officiate and for the good of the game in general.

In youth soccer, the referee has another role and that is to promote an understanding of "The Laws of the Game." Particularly in the younger levels of play, the Referee acts as a teacher as well as the game official.

REFEREE CERTIFICATION

The Foster City AYSO program is committed to excellence in officiating and adhere to a system of Referee instruction and certification to assure that Referees have the highest training and skills to manage the games they are assigned to. Referees attend specific approved training classes conducted by certified instructors. They are tested and assessed in games as they progress through successively higher levels of games.

Badge Level

Qualified Game Level (Center Referee)

Regional Referee	U10 and below
Area Referee (Intermediate)	U12 and below
Section Referee (Advanced)	U14 and below
National 2	U16 and below
National 1	U19 and below

REFEREE SIGNALS

The game of soccer is characterized by continuous play. One of the referee's game management objectives is to ensure that the game is restarted promptly following any stoppage of play, including when the ball goes out of play, a goal is scored, or play is stopped for any reason by the referee.

To stop play the referee uses a whistle. To start or restart the game, he/she signals to both teams by using the whistle or a hand signal generally pointing to where the ball should be placed next to restart the game and indicating the direction in which play should begin.

The referee and assistant referees have specific signals they use to communicate with the players, each other and with the coaches and spectators. Referee signals and communication are specified in "The Laws of the Game."

FOULS, MISCONDUCT AND OTHER INFRACTIONS

The referee enforces "The Laws of the Game" during each game. Should players of a team commit fouls against players of the opposing team, the referee stops play and awards free kicks to the opposing team. Free kicks are either Direct or Indirect, depending upon the nature of the foul.

A Direct Free Kick is a kick taken without challenge that may be kicked directly into the goal and upon which a goal may be scored. An Indirect Free Kick is a kick taken without challenge but may not be kicked directly into the goal and a goal may not be scored until the ball has been touched by another player. The referee signals an indirect free kick by holding an arm straight up, until the ball is touched by a second player, indicating that a goal scored is not valid unless touched by another player (on either team).

In Divisions U10 and above, all of "The Laws of the Game" are applied as specified including offside, direct free kicks and penalty kicks. In Divisions U8 and below, "The Laws of the Game" are applied except offside penalties are not called and there are no direct free kicks or penalty kicks.

Direct Free Kick Offenses**

Fouls against opponents committed with the hands

- Strikes (or attempt to strike)
- Pushes
- Holds

Handles the ball deliberately (note: if in the referee's opinion, hand contact with the ball is inadvertent, no penalty should be assessed)

Fouls committed with the feet against an opponent:

- Kicks (or attempts to kick)
- Trips
- Jumps at (or on)

Fouls committed with the body against an opponent:

- Charges unfairly
- Contact while tackling

Fouls committed with the mouth against an opponent:

- Spitting (note: spitting at another player mandates a red card penalty/suspension)

** If these are committed by a defender inside their own penalty area, a penalty kick is awarded

Except for penalty kicks, free kicks are taken from the spot where the offense occurred. Free kicks taken by defenders inside of their own penalty area are not in play until the ball leaves the penalty area. When any type of penalty kick is awarded, opposing players must immediately retreat at least ten yards (thirty feet) from the ball- otherwise, a yellow card offense may result.

Indirect Free Kick Offenses

Dangerous Play

Charging away from the ball

Impeding an opponent's progress (obstruction)

Charging the goal keeper

Playing the ball a second time following a restart or a free kick

Goal Keeper Offenses (Indirect Free Kicks)

There are special situations when the goalkeeper infringes "The Laws of the Game":

- Exceeds the six second rule (from time of possession to ball release)
- Touches a ball a second time, having released it into play
- Touches the ball having been kicked to him by a teammate
- Touches the ball received directly from a throw-in from his own team
- Delays the game to give an unfair advantage to his team

Indirect free kicks are taken from the spot where the offense occurred, except in the goal area. Indirect free kicks in the goal area for the attackers are taken anywhere on the penalty area line. Indirect free kicks in the goal area for the defenders are taken anywhere in the goal area.

The Cards

For certain types of misconduct, the referee shows the player a card, indicating that they are in serious jeopardy of being removed from the game (cautioned) or are in-fact then being removed from the game (sent off).

Cautionable (yellow card) offenses

- Persistently infringes the Laws
- Guilty of unsporting conduct
- Shows dissent of referee decisions
- Delays the restart of play
- Fails to respect the required distance during a free kick or corner kick
- Enters or leaves the field without referee permission

Send Off (red card) offenses

- Violent conduct (violence anywhere on the field or while the ball is out of play)

- Serious foul play (violence during play)
- Offensive, insulting or abusive language/gestures
- Spits at an opponent
- Denies an obvious goal scoring opportunity by committing a serious foul
- Second cautionable offense in the same game

For additional clarification, please consult “The Laws of the Game”.

Offside

In “The Laws of the Game,” Law Eleven is the Offside Law. It is a one-page, very simply stated Law that in practice is perhaps the least understood and most controversial of all of the Laws. In AYSO, the Offside Law does not apply until Division U10.

The purpose of the Offside Law is to prevent an attacking team from gaining an unfair advantage over the defending team. The ultimate objective of the Offside Law is to make sure that an attacking team does not score a goal as a result of having taken this unfair advantage. The objective is not to penalize players for merely being in the wrong place. In order to understand offside, it is helpful to understand two concepts, the offside position and the offside infraction.

An attacking player is in the offside position if he or she:

- Is closer to the opponent’s goal line than the ball, AND
- Closer to the opponent’s goal line than the second-to-last defender, AND
- He is in the half of the field defended by his opponents

By being in the offside position, a player is subject to being guilty of the offside infraction, but it is NOT an infraction of the Law for an attacking player to merely be in the offside position.

With certain exceptions, a player in an offside position becomes guilty of the offside infraction if, at the moment the ball is touched or played by a teammate, the player is, **in the opinion of the referee (or assistant referee)**, involved in active play by:

- Gaining an advantage by being in the offside position
- Interfering with play
- Interfering with an opponent

Exceptions: a player in an offside position is not to be called offside if he or she receives the ball directly from a throw-in, corner kick or goal kick.

The position of an attacking player **at the moment** the ball is played by a teammate determines whether the player is called offside. For example, a player positioned on side at the moment the ball was played by a teammate does not become offside by running to an offside position after the ball is in flight.

If a player is called offside, an indirect free kick is awarded and taken by the opposing team from the position of the offside player.

GAMES

FIELDS

In Foster City, we are privileged to be the beneficiaries of the forethought of the developers of our planned community. Unlike almost every AYSO region in our area, Foster City has several soccer fields at our disposal. Although the fields are generally in impeccable condition, from time to time,

weather conditions and increased demand play havoc with certain portions, especially in front of the goals. It is important to know that the Foster City Park and Recreation Department works closely with Foster City AYSO in determining field use. Please observe all signs and postings and under no circumstances use a field without a permit obtained through AYSO or the City.

With over 1,400 players and 80 teams, it is a very difficult process developing a practice schedule. In addition to the fields at Sea Cloud, we sometimes utilize other fields and park space in Foster City for team practice and games.

All divisions are allocated specific fields, generally determined by age and field size. Please refer to the field layout map on the website, as well as each particular age division specifics below, to determine which fields you will be using each Saturday during the season.

GAMES (U6-U14)

League games start on Saturday, August 28 and run through Saturday, October 30. A schedule of games and locations will be available in mid August, once teams are assigned. Games are normally held on Saturdays between 8:30am and 4:00pm.

Although "The Laws of the Game" specifies eleven players on the field for each team, it is our goal to play with short-sided teams in the younger divisions (U6-U10). Soccer is a game that is best developed with as much individual participation in a group/team effort as possible. Registration numbers dictate the number of players per team as well as the number of players on the field at any given time.

Games are divided into halves, although the referee will briefly stop the game approximately half way through each half ("quarter") to allow for substitutions. The game time clock is not stopped during this transition. The length and format of games differ for particular age groups. The following is a brief description for each group:

U6 (Players turning 4 ½ by 7/31/04 and not older than 6 by 7/31/04)

One twenty-minute practice, concentrating on basic skills and team sportsmanship, followed by one twenty-minute game with an opposing team. No other team practices are held during the week. Teams are made up of six to seven players. The game format is that everyone plays. No score or standings are kept. All games are played at Sea Cloud Park on Field S7 (please refer to the field layout map on the website). A designated team parent for each game is requested to bring a drink and snack for each player on the team. Each player will receive an end of year participation memento.

U8 (Players turning 6 by 7/31/04 and not older than 8 by 7/31/04)

Games are comprised of two twenty-minute halves, with a five-minute half time break. Teams are made up of nine to twelve players, based on registration. One practice is held in the afternoon during the week, weather and sunlight permitting. Our goal is to play with a maximum of nine players on the field, but can vary as determined by the Division Manager, depending on the size of registration in the age group. Coaches are recommended to change goalkeeper each quarter and no player may play as goalkeeper for more than half of the game. No standings or scores are kept as this division is strictly for skill and team sportsmanship development. All games are played on fields S5 and S6 (please refer to the field layout map on the website). A designated team parent for each game is requested to bring a drink and snack for each player on the team. Each player will receive an end of year participation memento.

U10 (Players turning 8 by 7/31/04 and not older than 10 by 7/31/04)

Games are comprised of two twenty-five minute halves with a five-minute half time break. One practice is held on an afternoon during the week, weather and sunlight permitting. Teams are made up of twelve to fourteen players, depending on the size of registration. We like to play with ten players on the field, registration numbers permitting. The goalkeeper may only play a maximum of one half of the game in goal. The first few games of each season are dedicated strictly to skill and sportsmanship development; score and standings are not kept. Sometime after the second game, scores and standings are kept in order to determine Hirschel Cup Tournament (see *Hirschel Cup*) seeding. The Hirschel Cup winning team will represent Foster City in the Area N Tournament in late November or early December. All games are played on fields S1 and S8 (please refer to the field layout map on the website). A designated team parent for each game is requested to bring a drink and snack for each player on the team. It is also requested that the designated team parent bring some ice and zip lock bags in the case of minor injury. Trophies will be awarded to the first and second place teams of the division and the first, second and third place teams in the Hirschel Cup. The Hirschel Cup tournament is scheduled to take place this season on November 6, 7, 13 and 14, 2004.

U12 (Players turning 10 by 7/31/04 and not older than 12 by 7/31/04)

Games are comprised of two thirty-minute halves with a ten-minute half time break. Two practices are held on afternoons during the week, weather and sunlight permitting. Team play and strategy are the focus of this age group. Skills are still developed and practiced during the weekly practices, although players are encouraged to work on these individual skills on their own. Teams are comprised of twelve to fourteen players, depending on the size of registration. Full-sided games (eleven players) are played in this age group and older. The goalkeeper may only play a maximum of one half of the game in goal. The first few games of each season are dedicated strictly to skill and sportsmanship development; score and standings are not kept. Sometime after the second game, scores and standings are kept in order to determine Hirschel Cup Tournament (see *Hirschel Cup*) seeding. The Hirschel Cup winning team will represent Foster City in the Area N Tournament in late November or early December. All games are played on fields S2, S3 or S4 (please refer to the field layout map on the website). A designated team parent for each game is requested to bring a drink and snack for each player on the team. It is also requested that the designated team parent bring some ice and zip lock bags in the case of minor injury. Trophies will be awarded to the first and second place teams of the division and the first, second and third place teams in the Hirschel Cup. The Hirschel Cup tournament is scheduled to take place this season on November 6, 7, 13 and 14, 2004.

U14 (Players turning 12 by 7/31/04 and not older than 14 by 7/31/04)

Games are comprised of two thirty-five minute halves with a ten-minute half time break. Two practices are held on afternoons during the week, weather and sunlight permitting. Team play and strategy are the focus of this age group. Skills are still developed and practiced during the weekly practices, although players are encouraged to work on these individual skills on their own. Teams are comprised of twelve to fourteen players, depending on the size of registration. Full-sided games (eleven players) are played in this age group and older. The goalkeeper may only play the entire game in goal if so desired. The first few games of each season are dedicated strictly to skill and sportsmanship development; score and standings are not kept. Some Area games may be scheduled (see description within U16/U19 below). Sometime after the second game, scores and standings are kept in order to determine Hirschel Cup Tournament (see *Hirschel Cup*) seeding. The Hirschel Cup winning team will represent Foster City in the Area N Tournament in late November or early December. All games are played on fields S3 or S4 (please refer to the field layout map on the website). A designated team parent for each game is requested to bring a drink and snack for each player on the team. It is also requested that the designated team parent bring some ice and zip lock bags in the case of minor injury. Trophies will be awarded to the first and second place teams of the division and the first, second and third

place teams in the Hirschel Cup. The Hirschel Cup tournament is scheduled to take place this season on November 6, 7, 13 and 14, 2004.

U16 & U19 (Players turning 14 by 7/31/04 and not older than 19 by 7/31/04)

League games start in late August and run through early November. Games are played on weeknights under the lights at Burlingame and Belmont sports complexes, as well as Saturdays at various fields in the areas. Games are played within Area N (Foster City, Burlingame, Belmont, San Carlos, Hillsborough, Redwood City, San Mateo, Half Moon Bay) and Area B (Millbrae, Daly City, San Bruno, Pacifica and Brisbane).

Games for U16 are played in two forty-minute halves and games in U19 are played in two forty-five-minute halves. Home games are played at Sea Cloud Park on Field S4 and Port Royal Field. Each player is required to present a small current photo (head only) that will be laminated to a player card. The game officials before each game strictly check player cards. No player will be allowed to participate without a valid player card at each game. There will generally be one practice each week for these age groups, however, when a weekday game falls on the practice day, no practice will be held that week. It is expected that nine or ten games will comprise the regular season, with up to half of the games played on Wednesday nights. The schedule will be available in mid August. Following the regular season, there are two tournaments. There will be an Area Tournament to determine the winner of the Area, in early November. The following weekend, there will be a Section Tournament, with the Area winners representing Area N.

Post Season Playoffs and Tournaments

Depending upon the age and division, post season playoffs and tournament possibilities exist in Divisions U10 and above. Most of these scenarios have been outlined in the specific division category above.

Rainout and Cancellation Policy

Soccer is a game that is played under various weather conditions. The general policy of Foster City AYSO is to play the full schedule as long as it is safe and for the enjoyment of the players. *RAIN DOES NOT MEAN A RAINOUT!* Game cancellations are determined upon safety and field conditions. If there is no remote chance of lightening or other dangerous weather condition and fields are determined to be playable, games will be played as scheduled, even in light rain.

Due to the post season tournament schedule and field availability, normally make-up games are not possible. Under certain circumstances, some league games may be rescheduled for a Sunday, with the agreement of both coaches involved.

IF YOU HAVE ANY QUESTIONS AS TO FIELD CONDITIONS AND GAME CANCELLATIONS, CALL 349-KICK FOR INFORMATION. Please be aware that occasionally, early morning games are cancelled but late morning or afternoon games are still played.

Game Protests

Although competition is a natural part of the sports process, referee decisions are final and game protests are generally discouraged. Parents should politely share any concerns with their children's coach, who may be able to clarify questions or concerns. If in an extreme case you wish to take your protest beyond your game referee, the Regional Commissioner and Chief Referee Administrator will make a final determination.

PARENTAL SUPPORT AND KIDS ZONE

We in Foster City are fortunate to have such a fine group of dedicated parents and friends who come to the fields for weekday practices and games each Saturday to show their support. Fortunately, we have not had any serious encounter with a spectator, though incidents have occurred elsewhere in the past. Certainly nobody attends a youth sporting event with preconceived notions of causing any sort of disruption, although sometimes in the heat of competition, coaches, parents, friends and supporters can be swept up in the moment.

The National AYSO Organization has adopted a program called the KIDS ZONE to officially state what should be obvious to all of us. We in Foster City AYSO have strongly endorsed and accepted the principals of the KIDS ZONE program. We are committed to having participants and guests at all levels abide by these principals or not be involved in any manner with the program. We have posted a KIDS ZONE sign at Sea Cloud and Port Royal Fields, which will act as a gentle reminder for all AYSO participants to become familiar with and to remember the principles.

It is important to recognize that Foster City AYSO does not intend to police the activities of AYSO participants, realizes that spectators and supporters are all attending games in fun and generally all subscribe to the same high public values and behavior. The KIDS ZONE also deals with the treatment of players, our children, by parents, coaches and volunteers. We conduct a SAFE HAVEN course, which is mandatory for all those volunteers coming into direct contact with our youth players. Further, the Region maintains a strict Child Protection Policy, as contained within the Regional Guidelines. The combination of the Child Protection Policy, SAFE HAVEN and KIDS ZONE is certainly an important part of our program's safety, and parents can rest assured that the league strives to follow these principals.

Kids Zone Pledge

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Kids Zone Parent Pledge

1. I pledge to be on time or early when dropping off my child for a practice or game. I understand that it is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who has other time commitments, and it tells my child that he or she is my top priority. _____
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____
3. I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans and referees. I understand

that officials, coaches and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent! _____

5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams. _____
6. I will not make negative comments about the game, coaches, referees or teammates in my child’s presence. I understand that this plants a seed, which can negatively influence my child’s motivation and overall experience. _____

I agree to honor the AYSO Parent Pledge in my words and actions.

Parent Signature

Print Child’s Name

Tools for Parents

The following ideas may also be helpful for being a supportive AYSO parent.

Conversations before the games

- Tell your child you love him/her regardless of the outcome
- Tell him or her to “go for it, give it your best shot and have fun!”

During the game

- Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes, the best thing you can do as a parent is to be quiet.
- Cheer and acknowledge good plays by BOTH teams.

After the game

- Thank the officials for doing a difficult job
- Thank the coaches for their efforts. Understand that after a difficult loss is not a good time to question a coach.
- Thank your opponents/parents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.

During the car ride home

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played, rather than how many points were scored. Here are examples of open-ended questions that might apply:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?
 - What was the best play you made and how did it feel?
 - Did you bounce back from your mistakes?

AYSO recognizes the efforts and advancements made by the Positive Coaching Alliance in Honor of the Game. The Kids Zone Parent Pledge is adapted from Positive Coaching Alliance's Parent Pledge (www.positivecoach.org).
