

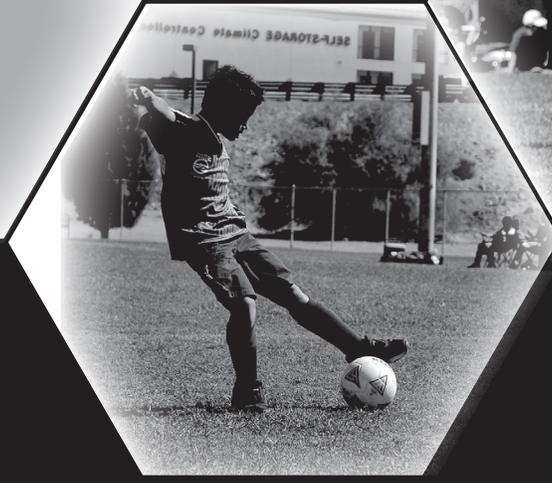
# Youth Soccer

Rules and Regulations



*A Place To Call Home*

The City of Henderson  
Parks and Recreation  
Department



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Revised 6/20

## **National Standards for Youth Sports**

### **CHILD CENTERED POLICIES AND PHILOSOPHIES**

Youth sports programs must be designed and administered so that every child, regardless of their abilities, has an opportunity to have a positive youth sports experience from their participation.

### **VOLUNTEERS**

To ensure that everyone involved strives to make the youth sports program safe, positive and fun for all children, all administrators, coaches and parents must receive information about the program's philosophy, policies and procedures, as well as specific knowledge required for each position.

### **PARENTS**

Parents/guardians must take an active and positive role in their child's youth sports experiences.

### **SAFE PLAYING ENVIRONMENT**

Youth sports programs must provide safe playing facilities and equipment, healthful playing situations and be ready for emergencies, should the need arise.

Source: National Alliance for Youth Sports, 2017

## SECTION I: GENERAL LEAGUE INFORMATION

### A. Rulebook Overview

The purpose of this document is to provide all participants in the City of Henderson youth soccer program with an overview of our rules and regulations. All matches are conducted in accordance with the current FIFA Laws of the Game and decisions of the International Board as modified by the City of Henderson in effect as of July 31, 2020. Any issues not specifically addressed in these guidelines will be governed by the City of Henderson. The program coordinator reserves the right to modify, adjust or omit any rule in this document that is deemed to enhance the quality of the program.

### B. Division Setup

Each participant is assigned to a division based on their date of birth.

1. No player may play in a division other than the one they are assigned to based on their date of birth unless approved by the program coordinator.
2. Divisions will be broken down into zones determined by ZIP codes. Zones may be combined based on registration numbers.
  - a. Zone 1: 89001, 89002, 89005, 89009, 89011, and 89015 ZIP codes
  - b. Zone 2: 89011, 89014, 89074, and Las Vegas ZIP codes (except 89123 and 89183)
  - c. Zone 3: 89012, 89044, 89052, 89053, 89123, and 89183 ZIP codes

| Division | Age   |
|----------|-------|
| U6       | 5     |
| U8       | 6-7   |
| U10      | 8-9   |
| U12      | 10-11 |
| U14      | 12-13 |
| U19      | 14-18 |

### C. Season Timeline

Coaches may practice up to twice per week in the preseason, and once per week during the season. Please note that the timeline may be adjusted due to unforeseen circumstances that alter the availability of allocated field space.

### D. Jurisdiction

1. **FIELDS**  
Fields are allocated by the City of Henderson for their prospective use. Therefore, the city maintains jurisdiction over the fields and surrounding parks during events. All participants of the City of Henderson youth soccer program will honor the rules and regulations along with the employees and referees who are empowered to enforce them.
2. **REFEREES' AUTHORITY**  
Coaches, spectators, and players are reminded that the referee is the authority in control of the field, including the surrounding park, from the time they arrive until the time they leave the field. The referee is authorized to enforce these rules and regulations in addition to the FIFA Laws of the Game.

## **E. Non-Player Conduct**

### **1. COACHES' CODE OF CONDUCT**

Each team must have one coach designated as the head coach and may have up to one assistant coach. In the event that the head coach is dismissed from the match, the assistant coach will be designated as the head coach. A substitute coach may be granted with permission from the program coordinator. Coaches must stay off the field of play and remain on their respective sidelines in the area reserved for them (with the exception of coaches for U6 and U8 divisions). Coaches must behave responsibly and may not shout at the referee, or otherwise interfere with the match. Coaches should limit specific instructions during the match and do the majority of their coaching during practice. No voice amplification devices will be allowed. Alcohol, tobacco and illegal drugs are prohibited. Head coaches are responsible for their own conduct as well as the conduct of their assistant coaches, players and spectators affiliated with the team. Coaches along with referees should make every effort to ensure the matches are safe and fair. Coaches should do all they can to minimize the chances of uneven scores.

### **2. COACHING BOX RULE**

The City of Henderson has authorized the use of a coaching box. All coaches must comply with the rule by staying in the coaching box at all times. The head coach is responsible for the conduct and behavior of substitutes, players, disqualified team members and all other personnel. Any violation of the coaching box rule by the head coach will direct a warning from the official. If the coach violates again, they will have to be seated in the coaching box for the remainder of the game. Any violation of the coaching box rule by any bench personnel can result in a yellow card. If the coach violates again, they can be removed from the game. If no coaching box is on the grass, you must stay five feet away from sideline. The score table is used as the "no coach zone." No coach is allowed to be in front of or cross into the opponent's zone.

### **3. COACHES' BADGE**

Cleared coaches will receive a coaches badge once they have met all coaches requirements. Badges must be worn on game days. Only cleared coaches with badges will be allowed on the players bench and/or sideline during league games. A coaches identification badge must be worn and visible to the City of Henderson staff.

### **4. SPECTATORS' CODE OF CONDUCT**

All individuals who are not coaches, players, referees, or City of Henderson employees are considered to be spectators from the time they enter the park until the time they leave. This league is designed to promote fun and fundamentals. Below are some simple rules that should be observed by spectators:

- a. Shouting at players from the sidelines is not permitted; it is the coach's responsibility to direct the players.
- b. Parents are encouraged to cheer for their child's team but should refrain from any disparaging or discouraging comments.
- c. Avoid obvious displays of anger.
- d. Display good sportsmanship.
- e. Do not run up and down the sidelines or behind the goals. Spectators should remain stationary on their respective sidelines.
- f. Do not shout insults at the referee. The referee has the authority to stop the match if the crowd becomes discourteous.
- g. Absolutely no alcoholic beverages, smoking and or tobacco is permitted at any match. All non-playing children must be supervised at all times.

## F. Disciplinary Procedures

### 1. PLAYERS DISCIPLINED BY THE COACH

While the City of Henderson recognizes discipline as a key ingredient to the success of a team, no coach can prevent a player from participating in a match without prior approval from the City of Henderson. Any coach who feels a player's playing time should be restricted due to tardiness, absenteeism, behavior, or any other reason should discuss the matter with the program coordinator prior to the match.

### 2. PLAYERS DISMISSED BY THE REFEREE

All players sent off the field of play for receiving a red card or two yellow cards by the referee cannot participate in the remainder of the match and cannot be replaced. Such players are allowed to remain on the sidelines, provided they do not, in the opinion of the referee, further disrupt the match.

Any player dismissed from the field of play by the referee will be suspended for one or more subsequent matches, subject to review by the program coordinator. In all cases where a player is sent off the field of play, the referee must submit a written report to the program coordinator within 24 hours from the ejection in question.

### 3. DISMISSAL OF COACHES

Coaches can be penalized for their unsportsmanlike behavior.

**First Warning - Yellow Card | Second Warning - Yellow Card  
Third Warning - Red Card (coach is ejected)**

The referee or league representative may dismiss any coach from the vicinity of the field for the remainder of the match if they feel the coach's behavior is inappropriate. The match will not resume until the coach complies with the dismissal. If the referee or league representative decides to abandon or terminate the match because a coach fails to leave the immediate vicinity after being dismissed, the program coordinator will decide the outcome of the match. The referee will verbally inform the head coach of the dismissal and all implications that may apply.

Any coach dismissed by the referee or league representative will be suspended for one or more subsequent matches, subject to review by the program coordinator. In all cases where a coach is dismissed, the referee or league representative must submit a written report to the program coordinator within 24 hours.

### 4. DISMISSAL OF SPECTATORS

The referee or league representative may dismiss any spectator from the vicinity of the field for the remainder of the match if they feel the spectator's behavior is inappropriate. The match will not resume until the spectator complies with the dismissal. If the referee or league representative decides to abandon or terminate the match because a spectator fails to leave the immediate vicinity after being dismissed, the program coordinator will decide the outcome of the match. The referee will verbally inform the head coach of the dismissal and all implications that may apply.

Any spectator dismissed by the referee or league representative will be suspended for one or more subsequent matches, subject to review by the program coordinator. In all cases where a spectator is dismissed, the referee or league representative must submit a written report to the program coordinator within 24 hours.

## **G. Suspended or Postponed Matches**

In the event a match is not completed in regulation time for any reason, including weather, insufficient players, or abandonment or termination by the referee, all relevant facts must be submitted to the program coordinator for review. The program coordinator has the option to:

1. Schedule the match to be replayed, thus nullifying the original match.
2. Continue playing the match at a later date with the score and elapsed time starting as it was when the match was terminated or abandoned.
3. Accept the score of the match at the moment it ended as the final score.
4. Award both teams a tie.
5. Award one team a win and the other a loss.

The program coordinator's decision is final and under no circumstances can a match be protested by a coach, spectator or player.

## **H. Quality of Referees**

All referees have different styles of refereeing and different levels of experience. Coaches, spectators and players must make allowance for these differences and realize that referees are part of the match. The final outcome of a match is rarely determined by a referee's actions or inactions. Any concerns regarding refereeing should be filtered through the head coach of the team and discussed with either the site lead or program coordinator at an appropriate time.

## **I. Equipment**

### **1. COACHES' EQUIPMENT RESPONSIBILITIES**

All head coaches will be provided a mesh bag, cones and practice balls for the duration of the season (while supplies last). Coaches borrowing equipment from the City of Henderson Sports office must return all equipment at the field immediately following completion of their final match. Coaches may be held financially responsible for any damaged, lost or stolen equipment.

### **2. PLAYERS' EQUIPMENT RESPONSIBILITIES**

- a. Each player must wear the city-issued jersey/shirt and socks. Shirts must be tucked in and shoelaces must be securely tied. No toe cleats, long cleats, sharp cleats, or hard-soled street shoes are allowed. Each goalkeeper must wear colors that distinguish them from other players and referees.
- b. Shin guards are mandatory and must be completely covered by socks and must be made of a suitable material that affords a reasonable degree of protection from physical injury if the player is kicked in the shin area.
- c. A player may not wear anything that could be dangerous to themselves or to another player, including orthopedic casts (even if cushioned), rings, watches, jewelry, and hair clips (exception – prescription eyeglasses that appear to be reasonably safe).
- d. Uniforms may not be altered in any way. If a player is wearing an ineligible uniform, the City of Henderson reserves the right to allow that player to participate in the match as a legal player if they feel it is safe and fair to do so. Referees, coaches and match monitors should be notified if a player is out of uniform before the player enters the match. A match cannot be protested due to a player being out of uniform. City of Henderson and match referees will solely determine whether a player is deemed eligible or ineligible.

3. Match balls, match goals and corner flags will be provided and set up by the City of Henderson Sports office on match days. Teams are responsible for providing their own warmup balls before matches.

**J. Coach & Referee Post-Match Checklist**

Here is a checklist of things the coach should do after each match:

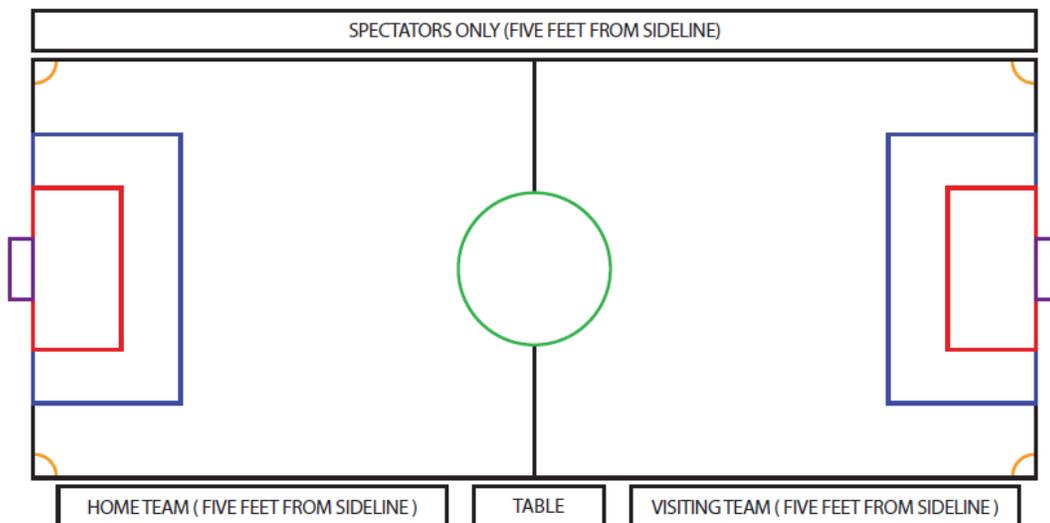
1. Form their players on the sideline for the purpose of shaking hands with players and coaches from the other team. Politeness, graciousness and sportsmanship are expected from all as they meet in the center, whether win, lose or draw.
2. Shake hands with the referee.
3. Pick up equipment and/or trash that may have been left behind. Leave the field cleaner than when your team arrived.

| DIVISION    | BALL SIZE |
|-------------|-----------|
| U12/U14/U19 | 5         |
| U10         | 4         |
| U6/U8       | 3         |

**SECTION II: MATCH-PLAY INFORMATION**

**A. Field of Play**

| DIVISION | PLAYERS ON FIELD    | FIELD SIZE              | CIRCLE RADIUS | GOAL AREA (DEEP X WIDE) | PENALTY AREA (DEEP X WIDE) | GOALS SIZE | CORNER ARC | PENALTY SHOT |
|----------|---------------------|-------------------------|---------------|-------------------------|----------------------------|------------|------------|--------------|
| U14/U19  | 11 v 11<br>OR 9 v 9 | 60 yards x<br>120 yards | 10 yards      | 6 yards x<br>20 yards   | 18 yards x<br>40 yards     | 8' x 24'   | 3 feet     | 12 yards     |
| U12B     | 8 v 8               | 50 yards x<br>100 yards | 8 yards       | 6 yards x<br>16 yards   | 16 yards x<br>32 yards     | 8' x 24'   | 3 feet     | 12 yards     |
| U12G     | 7 v 7               | 41 yards x<br>82 yards  | 8 yards       | 6 yards x<br>14 yards   | 15 yards x<br>24 yards     | 8' x 24'   | 3 feet     | 12 yards     |
| U10      | 7 v 7               | 40 yards x<br>50 yards  | 6 yards       | 7 yards x<br>14 yards   | 12 yards x<br>30 yards     | 7' x 21'   | 3 feet     | 10 yards     |
| U8       | 5 v 5               | 25 yards x<br>50 yards  | 4 yards       | 5 yards x<br>12 yards   | None                       | 6' x 18'   | None       | None         |
| U6       | 5 v 5               | 25 yards x<br>50 yards  | 4 yards       | 2 yards x<br>3 yards    | None                       | 4' x 6'    | None       | None         |



Please note that field dimensions for any division are subject to change based on registration.

**B. Number of Players & Forfeits**

Each player must be listed on the team’s official roster to participate. A team that cannot supply the minimum number of qualified players within 5 minutes of the scheduled start time will forfeit the match. Minimum numbers are subject to change at the league’s discretion.

| DIVISION   | MAX PLAYERS | MIN. PLAYERS | GOALKEEPER |
|------------|-------------|--------------|------------|
| U10        | 11/10/9     | 7            | Yes        |
| U14        | 9           | 7            | Yes        |
| U12 Boys   | 8           | 6            | Yes        |
| U 12 Girls | 7           | 5            | Yes        |
| U10        | 7           | 5            | Yes        |
| U8         | 5           | No forfeits  | No         |
| U6         | 5           | No forfeits  | No         |

**C. Player Participation Requirements**

1. MINIMUM PLAYING TIME

- a. U6 division: Minimum playing time is half of the game.
- b. U8-U19 divisions: Minimum playing time is two periods per match; no player may play four periods unless everyone has played three. (A period is defined as the midway point of each half; there are two periods for every half.)

2. PLAYER SUBSTITUTION GUIDELINES

Standard Substitution Procedures:

- a. U6 division: Substitutions are allowed; however, the coach must distribute playing time evenly among all players.
- b. U8, U10, U12, U14 and U19 divisions: Approximately midway through the first half and second half, the referee will look for a natural stoppage in the match (throw-in, goal kick, kickoff, corner kick, free kick, penalty kick, or drop ball) that will temporarily halt the match and allow for player substitutions to take place. Additional substitutions can be made at the beginning of the second half.
- c. City of Henderson staff tracks all substitutions (except U6 division). Respective coaches of each team may substitute any players or none during such interruptions, as long as all players meet the minimum playing requirements. Substituting players must report to the score table prior to substitution and at the beginning of each period before entering the field.

Substitution Procedure Modifications Due to Player Injury:

- a. If a player is injured and play has been stopped by the referee, the injured player may be substituted for another player. If the injured player is able to return within the same period, then they may substitute back into the match for the player who replaced them. This substitution must occur at a natural stoppage in the match (throw-in, goal kick, kickoff, corner kick, free kick, penalty kick, or drop ball) that will temporarily halt the match and allow for player substitutions to take place. The player must receive a signal from the referee to return to the match.
- b. In accordance with the Laws of the Game, the referee must recognize the player leaving the field. The player who played the majority of minutes in the period is credited with playing the entire period regardless of who started the period. The referee is the sole authority in awarding the period to the appropriate player.

**Substitution Procedure Modifications for Late-Arriving Players:**

- a. If the player arrives during the first period, the player must be substituted onto the field of play at the first substitution break or at halftime, and may be required to play the remainder of the match, yet they are not subject to the conditions of player participation requirements.
- b. If the player arrives during the second period, they must be substituted onto the field of play at the half or at the third substitution break and are *not* subject to the conditions of the player participation requirements.
- c. If the player arrives during the third period, at the discretion of the coach and referee, the player may be substituted onto the field of play for the final period but is not subject to the conditions of the player participation requirements.

**3. SUBSTITUTION GUIDELINE EXCEPTIONS**

Substitutions will be allowed if in the opinion of the coach, parent or referee, the player is injured, in jeopardy of injury or could further compound an existing injury if the player continues to play.

**D. Duration of Matches**

| <b>DIVISION</b> | <b>MATCH LENGTH</b>  | <b>OVERTIME</b> |
|-----------------|----------------------|-----------------|
| U19             | Two 30-minute halves | 7 minutes       |
| U14             | Two 30-minute halves | 7 minutes       |
| U12             | Two 25-minute halves | 5 minutes       |
| U10             | Two 25-minute halves |                 |
| U8              | Two 20-minute halves |                 |
| U6              | Two 20-minute halves |                 |
| Halftime        | 3 minutes            |                 |

**E. Rules by Division**

| <b>DIVISION</b> | <b>OFFSIDES</b> | <b>DROP BALLS, FREE KICKS, PENALTY KICKS, CORNER KICKS AND GOAL KICKS</b> | <b>YELLOW AND RED CARDS</b> |
|-----------------|-----------------|---|-----------------------------|
| U19             | Yes             | Yes   | Yes                         |
| U14             | Yes             | Yes   | Yes                         |
| U12             | Yes             | Yes   | Yes                         |
| U10             | Yes             | Yes   | Yes                         |
| U8              | No              | No  | No                          |
| U6              | No              | No  | No                          |

**ADDITIONAL U6/U8 GUIDELINES**

1. One coach per team will be allowed on the field of play. No referees will be assigned to U6 and U8 matches.
2. If the ball goes out of play over the goal line, regardless of who touched it last, the defending team puts the ball back in play with an indirect kick from the top of the goal box.
3. An indirect kick could be awarded for an infraction.
4. Offensive players may dribble into the opponent's goal area.
5. Offensive and defensive players may enter the goal area in pursuit of a ball that entered the goal area.
6. Match may stop for an improper throw-in, at the coach's/referee's discretion (for U8 only).
7. Goal kicks are taken from the top of the goal box.

**F. U10-U19 Rules**

1. No slide tackling allowed.
2. Concussion rule: see Section III. Other Information, E. Fouls & Misconducts, Paragraph 5 Heading Rule (pages 12 & 13)
  - a. All U10 players cannot head the ball on purpose.
  - b. All U12 players are limited to the number of headers in a game.
  - c. Penalty – indirect kick
3. No timeouts in the game.

**G. Standings & Recordings**

| DIVISION | WIN                                 | LOSS    | TIE     |
|----------|-------------------------------------|---------|---------|
| U10-U19  | 3 point                             | 0 point | 1 point |
| U6-U8    | No scores or standings are recorded |         |         |

Tie breakers are determined by the following:

1. Head-to-head matches
2. Goal differential
3. Least defensive outs (all games)

**H. Coaching Tactics**

The overall object is for players to enjoy the match and strive to do their best at every level. Coaches should recognize that the primary goals of the City of Henderson Youth Sports program are to teach fundamentals and sportsmanship in a safe setting. Coaches should keep practices engaging and play each player at a variety of positions giving them the best chance to succeed. U6 and U8 practices should focus on fun activities and the basics of soccer. Coaches in the U10 to U19 divisions should introduce tactical thinking and strategy based on their division’s skill level. The key to be a successful coach is not determined by your record, but by creating an environment that allows players to learn and fall in love with the sport.

**SECTION III: OTHER INFORMATION:**

**A. Terminology**

**ADVANTAGE:** The referee may invoke the advantage rule anytime they believe that continuing play following a rules violation would be to the advantage of the team that was fouled (play continues).

**CAUTIONED:** The referee has stopped play (if necessary) to notify someone that they have broken one or more rules of the match. They are shown a yellow card and will be ejected if cautioned again.

**DIRECT:** Proceeding directly from a thrower or kicker into the goal, without being required to be touched by anybody else. It’s okay if somebody else touches the ball, but there is no requirement that they do so.

**DROPPED BALL:** A means of restarting the match when it is stopped for a serious injury or some other unusual circumstance.

**HANDLE THE BALL:** To deliberately (in the referee’s opinion) touch the ball with a hand, lower arm or upper arm, except when done solely to protect a player’s own body from injury (and to no other advantage).

**INDIRECT:** Proceeding from a thrower or kicker and touching at least one other player (from either team) before going into the goal.

**TACKLE:** To slide into the ball (not a player) while it is being played by another player. This often results in the tackled player tripping over the ball and falling down but is considered to be fair play in soccer when done cleanly. Tackling is difficult to do safely, can be dangerous to the player being tackled, and can easily result in a yellow card or red card. Tackling is not allowed in the City of Henderson league.

**WARNED:** The referee has verbally informed someone of a rule or infraction for which that person could have received a yellow card, but the referee instead elected to keep the match going.

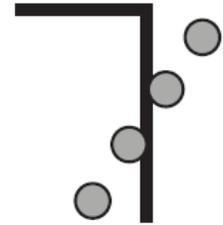
**B. Ball In & Out of Play**

The ball is out of play when play has been stopped by the referee (blowing the whistle).

The ball is in play at all other times, including when:

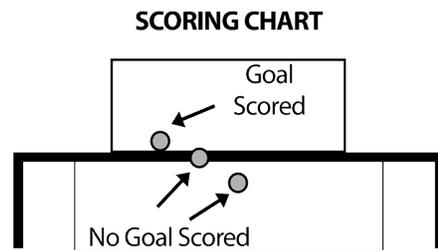
1. It rebounds from a goal post, crossbar or corner post and remains in the field of play.
2. It rebounds off either the referee or an assistant referee when they are in the field of play.
3. It appears as if there has been an infringement of the rules of the match, but the referee has not blown the whistle.

|                      |
|----------------------|
| Ball #1: Out of play |
| Ball #2: In Play     |
| Ball #3: In Play     |
| Ball #4: In Play     |



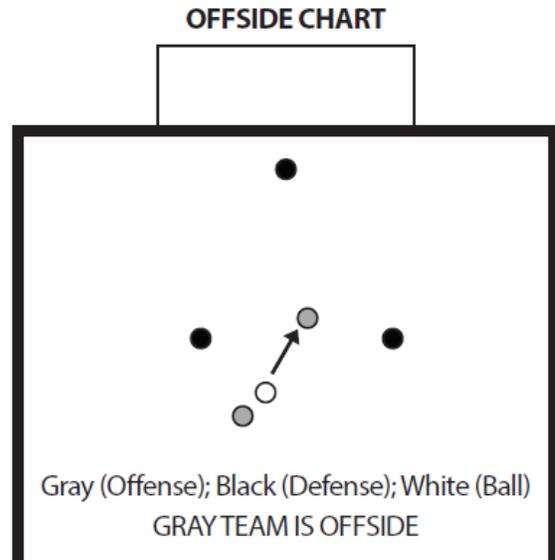
**C. Method of Scoring**

A goal is scored for a team when the whole of the ball passes over the other team’s goal line (see diagram), between the goal posts and under the crossbar provided that the attacking team has not (in the referee’s opinion) significantly violated any rules of the match in the process of scoring the goal. The team scoring the greater number of goals during a match is the winner. If no goals or an equal number of goals are scored, the match is called a tie.



**D. Offsides**

A player is in an offside position if they are in their opponent's half of the field and closer to the opponent's goal line than both the ball and the second to last opponent. However, being in an offside position is not in itself an offside offense. A player will be penalized if the ball touches or is played by another member of their team while they are in an offside position. The player in the offside position must be actively involved in the play by either interfering with the play, an opponent, or gaining an advantage by being in that position. However, a player may not be penalized if they receive the ball directly from a goal kick, corner kick or throw-in. This rule does not apply to U6 and U8 divisions.



**E. Fouls & Misconduct**

This amendment deals primarily with how to restart a match after a foul or misconduct has occurred. A foul is defined as something that one player does to an opposing player while the ball is in or out of play. Incidents involving the referee, coaches and/or spectators could also cause a stoppage in play. Misconduct is defined as any other disciplinary problem that may occur during a match, including among players on the same team.

Following are examples of fouls, which may result in the referee stopping play to award a direct free kick to the opposing team, from the place where the foul occurred:

1. Kicking, tripping, pushing, holding, jumping onto, and unfair tackling.
2. Charging unfairly, either too vigorously, or not shoulder to shoulder, into an opponent.
3. Deliberately handling the ball and impeding the progress of an opponent. A penalty kick is awarded if any of the above offenses is committed by a player in their own penalty area, regardless of the position of the ball, provided it is in play.

Following are examples of fouls, which result in the referee stopping play to award an indirect free kick to the opposing team from the place where the foul occurred:

- a. Impeding the progress of an opponent, except if fairly playing the ball.
- b. Preventing opposing goalkeeper from releasing the ball.
4. Sliding tackles are one of the skills players use to play soccer. A sliding tackle is an attempt to dispossess the opponent from the ball while sliding to tackle the ball. Judging whether or not a slide tackle is legal or not involves the referee judging the manner in which the tackle was executed. Players are not allowed to slide tackle during the game.

Misconduct is usually dealt with after the ball goes out of play, so as not to disrupt the match. The match is restarted as it would have been had the misconduct not occurred. If the referee stops the match specifically to deal with a case of misconduct by a player on the field, the match is restarted with an indirect free kick awarded to the other team from the spot where the ball was when the referee stopped play. In all other cases of misconduct, the match is restarted with a dropped ball.

5. Heading Rule

1. Players in U10 & younger leagues shall not engage in heading, either in practices or in games.

2. Limited heading in practice and games for players in U12 leagues. More specifically, these players shall be limited to a maximum of 20 minutes of heading training per week, with no more than 10-15 headers per player, per week.
3. Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.
4. In adherence to these new requirements, referees have been instructed to do the following rule addition: When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

**FOUL ALLOWANCE CHART**

|                     | <b>U19/U14/U12/U10</b> | <b>U8</b>         | <b>U6</b>         |
|---------------------|------------------------|-------------------|-------------------|
| Yellow & red cards  | Yes                    | No cards          | No cards          |
| Direct free kicks   | 7 yards from kick      | No                | No                |
| Indirect free kicks | 7 yards from kick      | 5 yards from kick | 5 yards from kick |
| Penalty kicks       | Yes                    | No                | No                |
| Corner kicks        | 7 yards from kick      | No                | No                |

**F. Yellow & Red Cards**

There are various options referees have at their disposal to keep the match safe and under control.

1. Yellow cards may be displayed to players who:
  - a. Commit any common foul (kick, trip, push).
  - b. Exhibit unsportsmanlike behavior, including any simulated action that is intended to deceive the referee.
  - c. Show significant dissent by word or action with a referee’s decision.
  - d. Persistently infringe on the Laws of the Game.
  - e. Leave or enter the field of play without the referee’s permission.
2. Red cards may be displayed to players who:
  - a. Are guilty of serious foul play (kick, trip, tackle, hit, push, jump at, unfairly charge, throw an object at, spit at, or any other violent conduct) directed at any other person, done either intentionally or recklessly, in a manner likely to cause serious injury or provoke retaliation.
  - b. Deny an opponent an obvious goal scoring opportunity by deliberately handling the ball.
  - c. Deny an opponent an obvious goal scoring opportunity by any foul or misconduct, which is punishable by a free kick or a penalty kick.
  - d. Use offensive, insulting, and/or abusive language or gestures.
  - e. Receive a second yellow card in a match.

Any person who receives a red card is immediately ejected from the match by the referee and may be suspended by the program coordinator for one or more subsequent matches. Any player who is red carded may not be replaced and that team will play one or more persons short for the remainder of the match.

## **G. Free Kick**

A direct free kick or indirect free kick may be awarded to a team by the referee because one or more rule violations by the opposing team have occurred. The ball must be stationary, at the proper spot, and opposing players must be far enough away before the ball is kicked. Any player on a team may take the kick. If the kick is not taken properly it must be retaken. After taking the kick, the kicker cannot touch the ball a second time until another player has touched it first.

1. When taken by a team from within its own penalty area (direct free kick):
  - a. Opposing players must be at least 10 yards away and must remain outside the penalty area until the ball completely leaves the penalty area.
  - b. The ball is in play as soon as it completely leaves the penalty area.
  - c. If taken from inside the goal area, any position in the goal area is okay.
2. When taken by a team from within its opponent's penalty area (indirect free kick):
  - a. Opposing players must be at least 10 yards away, unless standing on their own goal line between the goal posts.
  - b. The ball is in play as soon as it is kicked and moves.
  - c. If awarded inside the goal area, the kick must be taken from that part of the goal area line, which is parallel to the goal line, at the point nearest where the foul occurred.
3. When taken from a point not inside either penalty area:
  - a. Opposing players must be at least 10 yards away.
  - b. The ball is in play as soon as it is kicked and moves.

## **H. Penalty Kick**

A penalty kick is awarded against a team that commits one of the offenses for which a direct kick is awarded, inside its own penalty area and while the ball is in play. A penalty kick must be taken from the penalty mark.

1. All players, except the player taking the kick and the opposing goalkeeper, must be on the field of play, outside the penalty area, and behind the ball, until the ball is in play.
2. The player taking the penalty kick must be clearly identified. The opposing goalkeeper must stand on their own goal line, between the goal posts, until the ball is kicked.
3. The player taking the kick must kick the ball forward, and they cannot touch the ball a second time until it has been touched by another player.
4. A goal may be scored directly from a penalty kick.
5. The ball is in play as soon as it has been kicked and moves.
6. A match may be extended at halftime or fulltime to allow penalty kicks to be taken or retaken. However, the ball may be played only by the opposing goalkeeper in this case.

## **I. Throw-In**

A throw-in is a method of restarting play. When the whole of the ball passes over a touch line, either on the ground or in the air, the ball must be thrown in from the point where it went out of play, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must:

1. Face some part of the field and be within one yard of the touch line.
2. Be very near the point where the ball passed over the touch line.
3. Have a part of each foot on the ground, on or outside the touch line.
4. Use both hands.
5. Deliver the ball from behind and directly over their head.
6. Teams cannot score on a throw in.

The ball is in play as soon as it enters the field (in the air). The thrower may not touch the ball until after it has been touched by another player. A goal may not be scored directly from a throw-in.

**J. Goal Kick**

A goal kick is a method of restarting play. When the whole of the ball passes over the goal line, outside the goal posts or over the crossbar, either in the air or on the ground, having last been touched by one of the attacking team players, it must be kicked entirely out of the penalty area, from any point within the goal area, by any player from the defending team. Players of the team opposing that of the player taking the kick must remain outside the penalty area until the ball is in play. The ball is in play as soon as it completely leaves the penalty area. After taking the kick, the kicker cannot touch the ball until it is in play and has been touched by another player. A goal may be scored directly from a goal kick.

**K. Corner Kick**

A corner kick is a method of restarting play. When the whole of the ball passes over the goal line, outside the goal posts or over the crossbar, either in the air or on the ground, having last been touched by one of the defending team players, a member of the attacking team can take a corner kick, in which the ball is placed on the nearest corner of the field and kicked into play. Players of the team opposing that of the player taking the corner kick must remain at least 5 to 8 yards away from the ball until it is in play. The ball is in play as soon as it has been kicked and moves. After taking the kick, the kicker cannot touch the ball until it has been touched by another player. A goal may be scored directly from a corner kick.

**L. Dropped Ball**

If the match is stopped by the referee because of a serious injury, a potential danger, a deflated ball, or some other unusual event (including some penalty situations) for which the method of restarting play is not specified elsewhere in this handbook, the referee may restart the match by dropping the ball between two players, one from each team, at the point nearest to where the ball was located when play was stopped. However, if the ball was in a goal area when play was stopped, the ball must instead be dropped on the nearest part of the goal area line that runs parallel to the goal line. The ball cannot be dropped until all other members of both teams are at least 10 yards away from the ball unless they are standing on their own goal line, between the goal posts. The ball is in play as soon as it touches the ground. The ball must be dropped again if a player touches it before it reaches the ground. This rule does not apply to the U6 and U8 divisions.

**M. Goalkeepers**

One player from each team is designated as that team's goalkeeper. The goalkeeper will wear a jersey (provided by the City of Henderson) that easily distinguishes them from the referee and all other players. The goalkeeper may wander about the field, and is subject to the same rules as all other players, except while they are entirely within their own penalty area, in which case the following additional rules apply:

1. The goalkeeper may use their entire body, including their hands and arms, to play the ball, except that they may not handle the ball if it has been kicked or thrown in to them by a player on their own team.
2. Upon gaining possession of the ball, other players may not play the ball or otherwise interfere with their duties, and they may not use the ball to intimidate or injure other players.
3. The goalkeeper must release the ball into play within 6 seconds of being able to do so by kick or throw.

4. After releasing the ball into play, the goalkeeper may not handle it again until it has been touched by a player. If the ball does not leave the penalty box and the defense touches the ball, the opposing team is awarded an indirect free kick.
5. A goalkeeper is in possession of the ball when they hold it or trap it against the ground with any part of their body. Possession is ultimately determined by the referee, who leans on the side of protecting goalkeepers from injuries, but whose decision is final.
6. The goalkeeper will not be harassed or interfered with while attempting to put the ball in play.

**N. Nevada Revised Statutes**

NRS 199.300 Intimidating public officer, public employee, juror, referee, arbitrator, appraiser, assessor or similar person.

1. A person shall not, directly or indirectly, address any threat or intimidation to a public officer, public employee, juror, referee, arbitrator, appraiser, assessor or any person authorized by law to hear or determine any controversy or matter, with the intent to induce such a person contrary to his or her duty to do, make, omit or delay any act, decision or determination, if the threat or intimidation communicates the intent, either immediately or in the future:
  - a. To cause bodily injury to any person;
  - b. To cause physical damage to the property of any person other than the person addressing the threat or intimidation;
  - c. To subject any person other than the person addressing the threat or intimidation to physical confinement or restraint; or
  - d. To do any other act which is not otherwise authorized by law and is intended to harm substantially any person other than the person addressing the threat or intimidation with respect to the person's health, safety, business, financial condition or personal relationships.
2. The provisions of this section must not be construed as prohibiting a person from making any statement in good faith of an intention to report any misconduct or malfeasance by a public officer or employee.
3. A person who violates subsection 1 is guilty of:
  - a. If physical force or the immediate threat of physical force is used in the course of the intimidation or in the making of the threat:
    1. For a first offense, a category C felony and shall be punished as provided in NRS 193.130.
    2. For a second or subsequent offense, a category B felony and shall be punished by imprisonment in the state prison for a minimum term of not less than 2 years and a maximum term of not more than 10 years and may be further punished by a fine of not more than \$10,000.
  - b. If no physical force or immediate threat of physical force is used in the course of the intimidation or in the making of the threat, a gross misdemeanor.
4. As used in this section, "public employee" means any person who performs public duties for compensation paid by the State, a county, city, local government or other political subdivision of the State or an agency thereof, including, without limitation, a person who performs a service for compensation pursuant to a contract with the State, county, city, local government or other political subdivision of the State or an agency thereof.

## COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as an NYSCA\* coach by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice first-aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

\*National Youth Sports Coaches Association