



**2021-2022**  
**Rules and Regulations**

April 2021



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## Revision History

Date	Author	Changes
April 2015	PBrightbill	Updated sections voted and approved by commissioners. All updates for this copy are highlighted in YELLOW. <ul style="list-style-type: none"><li>• Ch3, Sec 3.2, Letter C</li><li>• Ch3, Sec 3.4, Letter A, # 7 (housekeeping)</li><li>• Ch3, Sec 3.4, Letter B</li><li>• Ch3, Sec 3.4, Letter H</li><li>• Ch3, Sec 3.5, Letter C</li><li>• Ch3, Sec 3.5, Letter D</li><li>• Ch3, Sec 3.5, Letter E</li><li>• Ch3, Sec 3.5, Letter M, # 4 (housekeeping)</li><li>• Ch3, Sec 3.5, Letter I, # 8</li><li>• Ch3, Sec 3.8, # 5 (housekeeping)</li></ul>
July 2014	PBrightbill	Updated sections voted and approved by commissioners. All updates for this copy are highlighted in YELLOW.
October 2013	TSmith	Updated sections voted and approved by commissioners.
October 2012	MSmith / PBrightbill	Updated Document from old format. Updated sections voted and approved by commissioners.



## 1. WELCOME COACHES!!!!

### COACHING PHILOSOPHY

I believe a coach can be a very positive influence in a young person's life. I stress teamwork, responsibility, initiative, discipline, and a strong work ethic. Each player on the team is an essential part of the team and is my responsibility to nurture this to build a strong team.

### WHAT MAKES A GOOD COACH?

#### Attitude

- Always be positive! Your actions as a coach transcend to your players. If you have a negative attitude, so will your players.
- Always encourage, never criticize.
- Use team building in your practices.
- When you see a player that is upset on the field, it may be a good time to pull the player for a cool down to avoid the situation escalating.
- Keep you cool!

#### Being organized

- Always have an extra roster with you at your game.
- Have your laminated passes on a ring in alphabetical order.
- Make sure any player that is serving a RED CARD suspension is listed on the game report. It is your responsibility to make sure the referee indicates this on the game report. This way there is no questions of game served for your players. Retain game report copies especially on these games.
- Know the rules and share this knowledge with your parents.

Being a coach is an important position, coaches shape young minds. Your players look to you for guidance, mentoring, encouragement and support. They look to you to find their strengths and work those skills into your team dynamics. There is a place for everyone on the team. Your job as the coach is to find their talent and use it within your team. Your job many times seems unappreciated, but you persevere!

Your reward is when team cares about each other. Win or lose they had a fun day playing the game we all love SOCCER!

YOU ARE APPRECIATED!

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## 2. CODE OF ETHICS

### GYSA/FYSA CODE OF ETHICS

#### Players

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at all times.
- I will remember that soccer is an opportunity to learn and have fun.
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all soccer games.
- I will do the best I can each day, remembering that all players have talents and weaknesses the same as I do.
- I will treat my coaches, other players and coaches, game officials, other administrators, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will concentrate on playing soccer. Always giving my best effort.
- I will play by the rules at all times.
- I will at all times control my temper, resisting the temptation of retaliation.
- I will always exercise self-control.
- My conduct during competition towards play of the game and all officials shall be in accordance with appropriate behavior and in accordance with FIFA's "Laws of the Game," and in adherence to FYSA rules.
- While traveling, I shall conduct myself so as to bring credit to myself and my team.
- I shall not possess, consume or distribute before, during or after any game or at any other time at the field and/or game complex alcohol, tobacco, illegal drugs or unauthorized prescription drugs.
- I will never use abusive or insulting language. I will treat everyone with dignity.

#### Coaches/Volunteers

- I will never place the value of winning before the safety and welfare of all players.
- I will always show respect for players, other coaches, and game officials.
- I will lead by example, demonstrating fair play and sportsmanship at all times.
- I will demonstrate knowledge of the rules of the game, and teach these rules to my players.
- I will never use abusive or insulting language. I will treat everyone with dignity.
- I will not tolerate inappropriate behavior, regardless of the situation.
- I will not allow the use of anabolic agents or stimulants, drugs, tobacco, or alcohol by any of my players.
- I will never knowingly jeopardize the eligibility and participation of a student-athlete.
- Youth have a greater need for example than criticism. I will be the primary soccer role model.
- I will at all times conduct myself in a positive manner.
- Coaching is motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners.
- My actions on sidelines during games shall be in the spirit of "good sportsmanship" at all times. Profanity, profane gestures, arguing, inciting disruptive behavior by spectators and/or players, or any conduct not in the spirit of good sportsmanship, shall require disciplinary action from the affiliate.
- I shall not possess, consume or distribute before, during or after any game or at any other time at the field and/or game complex alcohol, tobacco, illegal drugs or unauthorized prescription drugs.
- I will refrain from any activity or conduct that may be detrimental or reflect adversely upon FYSA, its members or its programs.
- I will accurately and completely complete the coach/volunteer application form and by application attest to the accuracy of the information submitted.

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### **Parents/Spectators**

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- I will place the emotional and physical well-being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field for any reason during the game.
- I will not criticize game officials.
- I shall not possess, consume or distribute before, during or after any game or at any other time at the field and/or game complex alcohol, tobacco, illegal drugs or unauthorized prescription drugs.
- I will refrain from any activity or conduct that may be detrimental or reflect adversely upon FYSA, its members or its programs.

Failure to comply may result in the suspension of your privilege to participate in GYSA/FYSA sanctioned events, for the following periods:

1st offense -- suspension for a minimum of thirty (30) days to a maximum of five (5) years.

2nd offense -- suspension for a minimum of one (1) year to a maximum of ten (10) years.

3rd offense -- suspension for a minimum of five (5) years to a maximum of fifty (50) years.

NOTE: Any individual charged with a violation of this Code of Ethics shall be afforded due process as defined in FYSA's Rule Section 600 before the implementation of any suspension.



### 3. GENERAL RULES AND REGULATION / PROCEDURES

#### 3.1. GENERAL RULES AND REGULATIONS/PROCEDURES

The rules, regulations and operating procedures contained herein shall govern all affiliated members of GYSA.

A. Violators:

Any player, coach or team manager, Club or league official or official of the Association determined to have violated the Constitution, By-laws, Rules or Regulations of GYSA shall be subject to disciplinary action by the GYSA Board of Directors.

B. Responsibility:

Each team is responsible for the actions and personal conduct of its team members, team manager/parent, coach, parents and spectators; and is additionally responsible to ensure that its actions on and off the field do not bring discredit upon the team or upon this Association.

C. Further Responsibility:

All GYSA affiliated Club Officials are responsible for the way their organization is administered and for governing the conduct and actions of those individuals associated with their organization.

#### 3.2. YOUTH AND AGE GROUPS

A. Definition:

For purposes of definition, the Constitution, By-laws, Rules and regulations of this Association apply to FYSA and GYSA affiliated amateur youth players on teams within age groups of up to age nineteen (19) years old as defined by FYSA.

B. Eligibility:

Players who attain the limiting age for any group will be eligible to play in that age group for the remainder of that seasonal year.

C. Equal Age Groups Classification:

All clubs shall divide play among teams of equal ages as follows

Age Group	Boys	Girls
Under 6	Yes	Yes
Under 8	Yes	Yes
Under 10	Yes	Yes
Under 12	Yes	Yes
Under 14	Yes	Yes
Under 16	Yes	
Under 19	Yes	Yes

D. Game Scheduling: If four or more teams are submitted for a GYSA scheduled age group, a game schedule will be completed.



### 3.3. REGISTRATION

All players on teams affiliated with GYSA are required to be properly registered with FYSA in Recreational status. The assignment or registration of a player to a GYSA given team is for the duration of the Association Seasonal Year unless he/she is formally transferred or released. Once a team has registered to play in an affiliated league, that team shall not be permitted to drop out of that league to play in another league for the duration of the season.

Any team registering late after the first weekend of October for the season shall pay a doubled registration fee to GYSA.

#### A. PROOF OF AGE/Verification

All Players participating in GYSA scheduled play must be properly registered and birth verification through their Club. Deadline for birth verification would be December 31<sup>st</sup>, same date as roster freeze eligible for GYSA Cup. The Executive Committee Board of Directors may call upon any player to prove his/her legal age.

#### B. TEAMS WITH SAME NAMES

All teams are identified by GYSA team code not team name. The same team code may not be used for more than one team in the same age division. Team Codes are total of 6 characters (3 letters & 3 numbers ex. AZY-241) Club 3 letter code ex. AZY, CLW, NER 3 numbers are based on following information about team. First number Age of team, U8 =B, U10=O, U12=2, U14=4, U16=6, U19=9 Second number is gender of team, Boys/co-ed = 4, Girls = 7. Third number is the number of the team in sequential order that you are registering, ex. 3 teams of U10 boys would be O41, O42, O43

#### C. RESPONSIBILITY

Each team/club shall be responsible for assuring the accurate and proper registration of players, affiliation of teams, the proper accounting of fiscal transactions and reporting to the Executive Committee of the Association.

#### D. DOCUMENT FALSIFICATION

Falsification of player registration forms, team roster forms, or other records of GYSA shall be subject to disciplinary action, up to and including permanent suspension of the individual(s) involved.

#### E. IGNORANCE OF THE LAW

A plea of ignorance of the Constitution, By-Laws, Rules or Regulations of this Association is not deemed a sufficient defense. Violators will be required to account for their actions to the Executive Committee and/or Board of Directors.

#### F. COACHES/MANAGERS REGISTRATION

Everyone serving as Coach, Assistant Coach or Team Manager of teams affiliated with GYSA are required to be properly registered with FYSA and have a valid, laminated, and pictured coach's pass.

#### G. Clubs must place all their Recreational teams (within a specific age-gender group) in GYSA. For example, if an affiliated club has seven 12U Co-ed teams it may not place one of seven teams in GYSA and play the other six in-house, cross-over with another club, or play in another recreational league. If an affiliated club wants an exception to this rule, the club must petition GYSA Executive Committee to allow some



teams to participate in GYSA, while others do not, with a clear reasoning why they should be omitted. There will be no guest play permitted on any GYSA travel teams or in-house teams.

**3.4. PLAYER/TEAM ADMINISTRATION**

**A. Team Roster**

No club can roster more than the allowed number of players for their respective age groups.

1. Teams are formed with **ONLY RECREATIONAL** players. No teams should have more than eighteen (18) **RECREATIONAL** players registered to its roster. No team shall have any current (same year) **COMPETITIVE/College** players, from any club, on their roster. Competitive playing players coming off the current competitive season must **wait until the following season**, i.e., following fall season, to become a registered GYSA player. The recommended number of players registered to an eleven-a-side roster is fifteen (15), with a maximum of eighteen (18).
2. For the **Under 8** age group (4V4), a team requesting GYSA scheduling shall have at least four (4) players registered on its roster.
3. For the **Under 10** age group (7V7), a team requesting GYSA scheduling shall have at least seven (7) players registered on its roster.
4. For the **Under 12** age group (9V9), a team requesting GYSA scheduling shall have at least nine (9) players registered on its roster.
5. For the **Under 14- Under 19** age group (11V11), a team requesting GYSA scheduling shall have at least eleven (11) players registered on its roster.
6. There shall be no interlocking of non-scheduled GYSA games between teams from two or more different clubs. Clubs can play in house, with only their clubs teams.
7. **If less than 6 teams for any age group U8 and above, teams must be included in the GYSA travel schedule. Age Brackets/Groups of 6 or more in a specific age group can play in-house.**
8. **ALL U14 and above teams MUST enter to play in GYSA Cup Event. Only the Executive Committee can give permission to be withdrawn from GYSA Cup Event by the deadline.**

**B. Formation of Recreation Teams**

Rules apply to In-house and Traveling teams.

To be eligible for GYSA Cup Events all age groups (U8 – U19) must follow the GYSA Blind Draft System.

1. All Players will be divided into either:
  - Dual Age Groups
 

Group 1 – all older experienced players in that age group	(OE)
Group 2 – all older inexperienced players in that age group	(OI)
Group 3 – all younger experienced players in that age group	(YE)
Group 4 – all younger inexperienced players in that age group	(YI)

- Single age groups
    - Group 1 – all experienced players (E)
    - Group 2 – all inexperienced players (I)
2. Using the blind draft system, each team will receive an equal number of players from each group listed above, in the following order: group one, group two, group three and then group four.
  3. For U6 (tot) there shall be no required blind draft of the teams.
  4. Clubs can identify any player U10 and above as a designated goalie on draft forms next to the player for the age group to allow for even distribution among teams to be drafted. This is not an additional protected player for any given team.

Boy/Girl Recreational teams may protect up to three (3) players during the blind draft as outlined below:

- Coaches Child
- Assistant Coaches Child
- Sponsor’s Child

Where there is no available player for each category above, the team may hold three (3) players maximum at the blind draft. There will be NO movement for these three Protected Players after the blind draft.

5. Physically/Mentally Challenged Children
  - a. Shall be included in the Blind Draft with special consideration if requested.
  - b. Special consideration of placement if requested by parent/guardian shall be determined by Club Commissioner and obtain approval of the Board of Directors.
  - c. Club must also get approval from FYSA for the player.

6. Blind Draft Requirement

Any team asking to participate in the GYSA game schedule (and GYSA Cup Events) must have complied with all team formation rules under FYSA section 203 to include, but not be limited to the blind draft system as outlined above. All teams wishing to participate in the recreational game schedule must apply before the deadline date as do all GYSA registered player/teams. Drafting, GYSA will have a randomly assigned designate at each club draft to validate the draft is conducted under the guidelines established.

A team cannot be formed unless there are a minimum number of players as listed below:

Age Group	Minimum # of Players
U8	4
U10	7
U12	9
U14-19	11

## 7. Playing Time

**All recreation team members dressed out shall receive a minimum of fifty percent (50%) game playing time.** This rule may be modified or waved by a coach whenever players have behavior issues or reasonable notification or justification. This must be declared prior to play and with approval and notification given to GYSA Executive Committee.

A GYSA Recreational player guest playing with competitive team **MUST** have a two-hour rest period between games.

## 8. Player Transfer

Players on traveling GYSA teams are bound to the team they have been placed on via the blind draft process for the remainder of the seasonal year and may not transfer to another club or team without the permission of the Executive Committee of GYSA.

## 9. Player transfer Recreation/Competitive

GYSA players are not allowed to transfer to a non-GYSA team (i.e. – Competitive) once the season has started without the permission of the GYSA Executive Board. GYSA players may “guest” play on a competitive team but remain solely on the roster of the GYSA team as their primary team for the remainder of the season.

1. GYSA players may “guest” play on competitive teams but remain solely on the roster of the GYSA team as their primary team for the remainder of the season.
2. During the GYSA Seasonal year, GYSA Players must have approval from the GYSA Executive Committee when guest playing for the Club’s Competitive teams. Clubs must submit players name, date of guest play, and team guest playing for when seeking approval with 48 hours of advanced notification.
3. A player may only guest play to a competitive team in less than or equal to 4 events/games per GYSA Seasonal year (Opening Day thru GYSA Cup).

In keeping within the spirit of Recreational soccer, which we represent, NO club is allowed to roster any player that has participated as a rostered player (primary team) on a US Club, or Academy style team during the current seasonal year, as these are considered a competitive team in their training style and game play. The same rule applied here as it does for the current year senior season U-15 and up competitive players that are not allowed to join a GYSA team when the senior season ends in the same seasonal year.

## 10. Poaching and Penalty

GYSA will follow the FYSA rules and Disciplinary Actions regarding poaching.

### 11. Challenge – Player and/or team

Prior to any game, an opposing coach may challenge (or question) the eligibility of a player on the game card and/or roster. The game shall be played. If, upon subsequent investigation, the challenge proves to be accurate, the challenged team shall be disqualified, and charges may be brought against the coach of the challenged team. No protest is required to be filed as a result of a challenge. An appeal may be filed if done in accordance with the Rules of Competition of FYSA, if not addressed in these Rules of Competition.

### 12. Concussion or Head Injury

Before a player displaying symptoms of a concussion or head injury may return to practice or competition, a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury **MUST** be received from an appropriate health care professional trained in the diagnosis, evaluation, and management of concussions. In Florida, an appropriate health-care professional (AHP) is defined as either licensed physician (MD, per chapter 459, Florida Statutes), a licensed osteopathic physician (DO, per chapter 459, Florida Statutes), a licensed physician's assistant under the supervision of a MD/OD (per Chapter 458.347 and 459.022, Florida Statutes), or healthcare profession trained in concussions.

## 3.5. RULES OF PLAY

### A. General

Except where modified herein, rules of play shall be F.I.F.A. Laws of the Game. Competition sanctioned by this Association shall abide by Laws of the Game, along with any modifications or regulations of FYSA and GYSA. Players under 10 years of age may play soccer under the auspices of USYSA and FYSA in accordance with the rules of Developmental Player Program – modified playing rules for U10, U8 and U6.

**See Rules for 10U and 12U play for modified small-sided games per USYSA and FYSA below in addendum.**

#### 1. **Goal Kicks** This applies to age groups U8/U10

- a. U8 age group - the defending team must be at the half line until the ball is put into play. Ex: My team has a goal kick; your team must be back at the half line until the ball is played
- b. U10 age group - the defending team must retreat to the build-out line until the ball is put into play. Ex: My team has a goal kick; your team must retreat to the build-out until the ball is played.

#### 2. **No Goalies** - This applies to age group U8 - All four (4) players are field players. No goalies are used. No player should be used to just sit back in front of the goal or goal box. All four (4) players should be involved in moving the ball up and down the field (per small side games rules).

#### 3. **No Slide Tackles**

This applies to age groups U8/U10 – SLIDE TACKLES are not permitted. No exception.



B. Behavior: Officials, directors and coaches of both teams are responsible to ensure that teams, coaches, fans and spectators conduct themselves in a proper and respectful manner.

C. The Field

AGE GROUP	Allowed On Field	Min Players	Max Players	FIELD SIZE YARDS		GOAL SIZE (FEET)	
				Minimum	Maximum	Minimum	Maximum
U6 tots	3v3	3	6	15 x 20	20 x 30	4 x 6	4 x 6
U8 B/G	4v4	3	8	20 x 40	30 x 50	4 x 6	4 x 6
U10 B/G	7v7	5	12	35 x 45	45 x 60	6-1/2 x 18-1/2	7 x 21
U12 B/G	9v9	7	14	40 x 70	50 x 90	6-1/2 x 18-1/2	7 x 21
U14 - U19 B/G	11v11	7	18	50 x 100	100 x 130	6-1/2 x 18-1/2	8 x 24

1. The home team will be responsible for the conditions of the grounds, field markings and equipment.
2. Nets and corner flags are required.
3. The Referee assigned for that particular game shall determine the playable condition of the field. The day of the game, the Referee may postpone a game at the time and place scheduled. Earlier or massive postponement may only happen if the complex is unplayable.
4. There shall be no alcoholic beverages or tobacco dispensed on or near the playing field during any game under this association's jurisdiction.
5. It is the responsibility of the visiting Team Coach to determine the directions to the playing field. Through the applicable Club Commissioner if required.
6. If a game cannot be played due to unplayable conditions, the home team is responsible for notifying his/her Club Commissioner or scheduler so the game may be rescheduled.
7. Players and Coaches of both teams shall be on the same side of the field. Spectators shall be on the opposite side. There shall be a maximum of three (3) of any combination of Coaches, Asst. Coaches, or trainers allowed on the same side of the field as the teams.
8. If a team cannot field a full complement of players, the opposing coach may adjust numbers or play with the full complement of players.
  - a. Adjustments is deemed as playing to the number of players of the opposing team or loaning players to the other team to get playing time.
  - b. Although it is considered an act of good sportsmanship to play down to these situations, GYSA also recognizes that recreational soccer is about participation and therefore will not penalize the playing opportunity of the "full" team's players by mandating playing down numbers.
    - This rule in no way alleviates the "full" team's responsibility to control the goal differential and flow of the game. There is no lesson learned in running up the score and embarrassing the other team.
9. After the start of the game in which one team fields less than the maximum number of players, that team may add additional rostered players who arrive late to the game at an appropriate stoppage of play, after being properly checked in, with the permission of the referee.
10. Players being sent off the field (Red Card) may not be replaced with another player.

**D. Game Cards**

- a. **GYSA GotSport Game Cards will be printed out by both team’s coaches and presented to the Center Referee prior to the start of each game.**
- b. **Any Red Card Suspensions will be identified on the game card for the team of the player or coach for the Center Referee to be made aware prior to the start of the game.**
  - i. **Player Name, Pass Number, and Uniform Number should be present on the game card.**

**E. Technical Area -Coaches, team officials, and all players must remain in the team’s designated technical area, even if it is not marked, 3yds in all directions.**

- a. The technical Area is considered the team’s bench area.
- b. Only Players and Coaches are allowed in the Technical Area.
- c. Parents and spectators are to remain on the opposite side of the field.
- d. No one is allowed behind the goal area.

**F. Length of all GYSA Games, Overtime in GYSA CUP, the Ball**

Age Group	Length of game (halves)	Overtime GYSA Cup	Ball Size
U10 B/G	2 – 25 minutes	2 – 5 minutes	4
U12 B/G	2 – 30 minutes	2 – 5 minutes	4
U14 B	2 – 35 minutes	2 – 10 minutes	5
U15 G	2 – 35 minutes	2 – 10 minutes	5
U16 B	2 – 40 minutes	2 – 10 minutes	5
U19 B/G	2 – 45 minutes	2 – 10 minutes	5

It shall be the responsibility of both teams to have an appropriate game ball.  
 The referee shall be responsible for the selection of the game ball(s).

**\*\*\* Goal Differential \*\*\***

If the game is at a Goal Differential of 8 at the end of the 1<sup>st</sup> half, the teams will switch sides immediately and the game will be considered complete and game ended at this time. Should the 8 Goal Differential be reached at any point during the 2<sup>nd</sup> half, the game will be considered complete, and game ended.

**G. Rostered Coaches and Player Passes**

All players affiliated with GYSA that are traveling will be registered on an official FYSA uploaded roster only and shall be verified on FYSA roster, laminated FYSA player’s pass printed single sided from GotSport with the player’s picture (single sided pass). If picture is not uploaded to GotSport, then must be affixed to the back of pass before laminating.

1. All traveling players MUST have an up-to-date picture on the player pass; representative of the player for the given GYSA Seasonal Year. As a result, the referee will note on game report and notify GYSA EC to have corrected by next game.
2. The player passes shall be held together on a key ring, separated for each individual player and in the order of the roster, Coaches in order then players.
3. **Each coach must submit a non-laminated paper copy of their team's official FYSA Roster with non-participating players, those players not participating in this game, crossed out.**
  - b. **The copy of the roster will be turned in with the game card to the home game Site Director.**
  - c. **The game will be deemed a forfeit if no roster or passes provided prior to the start of the game.**
  - d. **NO HAND-WRITTEN PLAYERS PERMITTED ON THE ROSTER**
  - e. **Forfeit of game is subject to GYSA rules for fines.**
4. After the check-in by the referee, using the passes and the roster, the passes shall be returned to the coach. The passes are no longer needed by the referee for any reason.
5. **Any team not bringing proper laminated passes and FYSA Roster to their game is subject to a \$100 fine per infraction.**

#### H. Player Uniforms and Equipment:

1. **Contrasting Colors**  
Where colors of competing teams are identical or similar, the designated home team must effect a change of colors distinct from their opponents.
2. **Goalkeeper's Uniform**  
All Goalkeepers must wear a recognizable jersey. It cannot be the same color as either team uniform shirts.
3. **Uniform Numbers**  
Player's uniform numbers are to be affixed to the back of the uniform shirt. No two players from one team may have an identical uniform number while both are playing on the field at the same time.
4. **Illegal Equipment**  
In accordance with the Laws of the Game, the Referee shall be responsible to ensure that no player wears anything that may cause injury to him/herself or another player and that all players on team are wearing same color uniforms.
5. **Cast and Braces**  
A player wearing a hard cast, including finger splint, is not eligible to participate in any game. Orthopedic braces may be allowed if:
  - a. The player has a written statement from a physician stating that he feels the brace is necessary and that no further injury is likely to occur to the joint which is supported by the brace.



- b. The parent has signed a waiver to free FYSA of any claim against FYSA and its insurance company in case of further injury to the joint protected with the brace.
- c. A player may be removed from the game if at any time the Referee determined a player is using or attempting to use the brace to injure another player.

#### I. Protective Equipment

All players shall be required to wear protective shin guards (to be covered by uniform socks) at all times while actively participating in a game. Such shin guards shall be of the type and style to protective equipment specifically designed to protect the player's lower leg (shinbone). GYSA Rules and Regulations 400 SAFETY RULES B state that Shin Guards with a rigid front must be used by players playing in the age groups Under 6 through and including Under 19.

#### J. Footwear

Footwear will meet all the requirements of Law IV the Laws of the Game as promulgated by FIFA. The Referee is charged with the responsibility to inspect footwear before the kick-off. He/she will determine whether footwear meets the required standards of safety.

#### K. Referee

##### 1. Verification of Documents

The Referee shall verify the identity of each coach and player by a certified FYSA Coach's Pass and an FYSA Player's Pass, along with an FYSA Roster and shall be viewed and verified for those players who intend to participate in the game.

##### 2. Player Eligibility

The Referee will allow participation of only those players for whom he/she has viewed and verified player passes.

##### 3. Equipment Check

The Referee shall check and make certain that each player's equipment is in proper order and is not considered dangerous.

##### 4. Field Condition Determination

It is the Referee's judgment regarding the physical condition of a field and its acceptability for play. The actual happenings and occurrences relating to the conduct of the game, and to those prerogatives or judgments inherently granted to the Referees by FIFA and modified by the FYSA and GYSA, shall not be challenged.

##### 5. Post-Game Actions/Infraction Report

Upon completion of the game, the Referee shall obtain both coaches or team representatives signature on the game card/report. He shall complete a Supplemental report and submit to the Discipline Chairman within forty-eight (48 hours).

##### 6. Other Incidents

It is the Referee's responsibility, via his game report, to report any unusual incident created by players, coaches or spectators, which might bring discredit to the game or GYSA.



7. Fees

During regular season and ALL tournament play, Referee(s) will be paid at the field following the completion of each game. In the event of a forfeit the Referee(s) will be paid immediately.

8. Grace Period

A referee who is assigned by the GYSA referee assignor shall have the same grace period of 15 minutes from the start of the game that is accorded to teams to show up for a game. A fine of \$250.00 to club if assigned referees are replaced before the 15-minute grace period, which includes lines and 4<sup>th</sup> referee (if used).

9. Hydration

GYSA recommends that Clubs provide bottled water for referees.

L. Girls Soccer – Use of Arms

Girls may use their arms for the protection of the upper part of the thorax (FIFA RULE ONLY – IN A WALL)

M. Substitutions

Procedure: Players may be substituted only during a stoppage of the game by either team, and then, only with the consent of the Referee. The number of substitutions shall be unlimited and may be made at the following times.

1. Prior to a throw-in
2. Prior to a goal kick by either team.
3. After a goal has been scored by either team.
4. After an injury by either team when the Referee has stopped play.
5. Following game stoppage for a caution, the cautioned player **MUST** be substituted with the consent of the Referee.

N. Substituted Player

A player who has been removed by substitution may re-enter the game. No substitute is allowed for players ejected by the Referee.

O. Coaching

Coaching from the sidelines, the purpose of which is to provide direction to one's own team on positioning and points of strategy is conditionally permitted.

1. Bench Area

Coaches and player substitutes must remain on the bench or in the immediate vicinity of the team's bench while the game is in progress.

2. Mechanical Devices

Coaches may not utilize mechanical devices, such as a voice amplifier, cell phones.

### 3. Limitations

Coaches may provide limited direction to their players in a manner that is intended to be instructional and informative as to player positioning or team strategy. Coaches WILL NOT attempt to direct a player's every move on the field during a game.

### 4. Ungentlemanly Conduct

Coaches, players, or player substitutes shall not use profanity or make insulting or otherwise derogatory remarks or gestures to their own team, the opposing team, the Referees or to the spectators. Cases of unruly and/or disruptive behavior will be reported by the Referee to GYSA Executive Committee for further action and may result in suspension or expulsion as determined by the Executive Committee and/or Board of Directors. Any violation is subject to a \$250 fine for each infraction.

### 5. Enticing Bad Behavior

Coaches, players, or player substitutes shall not, by their remarks or gestures, in any manner entice disruptive behavior. Any violation is subject to a \$250 fine for each infraction.

### 6. Punitive Action

Coaches, players, or player substitutes violating the above rules will be subject to ejection, as well as to further disciplinary action deemed appropriate by the Executive Committee and/or Board of Directors. Any violation is subject to a \$250 fine for each infraction.

## 3.6. PROTESTS

NO PROTESTS ALLOWED

## 3.7. PUNITIVE MEASURES (FYSA RULE 502)

When Discipline/Sanctions are imposed, they shall meet the required FYSA minimums. The Disciplining body shall evaluate the incident, severity and past misconduct to determine the appropriate disciplines/sanctions. More severe disciplines/sanctions shall be imposed for multiple red cards during a season and for misconduct directed towards officials or administrators. Refer to FYSA Guidelines on Punitive Measures.

### A. Administrative Game Conduct

Coach / Manager who sends a player onto the playing field with the intent to participate in the game and such player is not registered, is suspended, is over age or is not a rostered member of the team.

**Discipline:** Remainder of the seasonal year, PLUS one (1) year.

Player who knowingly enters a game is not registered or rostered to either of the teams.

**Discipline:** Remainder of the Seasonal Year.

Coach or player who participates in a game before completion of suspension

**Discipline:** Original suspension is renewed.

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Coach / Manager who removes team from field.

**Discipline:** One game suspension

B. Cooling Off Period (Yellow Card)

A player receiving a yellow card is required to sit out for a 5-minute cooling off period, then is permitted to return to the game at the next substitution after 5 minutes have elapsed.

C. Violet Conduct

Any player involved in physical altercation (violent conduct) by the ref report will be suspended in accordance with FYSA and FSR guidelines. Also, the organization the player is associated with will be assessed a \$250.00 fine. If the same team is involved in similar situation a fine of \$500.00 for each additional infraction will be assessed. If more than one player is involved, then a \$500.00 fine per player(s) and the team will be expelled from GYSA and GYSA Cup play.

D. **Game Suspensions (shall be served as follows)**

1. Coaches shall report all red cards to their GYSA Commissioner within 24 hours. GYSA Commissioner of the Club shall report said red card to the GYSA Red Card Chairman within 48 hours. Suspensions will be served following FYSA guidelines. Coaches are responsible for noting on the game report any suspensions served. The coach MUST forward the information to their GYSA Commissioner to be reported to the GYSA Red Card Chairman.

### 3.8. GAME POSTPONMENTS / CANCELLATIONS / CHANGES

1. Any game change request shall be communicated to the GYSA scheduler no later than 10 days prior to the games originally scheduled play time. Should a game change be initiated within the 10-day period prior to the start of the game, the change request shall require the approval of the GYSA scheduler as well as that of the GYSA referee assignor, should the team(s) requesting the change be U16-U19 and High School Girls Division.
2. Cancellation of a game, other than weather related shall only be allowed, if such a cancellation is done by Wednesday at 5:00 pm prior to the day of the game. **Changes within 10 days prior to game scheduled time can only be done by the club and GYSA scheduler and NOT through the coach.** The GYSA Referee Assignor (RA) must be notified on any such changes for U16-U19. Any club, home or away, failing to notify the GYSA scheduler and the RA shall however be responsible for paying the referees by the team causing the cancellation. Clubs will pay referees for games cancelled after 5:00 pm Wednesday. If GYSA must mediate to collect the fees, the club could be put in bad standings with GYSA and FYSA.
3. Any game make-ups for U16-U19 and High School Girls Division due to prior cancellation will need to be communicated to both GYSA scheduler as well as the GYSA referee assignor. Should a make-up game for U16-U19 and High School Girls Division be played by any GYSA club without the proper notification, the club will be subject to a fine of \$100.00/game.



4. Any game change for all traveling teams (U8-U19) due to prior cancellation must go through the Club Commissioner, GYSA Scheduler and Club Referee Assignor. **NOTIFICATION** must include **GYSA Referee Assignor** when U16-U19 and High School Girls Division teams are involved. Should a sanctioned game be changed for any traveling team without prior GYSA notification, a club will be subject to a fine of \$100.00/game.
5. Any forfeit of Regular Season games without 48 hours proper notification to Executive Committee is subject to a \$250 fine. Weather causing field being deemed unplayable is the only exception to the 48-hour notification.

**3.9. GAME SCHEDULING**

Each club shall submit their teams to the GYSA scheduler no later than 5 days from the date scheduled for upload to the GYSA website. Should a club delay submitting their teams to the GYSA scheduler beyond the 5 days, the club shall pay a fine of \$50/team for each day the club is late in submitting the drawn teams.

**3.10. ADMENMENTS**

These Rules and Regulations may be amended in accordance with Rule 114 of the GYSA By-Laws.

**3.11. MATTERS NOT PROVIDED FOR**

Any matters not provided for in these Rules and Regulations shall be determined by the Executive Committee and/or Board of Directors of the Association.

GYSA CUP Events  
GENERAL RULES - VALID FOR ALL TEAMS

PLAYING TIME -

GYSA Rule 3.4.B.7 is upheld for GYSA Cup (50% minimum playing time). Each PLAYER DRESSED FOR A GAME/MATCH IS REQUIRED TO PLAY a MINIMUM OF 50% PLAYING TIME. This is in the spirit for which Recreational soccer exists. All children who want to play and are able and willing to play should get playing time. In the event a child dressed to play gets sick, the coach will notify the referee and the opposing coach of the child's inability to play.

A coach who does not allow a child to play as PER GYSA Rule 3.4.B.7 requirements; MAY BE SANCTIONED at discretion of GYSA CUP COMMITTEE

1. UPON ARRIVAL TO THE HOST SITE, CHECK IN AT LEAST 30 MINUTES PRIOR TO 1st GAME, EACH COACH SHALL REGISTER THEIR TEAM AT THE HOST SITE'S CHECK-IN STATION. AT THAT TIME 3 OFFICIAL ROSTERS WILL BE TURNED IN TO THE SITE OFFICIAL, along with appropriate referee fee envelopes for the required number of games. PLAYER AND COACHES PASSES MUST BE PRESENTED FOR VERIFICATION. The entire GYSA CUP will be under the jurisdiction of the GYSA CUP committee. This Committee reserves the right of final decision with the regard to the behavior of coaches and the completion of the



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game. CUP COMMITTEE MEMBERS MAY BE CONTACTED BY COACH'S AND CLUB REPRESENTATIVE ONLY!!

2. All participants are requested to always exhibit proper soccer etiquette and good sportsmanship. Please leave the field and surrounding areas clean and in good condition. Thank you for your cooperation.
3. All fields must have a spectator retaining line of at least one yard from the touchline. All fields must have markings for coach's boxes per FIFA.
4. GYSA CUP COMMITTEE will notify all winners advancing from round robin through quarter/semi finals as to what position the winning team is in. Coaches are responsible for verifying this information.
5. Game times for quarter finals, semifinals and finals cannot be changed, except by the direction of the cup committee
6. There are NO PROTESTS OF REFEREE DECISIONS!
7. In the preliminary (ROUND ROBIN) games, tie games will stand. All games after preliminaries will be played to a win/loss.

**PROCEDURES:**

- 1) Brackets are determined by a draw/seeding/placement conducted by the GYSA Cup Committee. This includes the Quarterfinals, Semi-finals, and any additional games necessary to complete the Cup. Where possible, Teams from the same club will not be placed in the same (round robin) bracket and will not be seeded in initial Quarter-final or Semi-final advancement from round robin play. Also, team seeding for initial Quarter-Final or Semi-final will not come from same Round Robin bracket.

GYSA Cup has two stages. The first stage involves a Round Robin competition format with each team playing preliminary games based on number of teams entered to advance to the next round of play. Tie games will stand in round robin games.

- 2) The second stage then becomes a single elimination format where the winner advances to the next round of play.
- 3) All game locations are determined in advance by the cup committee.
- 4) If any player is determined to be ineligible and plays in any GYSA cup game, then the team will be withdrawn from the Cup and will forfeit all fees. If the Cup Committee discovers any ineligible player(s) on a team roster, that team will be withdrawn from the Cup schedule and will forfeit all fees paid, and remaining games.
- 5) NO PROTESTS ARE ALLOWED!

**REFEREES:**

- 1) Quarter-Final, Semi-Final and Finals Referees and assistant Referees will be assigned by the GYSA Referee Assignor. The cost of the Referee and assistant Referees will be paid equally by both teams, given to the host site at initial check-in. Semi-Final and Final Referee Fees are paid by GYSA. Assistant Referees are required for all GYSA Cup games.

**COACHES:**

Coaches are responsible for the sportsmanlike behavior of all spectators, assistant coaches, parents, team personnel and players. CLUB COMMISSIONERS are responsible for ensuring that



properly registered individuals are coaching. \* ONLY 3 COACHES PER TEAM ALLOWED ON THE SIDELINE AT ANY ONE TIME\*

**ADVANCEMENT:**

1. Determination of QUARTER-FINAL, and SEMI-FINAL teams from Round Robin. In Round Robin games (first three games) there will be no overtime periods. Standings to determine who advances from Round Robin games will be determined by the following:

FIRST - Game points - 6 for win, 2 for tie, and 0 for loss.

BONUS POINTS - 1 for shut out.

Forfeited games shall be scored 4-0 with no shutout points.

If no clear winner, then:

SECOND - Head - to -Head result

THIRD - Net Goal Differential with a maximum of FOUR (4) goals per game.

FOURTH - Least goals scored Against

FIFTH - Most Goals scored For

SIXTH - Mini-games - will be 2 - 10 minute halves, no sudden death.

SEVENTH - Tie after mini games, penalty kicks per FIFA rules.

2. IN THE QUARTER-FINAL, SEMI-FINAL and FINAL GAMES, should score be tied at the end of the overtime periods, five (5) penalty kicks will be taken. The referee will choose the goal from which the kicks shall be taken. The away captain will call the coin toss and the winner will take the first kick. The penalty kicks will be taken alternately and must be taken by five (5) different players from each team.
  - a) Players on the field at the end of the second overtime period are the only ones eligible to participate in the penalty kicks. The goalkeeper may be substituted at any time by another player on the field.
  - b) If a tie exists after the (5) kicks have been taken by each team, penalty kicks shall be taken alternately by the remaining eligible members before any player has a second kick, in a sudden death fashion. Eligible players are defined as those players on the playing field at the end of the second overtime period.
  - c) The team which scores the greatest number of goals, in accordance of the above shall be declared the winner of the game.
3. In the event both teams fail to appear for a scheduled game and the referee rules the field is playable, both teams shall be assessed with a 4-0 loss.
4. Fifteen (15) minute grace period will be allowed from the scheduled starting time, but a game cannot begin after the grace period expires, except by mutual consent of both coaches, and with the approval of the site director. If a team fails to appear after the fifteen-minute grace period, the team who does appear shall, in accordance with FIFA rules be assessed with a win plus a 4-point score. This also applies when a team has been disqualified. Shut out points will NOT be awarded.
5. Any Red Carded player ordered off the field of play by the referee shall be automatically suspended for at least the next CUP game, noted on game report and shall be sent to the GYSA Chairperson of Discipline. THE GYSA CUP COMMITTEE SHALL DETERMINE ANY AND ALL PENALTIES FOR THE GYSA CUP PARTICIPANTS BASED ON USSF, USYSA, and FYSA GUIDELINES. Any player receiving a Red Card Suspension not served during the Cup games will be required to serve said suspension in the following GYSA Recreational Season.

Only the Cup Committee and the field referees will have the final decision to make any changes in the schedules due to inclement weather, etc. Every game will be played somehow, i.e., shorter games, etc.



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## 4. SAFETY RULES

The following safety rules are incorporated into the Rules and Regulations to help establish safety practices for players and as a reminder to Referees. Coaches are urged to review these safety measures with their players.

- A. **Glasses** – Glasses should be worn if mandatory for proper vision. Glasses must have safety lenses and have a safety strap.
- B. **Shin Guards** – all players in the age groups from Under 6 through and including Under 19 must use Shin Guards with a rigid front.
- C. **Projections** – Sharp projections of any type are strictly forbidden; including ornaments or items carried in pockets or attached to clothing or to the person. These include, but are not limited to; heavy rings, bracelets, medallions, neck chains, earrings, wrist watches and other objects including pens, pencils etc.
- D. **Casts** – Players wearing casts may dress out but shall not play.
- E. **Dangerous Conditions** – Dangerous conditions of play, e.g. substandard playing conditions, structural or electrical hazards and lighting are some of the grounds for match postponement by the Referee. These conditions must be reported to the applicable GYSA Vice President at the earliest opportunity.
- F. **Injury** – Any injury must be reported directly to the player's parent(s) at the earliest opportunity. Where it is the judgment of the Coach that medical attention is required, the injured player's parent(s) or family physician shall be notified. If this cannot be done in a reasonable amount of time, the County EMS system should be activated so that trained personnel can attend to the player's injury.
- G. **Playing Fields** – Playing fields should be policed for sharp stones, broken glass or other sharp projections. The home team should perform this activity.
- H. **Telephone Numbers** – Coaches should always have in their possession the telephone number for
  - 1. Players' parent, both home and office
  - 2. Players' family physician
  - 3. Local Police
  - 4. County EMS or Fire Department
  - 5. Ambulance Service.
- I. **Concussion** – Must comply with FYSA concussion Guidelines.

### 4.1. US YOUTH SOCCER

**Follow current US Youth Soccer Rules for U6**

**Follow current US Youth Soccer Rules for U8 (Enforced)**

**Follow current US Youth Soccer Rules for U10**

**Follow current US Youth Soccer rules for U12 – U19B and High School Girls Division**



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## 5. RED CARD REPORTS

### 5.1. COACHES

The following sheet shows how to notify the Red Card Chairman who will record a Red Card that has been issued or a suspension which has been served. Referee will submit a copy of game report to the GYSA Red Card Chairperson. The coach will also send email notification of card issued or suspension served to the address below.

- Games suspensions must be served with official games only and a game Forfeit/friendly matches do not count against time served.
- Game suspensions carry over from one year to the next and could go into year two if the player/coach does not register in the next season.
- Red Card suspensions for dual registered players can only be served with the team in which the suspension is earned. Until the suspension is worked off the player/coach is suspended from all other teams they are registered to.
- It is the coaches' responsibility to track the games for the players and know the correct procedure for returning to the game.
- This is found on the [www.soccerysa.org](http://www.soccerysa.org) website. Please check daily and notify your league to report an issue.

Red Card Chairperson:            Ray Chassereau  
   5850 15<sup>th</sup> Street North  
   St Petersburg, FL 33703  
   727-412-1353  
   [raidersfields@yahoo.com](mailto:raidersfields@yahoo.com)

## 5.2. RED CARD PROCEDURES FOR COACHES AND REFEREES

### Referees Responsibilities:

Please notify the Red Card Chairman, within 48 hours of the game. Notification can take place by the following means in order of preference:

Online: Submit a game report online by going to [www.soccerysa.org](http://www.soccerysa.org)  
Go to the link under Red Cards click and follow the instructions.

Mail: To the Red Card Chairperson on front of the form.

NOTE: The link on the website is only for games that have a Red Card offense or any other reason in which you want GYSA Leadership to know about circumstances that happened during a sanctioned game.

### Coaches Responsibilities:

Coaches will notify the Red Card Chairman when one of their players or coaches receives a red card. You can notify the Chairman within 48 hours by:

Email: Email game report of all carded players or suspensions served to the Red Card Chairman's email address listed on the previous form.

Coaches: To view Red Card violations please go to: [www.soccerysa.org](http://www.soccerysa.org)

NOTE: Coaches must make certain that suspended players are noted properly on the game report at the start of the game. Game reports should be mailed or scanned to the address listed on the game report. Red Card violators will be eligible to play once their games have been served and posted on the GYSA website. It is the coach's responsibility to make sure the game reports of the suspended player or coach is submitted to the Red Card Chairman. The player is not eligible to play until the Chairman can verify the suspension has been met.

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## 6. KNOWING YOUR PLAYER

### 6.1. PARENTS AS A POSITIVE FORCE

A major resource for you and your team is the parents. It is imperative that you hold parent meeting before the season begins and state very clearly your objectives, how you intend to accomplish them and what you expect of the parents. Some notions you may wish to discuss at the meeting:

- ◆ A means of contacting everyone without you doing all the calls.
- ◆ Choose a team coordinator – someone to handle administrative details.
- ◆ Carpooling needs.
- ◆ Days and times of training and how you feel about starting and ending on time.
- ◆ The need for each player to have his/her own ball at each training session.
- ◆ Game schedule and uniform expectations.
- ◆ Most importantly your philosophy about coaching.
- ◆ Above all try to enjoy yourself – if you do, most likely they will also.

### 6.2. SOME “UNWRITTEN” RULES FOR ALL AGES

- ◆ At any given practice 3 or 4 players will show up needing air in their ball – keep a small pump and valve in your truck.
- ◆ Keep a few pairs of shin guards with you to lend out for those who forgot to bring them.
- ◆ If you do a brief match analysis at the training session following your game, always begin with some form of praise.

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### 6.3. SOME CHARACTERISTICS OF U6 CHILDREN

- Short attention span
- Constantly in motion
- Psychologically easily bruised
- Prefer large soft balls and Nerf balls
- Love to run, jump, roll
- Enjoy climbing
- Can balance on good foot
- Physical coordination suspect
- Catching skills not developed
- Most individually oriented (me, my, mine)
- Do believe in Santa Clause but will not discuss with peers
- No sense of pace – go flat out, they chase something until they drop
- Physical and psychological development of boys and girls quite similar
- Like to roll on the ground – that's in good Clothes, not in their uniform

### 6.4. THINGS TO EXPECT

- ◆ Most cry immediately when something is hurt – some cry even when something is not hurt.
- ◆ No matter how loud you shout, they cannot or will not pass the ball.
- ◆ Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- ◆ The only player likely to hold a position is the goalkeeper. Do not even consider teaching positional play.
- ◆ Twenty seconds after the start of the game every field player will be near the ball.
- ◆ Several players will slap the ball with their hands. Several parents will yell at them not to do that.
- ◆ A low flying plane during a game will get 99% of the player's attention. Always leave room for error.
- ◆ During the season, you will tie at least 40 – 50 shoelaces.

**Be sure to roll with the punches and get a laugh out of whatever happens. There is just not a heck of a lot you can do to prevent the inevitable – it is the nature of the beast!**

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### 6.5. SOME CHARACTERISTICS OF U8 CHILDREN

- ◆ Attention spans a bit longer than U6, but still not at the “team at all cost” intensity.
- ◆ Inclined more toward group activities – essential work here is inclined.
- ◆ Still in motion – twitching, jerking, scratching and blinking are all second nature physical movements.
- ◆ Still very sensitive (dislike personal failure in front of peers) – ridicule from the coach in front of the group is very destructive here.
- ◆ Santa Claus is no longer a peer topic of discussion.
- ◆ Boys and girls still quite similar in physical and psychological development – no facial blemish concerns etc.
- ◆ Beginning to develop some physical confidence (most can ride a two-wheeler at this point).
- ◆ Still into running, jumping, climbing and rolling – Natural instinct, when asked to however – “I cannot do that”.
- ◆ More into imitation of the big guys (sports heroes becoming important). Unfortunately, they are not professional soccer players.
- ◆ Still lack sense of pace – go flat out – will chase ball until they drop.

### 6.6. THINGS TO EXPECT

- ◆ At least 200 – 300 falls during a season.
- ◆ A game played after a heavy rain will find most of the players in or near the biggest puddle.
- ◆ Girls are not necessarily shyer than boys; in fact, some play much better.
- ◆ There will be conflict between the second grader play rehearsal and one of your practices – please allow the players to go to the school rehearsal, they must face their teachers five days a week.

### 6.7. SOME CHARACTERISTICS OF U10 CHILDREN

- ◆ Lengthened attention span.
- ◆ They are more team oriented.
- ◆ Still in motion but not as busy – will hold still long enough for a short explanation.
- ◆ Psychologically becoming more firm – confident.
- ◆ Boys and girls are beginning to develop separately.
- ◆ Gross and small motor skills becoming more refined.
- ◆ Prefer team type balls and equipment.
- ◆ PACE FACTORS BECOMING MORE DEVELOPED – DO THINK AHEAD.
- ◆ Some are even becoming serious about their play.
- ◆ Enjoy the uniforms, team association.
- ◆ Are now more inclined toward wanting to play rather than being told to play.

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## 6.8. THINGS TO EXPECT

- ◆ They enjoy some form of ritual just before the game begins – teach them a yell or a cheer (make sure it is acceptable).
- ◆ Each player has his/her own pre-game nervous behavioral twitch – see if by the fourth or fifth game you can predetermine what each one will do before the game starts.
- ◆ Boys and girls can still play on teams together at this age. Some of the more rapidly developed boys will pick on those girls not up to par – as their coach you must try to blend their abilities or disguise their inabilities on the field during a game.
- ◆ During a season, a confident back player will turn and pass a ball to an unsuspecting goalkeeper who will be shaking his head angrily as he pulls the ball out of the net.
- ◆ You will try like blazes to teach them about offside, but they will still be caught at critical times in games.
- ◆ No matter how many field errors made in the process, the goalkeeper will be blamed at least 80-90% of goals scored against him.

## 7. CONCUSSIONS OR HEAD INJURIES



### Informed Consent about Concussions or Head Injuries

Effective July 1, 2012, Florida Statute 943.0438 requires the parent or guardian and the youth who is participating in athletic competition or who is a candidate for an athletic team to sign and return an informed consent that explains the nature and risk of concussion and head injury (including the risk of continuing to play after a concussion or head injury) each year before participating in athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the youth's candidacy for an athletic team.

The facts:

- ✓ A concussion is a brain injury
- ✓ All concussions are serious
- ✓ Concussions can occur without loss of consciousness
- ✓ Concussions can occur in any sport
- ✓ Recognition and proper management of concussion when they first occur can help prevent further injury or even death

What is a concussion? A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

To help recognize a concussion, you should watch for the following things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head
2. Any change in the athlete's behavior, thinking, or physical functioning
3. Signs or symptoms of concussion that may be reported by a coach or other observer:
  - a. Appears dazed or stunned
  - b. Is confused about assignment or position
  - c. Forgets sports plays
  - d. Is unsure of game, score or opponent
  - e. Moves clumsily
  - f. Answers questions slowly
  - g. Loses consciousness (even briefly)
  - h. Can't recall events prior to hit or fall
4. Signs and symptoms that may be reported by the player:
  - a. Headache or pressure in the head
  - b. Nausea or vomiting
  - c. Balance problems or dizziness
  - d. Double or blurry vision
  - e. Sensitivity to light



- f. Sensitivity to noise
- g. Feeling sluggish, hazy, foggy, or groggy
- h. Concentration or memory problems
- i. Confusion
- j. Does not feel right

Both parents/guardians and players are advised to take the Center for Disease Control’s free online concussion training [HERE](#).

Under Florida law, this player who has suspected concussion or head injury must be removed from play or practice. Before the player may return to practice or competition a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury must be received from an appropriate health care professional trained in the diagnosis, evaluation, and management of concussions. In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), a licensed physician’s assistant under the supervision of a MD/DO (as per Chapters 458.347 and 459.022, Florida Statutes) or health care professional trained in the management on concussions.

I have read and understand this consent form, and I volunteer to participate.

Player Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent or guardian, I have read and understand this consent form and I give permission for my child, named above, to participate.

Parent/Legal Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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## 8. PROPER HYDRATION

### 8.1. FYSA WATER BREAK POLICY

The Florida Youth Soccer Association has a responsibility to the players within our association to make sure they are playing in a safe environment. One of the dynamics of our state is that it's a hot and humid climate. Our climate can create a dangerous situation for heat illnesses (i.e. heat cramps, heat exhaustion, and heat stroke). Based on our situation, we must ensure that our players are properly acclimated, hydrated, and, after the match, re-hydrated to make sure that our players are able to function in the environment that is Florida soccer.

There are steps that we as coaches and administrators must take to ensure proper hydration of our players, which is crucial in making sure our players are fully prepared to play. FYSA athletic trainers feel that most players today do not properly hydrate themselves prior to play.

Players need to hydrate themselves throughout the day:

- Two to three hours prior to participation, players should drink 16 oz. (2 cups) of fluids.
- Ten minutes prior to activity the players should drink 8oz. (1 cup) of fluids.
- Fluids can be water or sports drinks.

The reason for proper hydration prior to the activity is to allow for absorption into the players' systems. During the match, players need to replace the fluids that are lost during the activity. Rehydration should occur after the activity. It typically takes four to six hours after the activity for players to rehydrate themselves. Leagues and tournaments need to take this into account when scheduling games.

The current FYSA policy has considered the needs for soccer as well as the need for the safety of our players. Water breaks will be mandatory when the heat index is higher than 85 degrees. Heat Index is a better gauge for possible heat illnesses than temperature or humidity alone. The heat index can be found on most weather websites and in your local newspapers.

Special considerations need to be made for players U12 and below, because their physiology causes them to absorb more heat and dissipate this heat less efficiently than adults. Therefore, players U12 and below should have more water breaks regardless of the heat index.

Coaches, administrators, referees, parents, and players need to educate themselves about proper hydration and heat illness. This is important not only to the players' performance but also their safety. The FYSA coaching education program reviews these fundamentals, and clubs and referees should also provide training for their membership.

The FYSA water break policy and more information about proper hydration and heat illness can be found at our FYSA website at [www.fysa.com](http://www.fysa.com).

**8.2. FYSA REVISED WATER BREAK POLICY**

**Revision to 402.4**

In any FYSA sanctioned match a break will be given at the midpoint of each half of regulation time and at the end of each overtime period (if played) for player hydration. This break will be given at a normal stoppage of play and it is mandatory for any FYSA sanctioned match.

- a. This policy is mandatory for all matches U-12 and below
- b. This policy is mandatory for all matches U-13 above subject to the following conditions:
  - 1. The heat index is 85 degrees at game time. (see chart below)
  - 2. If requested by either coach prior to the match. (This should be determined during a pre-match conference with the referee)
  - 3. The referee at any time may declare a break for the safety and welfare of the players without conference or agreement of the coaches.

Relative Humidity	Air Temperature (F)										
	70	75	80	85	90	95	100	105	110	115	120
30	67	73	78	84	90	96	104	113	123	135	148
35	67	73	79	85	91	98	107	118	130	143	
40	68	74	79	86	93	101	110	123	137	151	
45	68	74	80	87	95	104	115	129	143		
50	69	75	81	88	96	107	120	135	150		
55	69	75	81	89	98	110	126	142			
60	70	76	82	90	100	114	132	149			
65	70	76	83	91	102	119	138				
70	70	77	85	93	106	124	144				
75	70	77	86	95	100	130					
80	71	78	86	97	113	136					
85	71	78	87	99	117						
90	71	79	88	102	122						
95	71	79	89	105							
100	72	80	91	108							

**Violation may result in charges under FYSA's Code of Ethics.**

**Suggestion for implementation:**

- 1. For ages U-12 and below the game to be played in quarters with a short break between the 1<sup>st</sup> and 3<sup>rd</sup> quarter with a longer halftime. This quarter's break should be 2-3 minutes at most for players to hydrate.
- 2. For matches U-13 and above, the decision regarding water break should be made before the match.