



AYSO Region 214 – Rules of Play

Section 1 – GENERAL

All games for *all* divisions shall be conducted in accordance with the current FIFA Laws of the Game and decisions of the International Board in effect as of September 1, except as amended by the AYSO National Rules and Regulations, and the rules and regulations of Region 214 that are set forth in the following sections 2 through 8. For divisions U5 through U8, refer to the Guidelines for that specific age group.

Section 2 – PLAYER ELIGIBILITY

2.1 Player Eligibility.

In order to comply with AYSO rules regarding balanced teams, only registered eligible players assigned to a team can participate in that team's games. The Team Formation Committee is the only one that can assign players to a team. No players may be transferred or traded without the written approval of the Team Formation Committee AND the Commissioner.

2.2 Player Registration Forms (Medical Release Forms).

Each coach must have in his or her possession at all games (both regional and inter-regional), practices, scrimmages, and at all other team gatherings, a registration/medical release form, as provided by the region, with the original signature of the player's parent or guardian. This is in force regardless of whether the parent/guardian of the player is in attendance.

Section 3 – STARTING THE GAME

3.1 Minimum Number of Players

The following chart illustrates the minimum number of players required to play a game.

Division	Maximum Roster Size	Number of Players on the Field (Including a goalkeeper)	Minimum Number of Players Required to Play the Game
U10	9	7	5
U12	12	9	6
U14	15	11	7

If at any time during the game, the number of players should drop below the minimum,



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the game will be terminated.

3.2 Line Up Cards

At least 10 minutes before the scheduled starting time, the coach shall provide the referee with a completed lineup card for the game. The card shall list each player on the team using the full name of the player in numerical order by jersey number. Absent players shall be noted on the card, along with the reason for their absence. The card should also show the team number, the division, the names of the coach and assistant coach, the game date, the game time and the game site.

After the completion of the game, the referee shall complete the lineup cards, including who was out each quarter and who played keeper, the final score and the number of the winning team. The referee shall enter a full game report including the game score, sportsmanship points, misconduct and other notable items in ArbiterSports.com by 10 pm the night of the game, and shall deliver their card to the pre-assigned location by the end of the day.

3.3 Starting Time and Game Forfeitures

Teams must be present and ready for an equipment check by the referee at least 10 minutes before the scheduled starting time. At that time, the home team should present two game balls and the visiting team should present one game ball. Game balls should be properly inflated and of the appropriate size for the division. If a team is not ready to play within 10 minutes after the scheduled starting time with the minimum number of players for the division as noted in Section 3.1, the referee shall declare a game forfeiture with the team that is ready to play being declared the winner by a score of 1-0.

3.4 Commencement of Game without Coach

The team coach should be present at all games. If the team coach is not planning on being present, they should fill out a Temporary Coach Authorization Form and submit it to their Division Coach indicating who will be replacing them as the Coach. At U14, the replacement coach must be an Intermediate Coach. At U12 and below, the replacement “coach” must be a current year registered volunteer and have taken AYSO’s Safe Haven.

If the team coach is unexpectedly unavailable for the game and the team is present, a replacement “coach” can be found on an emergency basis. At U14, the replacement coach must be an Intermediate Coach. At U12 and below, the replacement “coach” must be a current year registered volunteer and have taken AYSO’s Safe Haven. The Team Manager must be present at the field with a copy of each player’s registration / medical release forms.



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Division	Replacement Coach Qualifications		
	Current Year Registered Volunteer	AYSO’s Safe Haven	Coach Certification
U10	Yes	Yes	None
U12	Yes	Yes	None
U14	Yes	Yes	Intermediate

3.5 Commencement of Game without Referee

If the scheduled referee has not appeared by the scheduled starting time, and if a substitute trained referee (who is currently registered as a volunteer) cannot be found, no game will be held. No referee, no game!

3.6 Cancellation of Game Due to Weather

Unless previously notified by the Commissioner or their designee, all teams must appear and be ready to play at the scheduled time. The referee shall have discretion to determine whether a scheduled game should be canceled (or terminated during play) due to weather or other conditions affecting the safety of the players. Rescheduling of canceled or terminated games shall be at the discretion of the Commissioner.

Section 4 – DURATION OF GAMES

4.1 Game Duration

The following chart illustrates the typical game duration.

Division	Duration of Game
U10	Two halves, not to exceed 25 minutes each
U12	Two halves, not to exceed 30 minutes each
U14	Two halves, not to exceed 35 minutes each

4.2 Quarter Breaks / Substitution Opportunities

Approximately midway through each half the referee shall stop the game in order to permit substitutions to be made. The stoppage shall be made when the ball is not in play and prior to the appropriate restart (i.e., throw-in, goal-kick, corner-kick, kick-off, free-kick, penalty-kick or dropped ball). This stoppage of play is referred to as the “quarter break.” The only purpose of the quarter break is for substituting players. No player is allowed to leave the field during the quarter break except for substitution purposes. Players may come to the touchline for water and coach instructions. Coaches and



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spectators are not allowed on the field at quarter breaks. The quarter break shall be approximately one minute and shall end when the referee signals to resume play. Unless the referee notifies the coaches in advance of the game (and due to time constraints) the referee shall not stop the clock during the quarter breaks.

4.3 Shortened Games

Prior to the start of a game, and after advising the coaches for both teams, the referee shall have the discretion to shorten the duration of the game if the referee believes that it is necessary in order to comply with the time schedule for games to be played on that field. This discretion should only be exercised in unusual cases where the game cannot be started any earlier than 15 minutes after the scheduled starting time due to no fault of either team (see “Game Forfeit” for the rule which applies when a team is not ready to play within 10 minutes after the scheduled starting time). This includes, but is not limited to, delays caused by serious injury.

Section 5 – PLAYING TIME AND SUBSTITUTIONS

5.1 Three Quarter Rule

Each player present at the start of the game must play at least three-quarters of the game. This rule applies to all Region 214 games, including regular time playoffs and championship games. The three-quarter rule does not apply to overtime periods during playoff games.

5.2 Substitutes Reporting to Referee

All substituting players must report to the referee at the halfway line before being substituted. No player may be substituted without recognition of the referee. The referee shall note all substitutions on the lineup cards.

5.3 Substitutions

Regular substitutions may only be made at the quarter break and at half time.

5.4 Substitution for Injuries

A coach *may* substitute for an injured player. Only the injured player is credited with play during that quarter regardless of the actual time played. The coach may choose to play short, in which case the injured player shall be allowed to return during the quarter in which he or she was injured. Returning injured players will only be allowed to enter the game during a stoppage of play when that player’s team has possession of the ball. No player is permitted to return without recognition and authorization by the referee.



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5.5 Late Arriving Players

Late Arriving Players will play according to the chart below:

Arrival Time	Plays in the Following Quarters			
	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Prior to Game Time	Minimum of any three quarters as determined by the Coach			
During Quarter 1	N/A	X	X	X
During Quarter 2	N/A	N/A	X	X
During Quarter 3	N/A	N/A	N/A	X
During Quarter 4	Cheers for the team from the sidelines			

5.6 Large Roster Size

When a team shows up with a roster size larger than expected (15 for U14, 13 for U12, and 10 for U10), no player will play four quarters and one player will need to play two quarters. Over the course of the season, no player may play two quarters in more than one game until every other player has played two quarters in at least one game.

5.7 Time in Goal

In Divisions U12 and above, there are no limitations as to how many quarters a player may play in goal, although coaches are highly encouraged to rotate the keeper position to ensure keepers also get “field time”.

For the following divisions, there are the restrictions:

Division	Time in Goal Maximum
U10	Two quarters
U12	No limit
U14	No limit



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Section 6 – EQUIPMENT

6.1 Ball Size

The ball used shall be determined by the chart below:

Division	Ball Size
U10	Size 4 (Circumference: 25.0 to 26.5 inches, Weight: 12 to 14 ounces)
U12	Size 4 (Circumference: 25.0 to 26.5 inches, Weight: 12 to 14 ounces)
U14	Size 5 (Circumference: 26.5 to 28 inches, Weight: 14 to 16 ounces)

6.2 Uniforms

At all, games players shall wear the uniforms given to their teams by the region. For Region 214 games only, the referee shall have discretion to permit a player to wear different colored socks and non-regulation shorts. The socks must be the same color for both legs. (In other words, a player can't wear a blue and a yellow sock, but they could wear two blue socks even though the rest of the team is wearing yellow socks.) The referee shall be liberal in allowing such differences provided that they will not cause any confusion in identifying players.

The goalkeeper must wear a jersey that is a different color from that worn by his or her team, from the color jersey of the other team, and from the color of the referees' jerseys.

In the event that the uniforms of both teams are similar in color, the referee shall have the discretion to require that the home team (first team listed on the schedule) wear pennies over their uniform jersey.

6.3 Shoes

Regulation soccer shoes (no toe cleat), gym shoes, or sneakers (with or without rubber cleats) are permissible in all AYSO games.

6.4 Shinguards

No player is permitted to participate in any game, practice or scrimmage unless the player is wearing shinguards. Shinguards must be worn under the socks and be fully covered by the socks. In cases of sensitivity, a player may wear another pair of thin socks under the shinguards. Socks may not be pulled up and rolled over the shinguards.



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6.5 Casts and Splints.

Players are not permitted to participate in any games, practices, or scrimmages if the player is wearing a cast or splint, regardless of whether the cast or splint is hard, soft, or wrapped. Players arriving to the field wearing a cast or splint which is then removed are still considered to be wearing it, and will not be permitted to participate in the game.

6.6 Other Items.

Players may not wear anything that may be dangerous to either themselves or other players, during games, practices, and scrimmages. The referee has the discretion to determine whether an item that a player may be wearing must be removed before that player is permitted to play.

Players may not wear any type of jewelry (including necklaces, earrings or hard hair clips) during games, practices and scrimmages. Although the region encourages the use of safety glasses (i.e., sports goggles), there is no rule precluding a player from playing with regular prescription glasses (non-prescription sun-glasses are not, however, permitted).

Players may wear soft hats/head coverings, including “beanies” if in the referee’s opinion they do not limit the player’s ability to play (low visibility) or provide a safety issue for other players. Hooded sweatshirts may also be worn provided the entire sweatshirt is worn underneath the jersey. The hood must also be tucked underneath the jersey.

Section 7 – COACH CONDUCT

7.1 Home Team and Away Team Location

The home team listed first on the schedule shall have the North or West side of the field and the visiting team shall have the opposite side of the field.

7.2 Field Of Play

Coaches, other game officials, spectators, and players who are not currently playing shall not enter the field of play during the game (including half time, quarter breaks and any scheduled and non-scheduled breaks) unless requested by the referee.

7.3 Sideline Participation

Coaches shall limit their sideline participation during games to positive instruction and encouragement. Sideline participation shall be limited to two coaches from each team who shall remain on the opposite sides of the field from each other. Coaches shall only be permitted to coach from within the coaches’ area, whether or not the field is marked with



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a coaches' area. This area is defined as follows: one yard back from the touch-line and extending 10 yards on both sides of the halfway line.

7.4 Spectator Control

The team coach is responsible for controlling the spectators on his or her team's side of the field. The referee has the power to caution or eject a coach for failure or refusal to control the actions of spectators after the coach has been requested to do so by the referee. The referee also has the power to caution or eject a coach directly.

Spectators shall be positioned between the two 18 yard lines. In no cases will a spectator be permitted behind the goal line. Although it is the coach's responsibility to address spectator problems, the referee does have the authority to address the spectator(s), caution the spectator(s) and if necessary eject the spectator(s).

In addition to cautioning or ejecting the coach or a spectator, the referee has discretion to either suspend or terminate the game if in his or her discretion such stoppage is necessary due to the misconduct of spectators and the failure or refusal of the coach to effectively control that misconduct. The referee's decision to caution or eject the coach or spectator(s), or to suspend or terminate the game is final.

7.5 Negative Comments

Negative comments and complaints about the playing or the refereeing are not permitted and the coach or spectator is subject to disciplinary action for violations of this rule.

7.6 Discipline - Players

Cautions (Yellow Cards) - The Region will record and keep records of the number of yellow cards received by each team and each player. If any player accumulates four (4) yellow cards during the season, then that player will be suspended from playing in the next game, and may be subject to further disciplinary action.

Player Sendoffs (Red Cards) - A player who is sent off (shown the red card) is disqualified from playing in the remainder of the game, and is ineligible to play in **at least** the next scheduled game. A player who is sent off two (2) times in a single season for violent conduct, use of offensive, insulting or abusive language or action, serious foul play, and/or disruptive conduct toward opponents, referees or officials shall be automatically suspended from further participation in the season, and may be subject to additional disciplinary action. A player who is sent off two times in a single season for other reasons will be subject to disciplinary review by the Region with the imposition of sanctions deemed appropriate under the circumstances. Players who have been sent off shall not be required to leave the vicinity of the field of play, but will remain under the guardianship of the coach, and the coach shall ensure that a player who has been sent off



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participates no further, whether by word or action.

Ineligible Player Participation in a Game - If an ineligible player or coach participates in a game for which he/she was suspended or otherwise ineligible, then that player or coach's team shall forfeit the match and be subject to such additional discipline as deemed appropriate by the Region.

Coaches shall uphold their responsibility to honor and impose all sanctions and enforce them

7.8 Discipline – Coaches and Spectators

The *Laws of the Game* does not provide that coaches may be carded. Only players may be issued yellow or red cards by the referee. Nonetheless, the *Laws* permit the referee to deal with misconduct by coaches and spectators. In the event of such misconduct, such as, but not limited to, the expression of negative comments or dissent, entering the field of play without the referee's permission, coaching outside the coaches' area, using foul or abusive language, or engaging in violent conduct, **the referee has the discretion to eject the coach from the game, and/or to suspend or terminate the game.**

In most instances, except in the case of violent conduct or the use of foul or abusive language, the referee is requested to warn the coach that continuation of such conduct may result in ejection, suspension or termination of the game. **However, the referee's decision to eject a coach, or to suspend or terminate a game is final.**

If a coach is ejected, play will progress using the following chart:

Division	Who May Take Over as Coach	Game Progresses	Game Result
U10-U12	*Region 214 Volunteer who is: <ul style="list-style-type: none"> • Currently registered as a volunteer. • Has taken AYSO's Safe Haven. 	Yes	Final Outcome
U14	No One	Termination of Game	Forfeit of 1-0

** Any current year coach, referee or team manager meets this requirement.*

Any Coach or Assistant Coach who is sent off may not coach and may not be present at or near the field for at least the next scheduled game, and may be subject to additional disciplinary action.



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Any coach who is sent off:

1. Must immediately leave the vicinity of the field for the remainder of the game
2. Must not coach or be present at or near the field for at least his/her team's next scheduled game
3. May be subject to additional disciplinary action as deemed appropriate by the Regional Commissioner and the Regional Coach Administrator.

A coach who is sent off for a second time during a single season is subject to additional disciplinary action, including suspension from further participation in the season.

7.9 Other Behavior

Any player, coach or spectator who seeks another player, coach, spectator, referee or official for the purpose of taunting or fighting, or threatens the well-being of a player, coach, spectator, referee or official either before, during or after a game either on or in the vicinity of the playing fields or parking areas, including adjacent streets, will be suspended from participation in the remainder of the season, including playoffs.

Section 8 – GAME PROTESTS

Game Protests are not allowed. All teams are eligible for playoffs.

Coaches are encouraged to contact the Regional Referee Administrator regarding any transgression of the *Laws of the Game* for mentoring purposes.