

**VALLEY YOUTH SOCCER
LEAGUE RULES & COACHES KIT
2024-2025**



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Valley Youth Soccer League

Welcome to our soccer season. The success of VYSL depends on you as parents in participating and supporting the soccer program. We realize this will be new for a lot of you, so please feel free to ask questions of any League Board Members.

As a volunteer coach, you have assumed responsibilities that will be challenging and rewarding. The challenges you will meet in most cases will test your abilities as a coach and a leader. The rewards you will encounter will result from your player's enjoyment of the game.

Your responsibilities are to all players and the other volunteers of your League. Responsibilities include proper teaching of the techniques of soccer, physical and mental conditioning of your players with close supervision and direction. Strive to develop your players by giving them equal attention and consideration throughout the season.

The most important thing we can instill in the players is good sportsmanship, which can stay with them the rest of their lives. Proper conduct on and around the field by the players, parents, spectators, and coaches is of the essence. Never forget that as a coach, you will set an example for all your players.

In this kit are procedures that must be followed during the season. Please read this kit in its entirety. Should you have any questions pertaining to any portion of the kit, don't hesitate to ask for assistance from your club coordinator.

Many individuals have volunteered countless hours to implement the soccer season and VYSL. We would like to express our special thanks to them and urge you to participate in helping make your league and season successful.

THE VERY BEST OF LUCK TO ALL OF YOU AND YOUR TEAMS DURING THE SEASON.

Sincerely,

VYSL Board of Directors



2024-2025 Board of Directors

Executive Committee

<p><u>President</u> Valentin Ibarra 559-362-6093</p>	<p><u>Vice President</u> Daniel Colbert 559-250-8583</p>
<p><u>Treasurer</u> Andrew Tahan 559-708-1773</p>	<p><u>Chief Commissioner</u> Josh Ollenberger 559-231-3510</p>
<p><u>Secretary</u> Doreen Bower 559-304-4997</p>	<p><u>Director of Coaching</u> Open</p>

Club Coordinators

<p><u>Biola</u> Open</p>	<p><u>Harvest</u> Open</p>	<p><u>Herndon Barstow</u> Valentin Ibarra 559-362-6093</p>
<p><u>Houghton Kearney</u> Sheri Olsen 559-960-5782</p>	<p><u>Liddell</u> Chance Rowan 559-681-5411</p>	<p><u>Madison</u> Open</p>
<p><u>Mckinley</u> Doreen Bower 559-304-4997</p>	<p><u>Central</u> Monique Tobar 559-455-8676</p>	<p><u>River Bluff</u> Daniel Colbert 559-250-8583</p>
<p><u>Roosevelt</u> Open</p>	<p><u>Saroyan</u> Shelly Hernandez 559-408-3371</p>	<p><u>Steinbeck</u> Open</p>
<p><u>Teague</u> Denise Aguilar 559-313-0450</p>	<p><u>Tilley</u> Ray Miller 559-392-6887</p>	

All Board Members may be contacted by email via www.vyslfresno.org

2024-2025 Board of Commissioners

Chief Commissioner

Josh Ollenberger

559-231-3510

Referee Commissioner

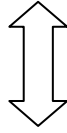
Eric Yopez

559-470-5274

The Board of Commissioners (Chief Commissioner and Referee Commissioner) shall comprise the Protest and Appeal Committee, with the chairman (Vice President of League), hearing all complaints, protests, appeals and make ruling for these cases. If any member of the Board of Commissioners is absent, is a Party to the Protest, Appeal, Complaint, Discipline Hearing, or any conflict of interest exist (as determined by the President) the President will serve as the substitute. In the event the President is a party or has a conflict, the President will not participate. A minimum of two individuals must serve as the Board of Commissioners. If the aforementioned requirements cannot be met, all Board of Commissioner duties will be executed by the Board of Directors (in its majority).

Lines of Communication

FIFA (Fédération International de Football Association)



USSF (United States Soccer Federation)



CYSA (California Youth Soccer Association)



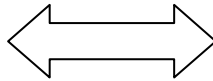
CYSA District 7 Commissioner



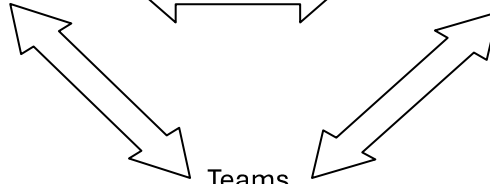
VYSL Board of Directors



Club Coordinators



VYSL Board of Commissioners



Teams

VALLEY YOUTH SOCCER LEAGUE ORGANIZATION

The league structure is illustrated on the LINES OF COMMUNICATION page and detailed in the By-Laws. Policy and administrative problems should be referred to your Club Coordinator. Field play matters should be referred to the Chief Commissioner.

CLUB COORDINATOR DUTIES AND RESPONSIBILITIES

Each club will have a coordinator as prescribed in the By-Laws. The By-Laws indicate that the coordinator shall be elected and will represent the Club on the Board of Directors. Some of the duties and responsibilities of a Club Coordinator are:

1. Handling all communication between VYSL and the teams registered under their club. This includes informing all coaches in their club of VYSL and CYSA rules and By-Laws.
2. Establishing a mechanism for the selection of coaches. It is highly recommended that each team have an assistant coach.
3. Compiling a list of all interested players and establishing a mechanism for placing them on a team with a coach. No player may be required to play on a competitive team.
4. Organizing parents and other interested adults to support, aid, and assist the teams and club with the various needs. It is recommended that each team have a team manager or parent.
5. Establishing club registration procedures in coordination with the League Registrar.
6. Providing team uniforms for players registered with the club. **IMPORTANT:** New uniforms must match club (school) colors and can have sponsors, and club names imprinted on the uniform in the form of a patch or logo.
7. Establishing a financial structure in the club in which they serve. All purchases billed directly to VYSL must be approved by the Treasurer. Purchases made by the Club Coordinator and submitted to VYSL for reimbursement will only be reimbursed if the Club account has the funds. It is the Club Coordinator's responsibility to know the Club's available balance before making purchases that will be submitted for reimbursement. **NOTE: IF THE CLUB IS NOT ESTABLISHED AS A CHARITABLE ORGANIZATION WITH A TAX EXEMPT NUMBER, ALL FUNDS COLLECTED SHOULD BE MADE PAYABLE TO VYSL AND DEPOSITED IN THE LEAGUE ACCOUNT.** This allows the club to raise money as a charitable organization and protect the tax-exempt status of VYSL.
8. Teams formed for the purpose other than VYSL play must be approved by VYSL Board of Directors before collecting funds for any purpose.

CHIEF COMMISSIONER DUTIES

(If no Chief Commissioner is established or present during play, the President, Vice President, Referee Coordinator, or League Official will assume these duties)

1. Enforcing the By-Laws and interpreting the General Procedures and specific rules.
2. Establish the qualifications for coaches, managers, players, and referees.
3. Enforce rules of play.
4. Enforce rules for equipment and supplies and making sure fields are properly marked, nets and equipment are delivered and picked up on game days.
5. Enforce rules for complaints, protests, and appeals.
6. Develop the Coaches Instruction Kit.
7. Establish game schedules , scheduling play-offs and championship games.
8. Record game scores and keep standings (Under – 10 and Under – 12 only)
9. Exercise such additional powers as the Board of Directors may, from time to time, delegate to the Board of Commissioners.
10. Communicate heat and air quality to Club Coordinators to determine practice and game schedules.
11. Enforce 50% rule (see General Rule E.)

FIELD COMMISSIONER DUTIES

1. Know when and where you are assigned as a field commissioner.
2. Be at soccer field 30 minutes prior to the start of the first scheduled game.
3. Ensure fields are set up (nets, flags, etc.) prior to the start of the first game.
4. Introduce yourself to referees and coaches as the field commissioner prior to the start of games.
5. Ensure games start on time, according to schedule.
6. Keep spectators, players, and coaches, five feet from touch lines.
7. Report all violations of specific rules, which are listed in the coach's kit to the Chief Commissioner. In the occurrence of a complaint or protest you will be asked to supply a statement on the incident to the Protest and Appeals Committee.
8. Remind coaches to clean sidelines of trash after their games.
9. Referees have the ultimate control of the game; including players, coaches, and spectators from the time they enter the playing field until they leave the area of the playing field. Field commissioners are to assist the referees in maintaining acceptable standards within their jurisdiction.
10. Remain on the field until all scheduled games are complete.
11. Ensure fields are clean and all equipment has been properly removed and stored.
12. Use of alcohol, tobacco, derogatory remarks, obscene or threatening gestures, verbal or physical attacks on any person acting in an official position with the League will not be tolerated. **ANY PERSON engaging in this manner will be ejected from the grounds.** The Board of Commissioners or the Board of Directors will issue further disciplinary action including but not limited to suspensions or lifetime ban from all VYSL activities.

VYSL/DISTRICT VII COACHING POLICY

VYSL Recreational Coaching Licensing Requirements

Under 6 through Under 12 Non-Licensed Coaches recommended that they receive a coaching seminar from VYSL or District VII.

All coaches are recommended to ask their Club Coordinators on how to attend a coaching session to be better equipped to coach their teams. We understand all coaches are volunteers and we value their time and effort. We need to remember that improving our knowledge of the game, benefits the coach as well as the children. We need to see this as a teaching tool to better our coaching skills.

DISTRICT VII TRAVEL/COMPETITIVE COACHING POLICY

Head Coaches

Under 9 through Under 12 Coaches District “F” License

Under 13 & Under 14 Coaches District “E” License

Under 15 and Above Coaches District “E” License

Assistant Coaches

Under 9 through Under 12 Coaches “F” License

Under 13 & Under 14 Coaches District “F” License

Under 15 and Above Coaches District “E” License

All coaches are required to meet these requirements before the season begins. Coaches and teams will not be registered without a proper licensed coach submitted with registration paperwork.

AGE GROUP PLAYER DEVELOPMENT EXPECTATIONS**

UNDER – 6: THE FUNDAMENTAL STAGE

Individual – Me and My Ball

In terms of motor development, cognitive development and social development, generally there are few differences in the capabilities of the players in this age group. Individual and small group play is essential for both touches on the ball and learning at their own pace. The emphasis should be on letting the children play. Over coaching unfortunately occurs at this age group.

Components of the Game for the U-6 Age Group*

Fitness: Introduce the idea of how to warm-up and movement education. Begin education about nutrition with players and parents. Balance, walking, running, how to start and stop, jumping, hopping, rolling, skipping, changing direction, bending, twisting and reaching.

Technique: Dribbling (stop and start) and shooting. Experiment with the qualities of a rolling ball. **Psychology:** Sharing, fair play, parental involvement, “how to play” and emotional management. Tactics: Where is the field? The concept of boundary lines, at which goal to shoot and playing with the ball wherever it may go.

**Please note that the components of the game are in a priority order for this age group.*

Typical U-6 Training Session

- Suggested 45 minutes.
- Every child should have a ball.
- Free play or a warm-up, including movement education challenges-**approximately 15 minutes**
 - Game-like activities, mostly body awareness and maze games-**approximately 15 minutes**
 - Finish with a 3v3 game with two goals, no goalkeepers-**approximately 15 minutes**

Coaches should devote the end of each training session to playing 3v3 practice games. During these practice games is the best time for the coach to teach rules of the game to the players. Fun games involving small numbers can be played, especially 1v1, 2v1, 1v2 and 2v2 leading up to a final activity of 3v3. It is important to ensure each child has a ball and to focus on fun games.

The benefit of the increased number of touches on the ball in those games is irreplaceable. Coaches should be well prepared and have a selection of game-like activities planned, while keeping in mind these young children have short attention spans.

“Those who can play 3 on 3 successfully can play soccer!” - Cesar Luis Menotti, won 1978 FIFA World Cup for Argentina, coach

AGE GROUP PLAYER DEVELOPMENT EXPECTATIONS**

UNDER – 8: IGNITING THE PASSION

Me, the ball and my friend

Igniting a passion for the game must be the number one objective for coaches of this age group. The aim of the coach is to keep their soccer experience fun, enjoyable and to foster a desire to play. This love of the game keeps people in the game for a lifetime. There can be differences now in the motor, cognitive and social development capabilities of the players in this age group.

Individual and small group play, especially pairs, is essential for both touches on the ball and learning at their own pace. The emphasis on movement education and body awareness continues with this age group and is expanded to involve even more activities with the ball. These activities should include eye-hand and eye-foot coordination games.

Components of the Game for the U-8 Age Group*

Technique: Experiment with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction. Introduce the push pass.

Fitness: Agility, eye-foot and eye-hand coordination, balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing, warm-up activities and movement education. Continue education on sports nutrition with players and parents.

Psychology: Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creativity, dynamic activities, participation of all players and a safe and fun environment. There is still a short attention span unless the player has peaked (keep interest high). Like to show what they can do – encourage trying new things. Developing self-esteem – activities should foster positive feedback and attainable positive success.

Tactics: Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.

**Please note that the components of the game are in a priority order for this age group.*

UNDER – 8: IGNITING THE PASSION (Continued)

Typical U-8 Training Session

- Suggested one hour.
- Free play or a warm-up, each player with a ball, dynamic stretching-approximately 15 minutes
 - Some individual body awareness activities.
 - Introduce partner activities.
- A mixture of individual and partner activities. Add more maze-type games. Introduce target games with a variety of player combinations: 1v1, 2v1, 1v2 and 2v2. -approximately 25 minutes
- Conclude with a Small-Sided Game of 4v4, two goals and no goalkeepers. -approximately 20 minutes

Coaches should devote the end of each training session to playing 4v4 practice games. Fun games can also be played involving small numbers, especially 1v1, 2v1, 1v2, 2v2, 1v3, 2v3 and 3v3 leading up to the final activity of 4v4. Through these games, expose the U-8 age group to the principles of play. It is important to ensure each child has a ball and to focus on fun games. The benefit of the increased number of touches on the ball is irreplaceable. Be well prepared and have a selection of game-like activities planned while keeping in mind these young children have short attention spans. Developing a general understanding of the basic rules of the game is an objective in working with the players. U-8 players must play at least 50 percent of each match they attend. They should not play a season longer than three months and must have at least one full month off between seasons of play.

“Practice – learning anything – hurts somewhat. You see how bad you are at it and with encouragement there is improvement. With practice comes discipline. The best road to getting there runs not through the land of fear and punishment but through the land of connection, play, practice, mastery and recognition. He/she learns how to be coached.”

- Dr. Edward M. Hallowell, child and adult psychiatrist

AGE GROUP PLAYER DEVELOPMENT EXPECTATIONS**

UNDER – 10: THE LEARNING TO TRAIN STAGE

The Start of Us

In this stage, children gradually begin to change from being self-centered to self-critical and develop the need for group games. This is a flux phase in a youngster's soccer career. The motivation to learn basic skills is very high at this age. The game itself should be central to all technical training. 11v11 is too sophisticated and complicated for young players. Small-sided games, which provide the right amount of pressure for the child's level of development, are more appropriate.

Components of the Game for the U-10 Age Group*

Technique: Experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot (emphasis on quality push pass), instep drive, receiving ground balls with the instep and outside of foot (body behind the ball), receiving bouncing balls with the instep (cushion) and the sole, inside and outside of foot (wedge), fakes in dribbling and turning with the ball. Introduce heading and crossing. Practice throw-ins. For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing.

Psychology: Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four or five, stay focused for one entire half. There is an increase in responsibility, sensitivity, awareness of how to win or lose gracefully, fair play, parental involvement, how to play, communication and emotional management.

Fitness: Factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball. Introduce body resistance exercises and the idea of cool down.

Tactics: 1v1 defending, roles of 1st attacker and defender, 2v1 attacking, what it means to get goal-side, small group shape in pairs and threes (emphasize support on both attack and defense), playing on and around the ball as a group with purpose, playing a variety of positions to develop the complete player, introduce the principles of attack and set plays.

**Please note that the components of the game are in a priority order for this age group.*

UNDER – 10: THE LEARNING TO TRAIN STAGE (Continued)

Typical U-10 Training Session

- Suggested one hour and 15 minutes.
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching.
 - Approximately 15 minutes-
 - Introduce small group activities (four to six players).
 - Add more directional games. Play to targets and/or zones.
 - Approximately 25 minutes-
 - Conclude with a Small-Sided Game, 6v6, plus goalkeepers.
 - Approximately 25 minutes-
 - Finish with cool down activities.
 - Approximately 10 minutes-

Devote the end of each training session to playing 4v4, 5v5 and 7v7 practice games. Fun games involving smaller numbers can be played, especially 1v1, 2v1 and 3v2 or 5v3 leading up to a final training activity. Always coach for success. It is still important to ensure that each child has a ball and to focus on fun games, but as the players develop psychosocially, they will be ready to participate and cooperate in small groups. U-10 players must play at least 50 percent of each match they attend. Better yet would be to have a roster size that allows each youngster to play more than half of each match. They should not play a season longer than four months, and must have at least one full month off between seasons of play.

“If we concentrated less on results at an early age, and more on technical development, and this idea of kids falling in love with the game, they would be much better off ...”

- John Hackworth, Philadelphia Union, coach and youth development coordinator

AGE GROUP PLAYER DEVELOPMENT EXPECTATIONS**

UNDER – 12: FOR THE LOVE OF THE GAME

Us - The Critical Transition Period

Many players at this age are deciding if they want to commit deeply to soccer, stay in the game with a part-time commitment or drop the sport altogether. The coach must also be sensitive to the many biological and psychological changes that are occurring for these children now and through the U-14 age group.

Components of the Game for the U-12 Age Group*

Technique: moving throw-in, master the qualities of a bouncing spinning ball. Experiment with the qualities of a ball in flight, feints with the ball, receiving bouncing and air balls with the thigh and chest, first touch receiving, heading to score goals and for clearances while standing or jumping, outside of foot passing, receiving with either foot, short passing with both feet, bending shots, crossing to near post space and penalty spot space and heel and flick passing. Introduce half volley and volley shooting, chipping to pass and slide tackle. For goalkeepers: W grip, footwork, underarm bowling, side-arm throwing to targets, taking own goal kicks, side-winder kick, low and forward diving and angle and near post play. Introduce deflecting and boxing.

Tactics: 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose, verbal and visual communication for all positions, halftime analysis, general work on all restarts, wall pass at a variety of angles, passing combinations on the move and rotation of all players through the team – everyone plays in each position. Reinforce the principles of defense. For goalkeepers: positional play, basic angle play (ebb and flow) – into and down the line of the flight of the ball, commanding the goalmouth for the goalkeeper and positioning during a penalty kick and communication.

Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).

Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).

**Please note that the components of the game are in a priority order for this age group.*

UNDER – 12: FOR THE LOVE OF THE GAME (Continued)

Typical U-12 Training Session

- Suggested one hour and 30 minutes.
- Warm-up, small group activities, range of motion stretching.
 - Approximately 15 minutes
- Introduce large group/team activities (six to eight players).
- Continue with directional games. Play to targets and/or zones.
 - Approximately 30 minutes
- Conclude with Small-Sided Games, 8v8 plus goalkeepers.
 - Approximately 35 minutes
- Finish with cool-down activity, including static stretching.
 - Approximately 10 minutes

"A winner in life, not just in football, learns from a defeat or a mistake and comes back stronger."

- Carlos Parreira, Brazil National Team, former coach

**** US YOUTH SOCCER PLAYER DEVELOPMENT MODEL**

A Player-Centered Curriculum for US Youth Soccer Clubs

US Youth Soccer Coaching Education Department

http://www.usyouthsoccer.org/assets/1/3/US_Youth_Soccer_Player_Development_Model.pdf



Birth Year and Season Matrix

When determining the age group for a season, the year the season ends should be used for determining the birth year. Also note that the format "U followed by age" really means that age and younger. For example, U8 should be read as 8 and younger. For more age-group information please reference [U.S. Soccer's Player Development Initiatives](#).

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							

GENERAL RULES

THE RULES AND REGULATIONS OF THE CALIFORNIA YOUTH SOCCER ASSOCIATION (CYSA) AS DESCRIBED IN ITS CONSTITUTION SHALL APPLY TO THIS ORGANIZATION. THE VALLEY YOUTH SOCCER LEAGUE (VYSL) MAY MAKE MORE STRINGENT RULES THAN THE CYSA CONSTITUTION BUT MAY NOT ALTER THEM.

THE RULES SHOWN HERE APPLY TO ALL AGE GROUPS UNLESS SPECIFICALLY SUSPENDED BY THE SPECIFIC MODIFIED LAWS FOR UNDER 6, 8, 10 AND 12 SOCCER. ANY RULES CLARIFICATION WILL BE PROVIDED BY THE BOARD OF COMMISSIONERS.

A. PLAYER ELIGIBILITY

1. For a player to be eligible to play, that player must be completely and properly registered and rostered on the team for which that player is playing. Registration must occur prior to the start of the third game day of the season.
2. At no time during the year may there be more than 18 players on a roster. A referee prior to the start of the game may declare a player ineligible because of improper equipment. Players wearing orthopedic casts, air splints or metal splints which are deemed to be a danger to other players shall not be eligible to participate in any game.
3. Players must present properly signed and pictured passes to be eligible to participate in any game.
4. No Competition Player (registered in a Competitive League or Club Soccer team outside of VYSL) will be allowed to register at VYSL unless proof of release (in writing, email is acceptable) from their Competitive League has been provided prior to registering the player. Proof of release shall be provided to all coaches in the age group of said player.

B. LENGTH OF GAME AND GAME BALL

AGE GROUP	LENGTH OF GAME	HALFTIME	BALL SIZE
U – 12	2 – 30 min. halves	5 – 10 min.	#4
U – 10	2 – 25 min. halves	5 – 10 min.	#4
U – 8	4 – 10 min. qtrs	5 – 10 min.	#3
U – 6	4 – 8 min. quarters	5 – 10 min.	#3

C. TEAMS

Teams will consist of maximum number depending on age group (see SPECIFIC MODIFIED LAWS), eligible players with a minimum of half plus one eligible players to start the game. A team failing to assemble at least half plus one player on the field 10 minutes after the scheduled game time will forfeit the game. Lost time will be deducted from the first half of the game.

D. SUBSTITUTIONS

Players may be substituted only during the stoppage of the game as indicated below. The number of substitutions is unlimited unless a competition superseding the jurisdiction of VYSL specifically determines otherwise.

1. At any stoppage of the game, which are a throw-in, any goal kick, any corner kick, at halftime, and after a yellow card, or send off on your team (for cautioned player only).
2. You are not allowed to sub after a foul call.

E. PLAYING TIME

Every team member present must play unless noted on the game card, prior to the start of the game as being injured, ill, disciplined, or declared as ineligible by the referee.

Eligibility of late players will be determined by referees at their convenience or halftime stoppage.

The Board of Commissioners requires the playing of every player at least one half of the game. The following disciplinary steps will be taken if it is deemed by the Board of Commissioners that a coach is in violation of the 50% rule:

STEP 1: Written warning filed with Board of Directors.

STEP 2: One game suspension of coach.

STEP 3: Additional one game suspension of coach and forfeiture of teams' next game.

STEP 4: Season suspension of coach.

F. ADDRESSING THE REFEREE

Only the playing captain, who shall be identifiable, may address the referee. No person, including team officials, shall interfere with or address the referee during halftime or play unless addressed by the referee.

G. COACHES, PLAYERS, AND SPECTATORS RULES OF CONDUCT

Coaches shall abide by the following rules of conduct at any time during the time they and their team is on or about the field of play, including the time prior to the game, halftime and the time immediately following the game until the team has left the area. Violations of the following, committed by the team's substitutes and spectators shall be deemed to have been committed by the coach, provided the coach has not made an adequate attempt to control the situation. This judgment shall be made by the referee AND league officials in attendance who sign the scorecard in the presence of the Coaches.

1. COACHES ADDRESSING THE REFEREE
A coach may address the referee only:
 - a. Prior to the start of the game.
 - b. When they wish to make a substitution.
 - c. To draw the referee's attention to an injured player on either team.
 - d. When the referee addresses him/her.
 - e. At the conclusion of the game.
2. COACHES, THEIR PLAYERS, AND SPECTATORS SHALL NOT BY WORD OR GESTURE, DURING THE COURSE OF THE GAME, ENTER INTO ANY DISPUTE NOR INDULGE IN ANY INTIMIDATING TACTICS WITH THE REFEREE, OPPOSING COACHES, THEIR PLAYERS, SPECTATORS OR ANY LEAGUE OFFICIAL IN ATTENDANCE.
3. COACHING FROM THE SIDELINES IS PERMITTED PROVIDED:
 - a. No mechanical devices are used.
 - b. The tone of voice is informative and not a harassment of players.
 - c. No profanity is used.
 - d. No coach, player or spectator is to incite, in any manner, disruptive behavior.
4. Team positions for game time will be as followed. Home team will position themselves along with their parents on the North Side or West Side of the field space permitting. If space is limited, we will position all coaches and players in between the fields and parents on the opposite side of the field. The parents will position themselves on the same half of the field that their team is in. Meaning if your team is in the west half of the field the parents will position themselves on that same side from the center line. For The fields that do not have room in between (this is mostly for the U-6 and U-8 fields) the home team parents will position themselves behind the North or West side of the goals. with a minimum of 10 feet between spectators and the goal.
5. A coach may enter the field only prior to the start of the game, at halftime, and at the end of the game UNLESS they are beckoned onto the field by the referee.
6. Coaches, players, and spectators are not permitted the use of amplified sound.

H. DRESS FOR PLAYERS

Dress for players shall be a team uniform, which is defined as a shirt with number and shorts, and soccer cleats or tennis shoes. SHIN GUARDS ARE MANDATORY FOR ALL PLAYERS. REFEREES WILL NOT ALLOW PLAYERS ON THE FIELD WITHOUT SHIN GUARDS. Warm-ups or tights under uniforms may be allowed during inclement weather. In case of color conflict, the home team is responsible for wearing alternates during the game provided both teams are wearing their approved colors.

I. GAME CARDS

Game cards will be supplied by your playing group commissioner prior to the start of the season. It is the responsibility of the home team coach to fill out and present to the visiting coach the partially completed game card 30 minutes prior to the start of the game or upon arrival of the visiting coach to the field of play, whichever is later. The home team must fill out the back of the card as well as their own roster. Alternatively, the Referee Commissioner may provide completed game cards.

All registered players must be listed on the back of the card along with jerseys numbers. Also prior to the start of the game, any ill, disciplined, or absent players must be noted on the card. Coaches must sign the card before the game and inspect the game card for accuracy of scores and other information after the game.

J. PLAYER AND COACH PASSES

Each player and Coach will be required to present their player or coach pass to the referee at every game. Pictures will be required on all player passes. Players or coaches not having passes will not be eligible to play or coach. Coaches are advised to retain all passes in their possession and bring them to every game, to avoid needless problems and potential forfeits.

K. PLAYER ADDS/DROPS

Any number of players may be added to a roster before the start of the season (see GENERAL RULES A. PLAYER ELIGIBILITY) provided the total rostered at any time does not exceed the age group limit. A team dropping more than three (3) players during the course of a season will be ineligible for inter-district or tournament play.

L. PLAYER TRANSFERS

Transfer of rostered players within VYSL teams must be approved by the Board of Directors and all league coaches for the specific age group where the player transfer occurred.

M. FIELD SUPERVISION

All fields may be supervised at all times by an authorized Field Commissioner to be assigned by the Board of Commissioners.

N. GAME BALLS

Each team is required to supply up to three game balls for selection by the referee.

O. GAME POSTPONMENTS AND CANCELATIONS

If the Board of Commissioners cancels a game, it may be rescheduled as agreed to by the Board of Commissioners and the game coaches. If a referee stops a game for reasons due to elements or bad field conditions, the game will stand if it is a regular league game and the first half of play has been completed. The final score will be the score when play was stopped. If a referee stops a game for reasons due to elements or bad field conditions, before the first half of play has been completed, it will be considered cancelled and may be rescheduled as agreed to by the Board of Commissioners and the game coaches.

P. RESCHEDULED GAMES

All rescheduled games must be played within 14 days prior or after (or during a league scheduled bye week) to the original game day and will be scheduled by the Board of Commissioners.

Q. PLAYING GROUP SCHEDULES

Any playing group may be split into divisions or other playing method as approved by the Board of Commissioners.

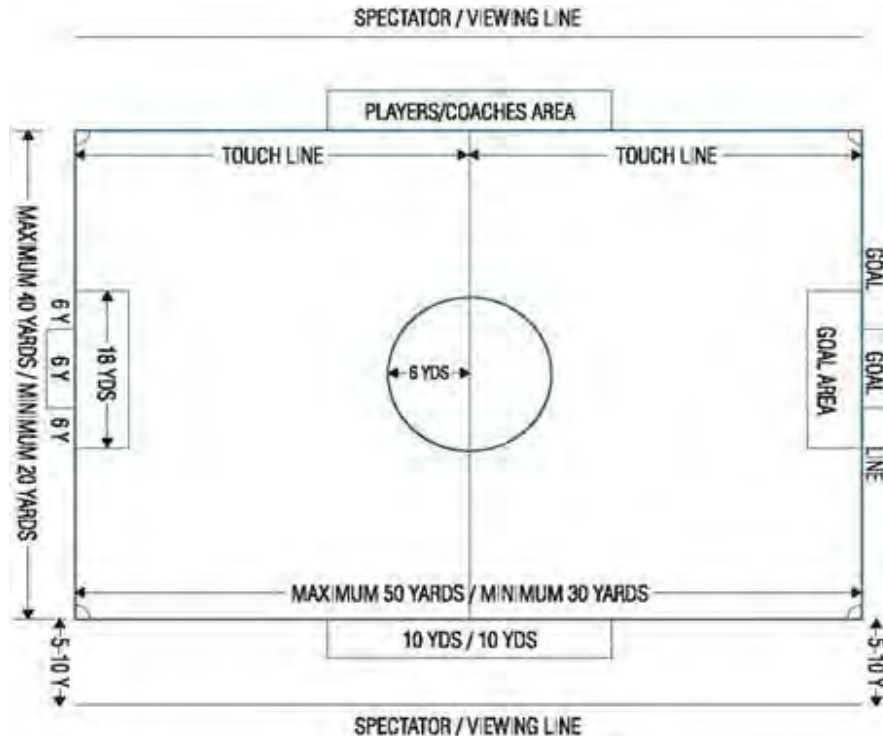
R. LEAGUE GAMES PLAYING WINDOW

League games may begin no sooner than September and end no later than January.

S. ACTIONS AGAINST A COACH

No action may be taken by either the Board of Commissioners or the Board of Directors against a coach unless the coach has been notified in writing (email is acceptable) of the planned action (3) business days prior to the date of the planned action.

SPECIFIC MODIFIED LAWS U-6 PLAYERS



LAW 1. FIELD OF PLAY

A. DIMENSIONS:

The field of play shall be rectangular. The length shall exceed the width.

SUGGESTED DIMENSIONS

Length: min. 25 yards and max. 35 yards

Width: min. 15 yards and max. 25 yards

B. MARKINGS:

Distinctive lines from 2-5 inches wide, halfway line, center circle, four corner arcs, and goal area. (See Diagram)

GOAL AREA: four (4) yards from each goal post and six (4) yards into the field of play joined by a line drawn parallel with the goal line. No penalty area is used.

C. THE GOALS

The goals shall consist of two upright posts two (2) yards apart and equidistant from the corner flags.

MEASUREMENTS: four (4) feet high and six (6) feet wide.

LAW 2. THE BALL

Size Three (3)

LAW 3. NUMBER OF PLAYERS

Four-No Goalkeeper

The maximum number of players on the roster should not exceed nine.

The minimum number of players to begin a game is three (3) per side.

Substitution: During “quarter breaks” or at halftime only.

LAW 4. PLAYERS EQUIPMENT

Jersey or shirt with number on back, shorts, stockings and footwear.

SHIN GUARDS ARE MANDATORY FOR **ALL** PLAYERS.

COACHES WILL NOT ALLOW PLAYERS ON THE FIELD WITHOUT

SHIN GUARDS.

NOTE: A player shall not wear anything, which is dangerous to another player or to themselves.

LAW 5. REFEREE

One coach from each team shall serve as the referee during their team’s game.

Shall be encouraged to explain an infraction to the offending player, without undue delay of the game or showing favoritism to either team. Referee should address both teams not an individual while doing so. If player continues to use incorrect skill after being advised by referee as to the correct method allow play to continue but advise by word that error is being overlooked for the good of the game.

LAW 6. DURATION OF THE GAME

The game is to be divided into four quarters of 8 minutes each.

The “substitution break” shall be whistled by the coach at the end of the 1st and 3rd quarters.

Half-time break shall not exceed 5 minutes.

LAW 7. THE START OF PLAY

Opponent must be 4 yards from center mark when kick-off is being taken.

NOTE: The ball is not **in** play until it moves.

LAW 8. BALL IN AND OUT OF PLAY

Conform to FIFA Laws of the Game. "The ball is out of play only when it has wholly crossed the goal or touch lines".

LAW 9. METHOD OF SCORING

The whole of the ball must cross the goal line between the goal posts and under the cross bar. The ball cannot be thrown, carried or intentionally propelled by hand or arm over the goal.

LAW 10. OFFSIDE

No offsides are to be called.

LAW 11. FOULS AND MISCONDUCT

A “foul” is **any** play, which possibly could result in injury.

The coach should explain all infractions to the offending player in less the “50 words”.

NOTE: If explanation requires more the “50 words” wait for end of game to do so.

LAW 12. FREE KICKS

Shall be classified under ONE heading “INDIRECT”. This means a goal may not be scored until the ball has been played or touched by a second player of either team.

LAW 13. PENALTY KICKS

No penalty kicks are to be taken during these games.

LAW 14. THROW INS

One re-throw must be allowed if foul throw occurs.

coach shall explain fault before re-throw.

Game will continue if second throw is also incorrect.

LAW 15. GOAL KICK

Goal kick may be taken from any point inside the goal area (4 yard area).

Opponents must be 4 yards away from the ball.

LAW 16. CORNER KICK

May be taken from any point inside the corner arcs.

Opponents must be four yards away from the ball.

LAW 17. SLIDING/TACKLING

There shall be no sliding at another player for any reason.

LAW 18. SUBSTITUTIONS

Substitutions are allowed only at the end of each quarter, halftime, or to replace an injured player during play.

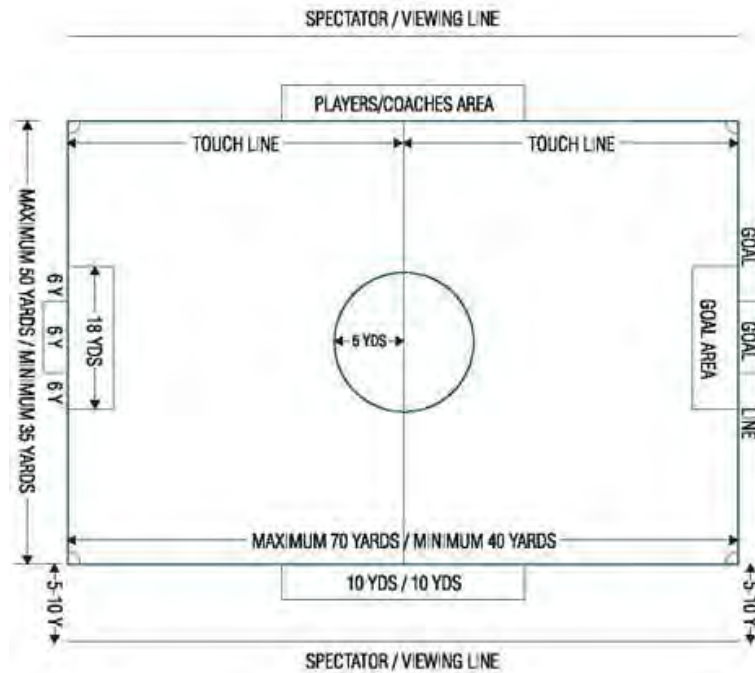
LAW 19. COMMON SENSE

Do not make rules, which will result in boredom, bureaucracy and losing sight of your purpose as an adult.

No league standings will be kept. NO PUBLICITY

LET THEM HAVE FUN.

SPECIFIC MODIFIED LAWS U-8 PLAYERS



LAW 1. FIELD OF PLAY

A. DIMENSIONS:

The field of play shall be rectangular. The length shall exceed the width.

SUGGESTED DIMENSIONS:

Length: min. 25 yards and max. 35 yards

Width: min. 15 yards and max. 25 yards

B. MARKINGS:

Distinctive lines from 2-5 inches wide, halfway line, center circle, four corner arcs, and goal area. (See Diagram)

GOAL AREA: FOUR (4) yards from each goal post and six (4) yards into the field of play (joined by a line drawn parallel with the goal line)

PEANALTY AREA: No penalty area is to be used.

C. THE GOALS:

The goal shall consist of two upright posts two (2) yards apart and equidistant from the corner flags

MEASUREMENTS: Maximum six (4) feet high and six (6) feet wide.

LAW 2. THE BALL

Size Three (3)

LAW3. NUMBER OF PLAYERS

Four-with no goalkeeper.

The maximum number of players on the roster should not exceed nine (10).

The minimum number of players to begin a game is three (3) per side.

Substitution: During “substitution breaks” or at halftime.

LAW 4. PLAYER EQUIPMENT

Jersey or shirt with number on back, shorts, stockings and footwear.

SHIN GUARDS ARE MANDATORY FOR **ALL** PLAYERS.

REFEREES WILL NOT ALLOW PLAYERS ON THE FIELD WITHOUT SHIN GUARDS.

NOTE: A player shall not wear anything, which is dangerous to another player or to themselves.

LAW 5. REFEREE

Shall be encouraged to explain an infraction to the offending player, without undue delay of the game or showing favoritism to either team. The ref should address both teams not an individual while doing so. If the player continues to use incorrect skill after being advised by referee of correct method allow play to continue.

LAW 6. DURATION OF THE GAME

The game is to be divided into four (4) quarters of 10 minutes each.

The “substitutions” shall be whistled by the coach after each quarter, or at half time or an injury. Half-time breaks shall not exceed 5 minutes.

LAW 7. THE START OF PLAY

Opponent must be 4 yards from the center mark when kick-off is being taken.

NOTE: The ball is not **in** play until it travels its own circumference and cannot be touched by kicker a second time until touched by another player.

LAW 8. BALL IN AND OUT OF PLAY

Conform to FIFA Laws of the Game. "The ball is out of play only when it has wholly crossed the goal or touch lines".

LAW 9. METHOD OF SCORING

The whole of the ball must cross the goal line between the goal posts and under the cross bar. The ball cannot be thrown, carried or intentionally propelled by hand or arm over the goal line.

LAW 10 OFFSIDE

No offsides are to be called.

LAW 11. FOULS AND MISCONDUCT

All fouls will conform to F.I.F.A. rules.

The referee should explain all infractions to the offending player in “less than 50” words. **NOTE:** If explanation requires more the “50 words”, wait for the end of game to do so.

LAW 12. FREE KICKS

Shall be classified under ONE heading “INDERECT”.

This means a goal may not be scored until the ball has been played or touched by a second player of either team.

LAW13. PENALTY KICKS

No penalty kicks are to be taken during these games.

LAW 14. THROW INS

One re-throw must be allowed if foul throw occurs.

Referee shall explain fault before re-throw.

Game will continue if second throw in is also incorrect.

LAW 15. GOAL KICK

Goal kick may be taken from any point inside the goal area (four yard area).

Opponents must be six yards away from the ball.

LAW 16. CORNER KICK

May be taken from any point inside the corner arcs.

Opponents must be six yards away from the ball.

LAW 17. SLIDING/TACKLING

There shall be no sliding at another player for any reason.

LAW 18. SUBSTITUTIONS

Substitutions are allowed only at the end of each quarter, halftime, or to replace an injured player during play.

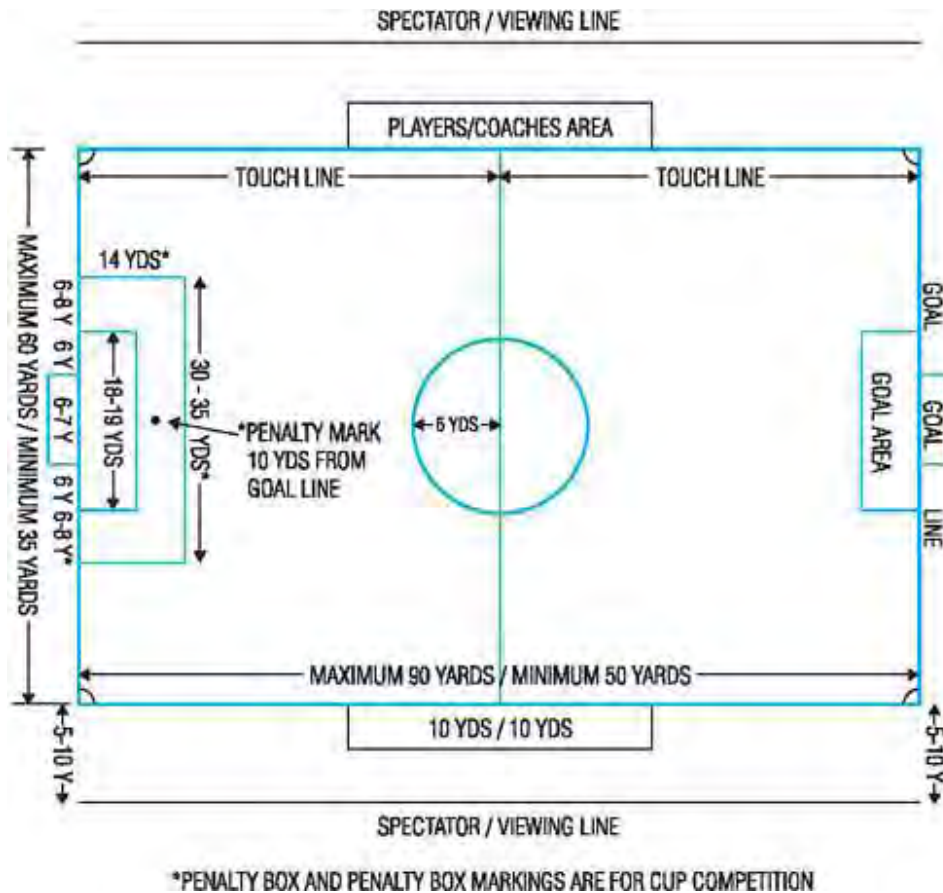
LAW 19. COMMON SENSE

Do not make rules, which will result in boredom, bureaucracy and losing sight of your purpose as an adult.

No league standings will be kept. NO PUBLICITY.

LET THEM HAVE FUN.

SPECIFIC MODIFIED LAWS U-10 PLAYERS



LAW 1. FIELD OF PLAY

A. DIMENSIONS:

The field of play shall be rectangular. The length shall exceed the width.

SUGGESTED DIMENSIONS

Length: min. 55 yards max. 65 yards

Width min. 35 yards max 45 yards

B. MARKINGS:

Distinctive lines from 2 – 5 inches wide, halfway line, center circle, four corner arcs, and goal area.

GOAL AREA: Five (5) yards from each goal post and Five (5) yards into the field of play (joined by a line drawn parallel with the goal line).

PENALTY AREA: 6 - 8 yards from each goal post and fourteen (14) yards into the field of play.

C. THE GOALS:

The goals shall consist of two upright posts Six (6) yards apart and equidistant from the corner flags.

MEASUREMENTS: Maximum six (6) feet high and eighteen (18) feet wide.

LAW 2. THE BALL

Size four (4)

LAW 3. NUMBER OF PLAYERS

SEVEN (7) - One of whom shall be a goalkeeper.

The maximum number of players on the roster should not exceed thirteen (14).

The minimum number of players to begin a game is FIVE (5) per side.

LAW 4. PLAYERS EQUIPMENT

Jersey or shirt with number on back, shorts, stockings and footwear.

SHIN GUARDS ARE MANDATORY FOR **ALL** PLAYERS.

REFEREES WILL NOT ALLOW PLAYERS ON THE FIELD WITHOUT SHIN GUARDS.

NOTE: A player shall not wear anything, which is dangerous to another player or to themselves.

LAW 5. DURATION OF THE GAME

The game is divided into two halves of 25 minutes each.

Half-time break shall be greater than five minutes but no more than ten minutes.

LAW 6. FOULS AND MISCONDUCT

All fouls will conform to F.I.F.A. rules.

LAW 7. SLIDING/TACKLING

There shall be no sliding at another player for any reason.

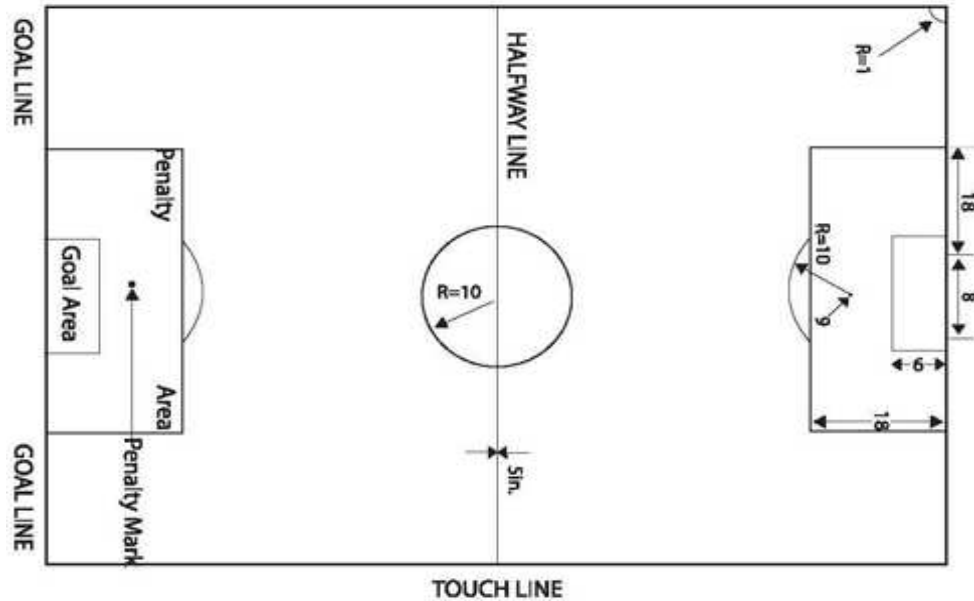
LAW 8. COMMON SENSE

Do not make rules, which will result in boredom, bureaucracy and losing sight of your purpose and an adult.

LET THEM HAVE FUN.

FOLLOW F.I.F.A. LAWS OF THE GAME-EXCEPT FOR THESE MODIFICATIONS.

SPECIFIC MODIFIED LAWS U-12 PLAYERS



LAW 1. FIELD OF PLAY

A. DIMENSIONS:

The field of play shall be rectangular. The length shall exceed the width.

SUGGESTED DIMENSIONS

Length: min. 65 yards max. 75 yards

Width min. 35 yards max 47 yards

B. MARKINGS:

Distinctive lines from 2 – 5 inches wide, halfway line, center circle, four corner arcs, and goal area.

GOAL AREA: Five (5) yards from each goal post and six (6) yards into the field of play (joined by a line drawn parallel with the goal line).

PENALTY AREA: 6 - 8 yards from each goal post and eighteen (18) yards into the field of play.

C. THE GOALS:

The goals shall consist of two upright posts Six (6) yards apart and equidistant from the corner flags. **MEASUREMENTS:** Maximum seven (7) feet high and twenty one (21) feet wide or six (6) feet high and eighteen (18) feet wide.

LAW 2. THE BALL

Size four (4)

LAW 3 DURATION OF THE GAME

The game is divided into two halves of 30 minutes each.

Half-time break shall be greater than five minutes but no more than ten minutes.

LAW 4. NUMBER OF PLAYERS

Nine (9) - One of whom shall be a goalkeeper.

The maximum number of players on the roster should not exceed sixteen (18).

The minimum number of players to begin a game is Six (6) per side.

LAW 5. PLAYERS EQUIPMENT

Jersey or shirt with number on back, shorts, stockings and footwear.

SHIN GUARDS ARE MANDATORY FOR **ALL** PLAYERS.

REFEREES WILL NOT ALLOW PLAYERS ON THE FIELD WITHOUT SHIN GUARDS.

NOTE: A player shall not wear anything, which is dangerous to another player or to themselves.

LAW 6. DURATION OF THE GAME

The game is divided into two halves of 30 minutes each.

Half-time break shall be greater than five minutes but no more than ten minutes.

LAW 7. FOULS AND MISCONDUCT

All fouls will conform to F.I.F.A. rules.

LAW 8. SLIDING/TACKLING

There shall be no sliding at another player for any reason.

LAW 9. COMMON SENSE

Do not make rules, which will result in boredom, bureaucracy and losing sight of your purpose and an adult.

**FOLLOW F.I.F.A LAWS OF THE GAME-EXCEPT FOR THESE MODIFICATIONS*

SCORING OF GAMES

Scoring of games shall be as follows (U-10 & U-12 only):

3 points for a win.

1 point for a tie.

Forfeits will be scored as a 2-0 win.

1 point loss for a red carded player.

2 point loss for a red carded coach.

1 point loss for running up of score-defined as a goal differential greater than 8 goals

Division Standings Tie Breakers:

Head to head competition.

Goal differential up to 4 per game.

Least goals scored against.

Most goals scored up to 4 per game.

Win-Loss result of common opponents from highest to lowest finisher.

Coin toss.

Mercy rule for U-10 and U-12 Age Groups

The mercy rule is 8 goal differential. If a team gets to 8 goal differential by halftime or any time after the half that means, the game is considered a full game and will be stopped at that point. If there is a 7 goal differential at half time and the 8th goal gets is scored 1 minute into the second half, the game will be stopped at that point. The referees will not be allowed to continue the game, however you will be allowed to scrimmage until your allotted time is up. We discourage this kind of sportsmanship, but understand that being a recreational league, it is hard to evenly match teams against each other.

GAME CARDS

POSTAGE RETURN ADDRESS

CALIFORNIA YOUTH SOCCER ASSOCIATION
GAME AND REFEREE REPORT

NAME OF LEAGUE OR CLUB XXXXXX
FIELD XXXXX DATE XXXXX
AGE GROUP XX TIME XXX KICKOFF BY

TEAM	HOME	VISITOR
FORWARD		
MIDFIELD		
DEFENSE		
GK		
F.A. NUMBER		
FINAL SCORE		

REFEREE: _____
REFEREE: _____
LINESMAN: _____
LINESMAN: _____
REFEREE: _____
REFEREE: _____

THIS CARD MUST BE SUBMITTED WITHIN 24 HOURS

GAME CARD

It is the responsibility of the designated HOME TEAM to provide the game card. The game card is to be filled out by the home team and given to the designated visiting team at least 30 minutes prior to the game. The game card is then to be given to the referee and the referee shall be responsible for turning in the game card.

List all players rostered on the team on the game card including those not present. Indicate whether player(s) is/are injured, absent or being disciplined. The jersey number and CYSA ID numbers are also required. Coaches must sign the card before the match.

xxx = Required fields to be filled out by coaches.

CALIFORNIA YOUTH SOCCER ASSOCIATION

HOME TEAM XXXX VISITORS XXXX

NAME (please print)	NO	CYSA NO	NAME (please print)	NO	CYSA NO
1. XXXX XXXX	1	XXX	1. VVXXX XX	1	XXX
2.			2.		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		
9.			9.		
10.			10.		
11.			11.		
12.			12.		
13.			13.		
14.			14.		
15.			15.		
16.			16.		
17.			17.		
18.			18.		

COACH/MANAGER XXXXX COACH/MANAGER XXXXXX

PROTESTS AND APPEALS

ALL PROTEST AND APPEALS WILL BE HEARD AND RULED ON BY THE BOARD OF COMMISSIONERS. The Board of Commissioners (Chief Commissioner and Referee Commissioner) shall comprise the Protest and Appeal Committee, with the chairman (Vice President of League), hearing all complaints, protests, appeals and make ruling for these cases. If any member of the Board of Commissioners is absent, is a Party to the Protest, Appeal, Complaint, Discipline Hearing, or any conflict of interest exist (as determined by the President) the President will serve as the substitute. In the event the President is a party or has a conflict, the President will not participate. A minimum of two individuals must serve as the Board of Commissioners. If the aforementioned requirements cannot be met, all duties Board of Commissioner duties will be executed by the Board of Directors (in its majority).

1. Only violations of VYSL rules (GENERAL RULES, SPECIFIC MODIFIED LAWS), VYSL/CYSA By-Laws, general procedures, and specific rules of the League, misapplication of “Laws of the Game” shall be proper subjects to be considered for action. A DECISION BASED ON A REFEREE’S JUDGMENT DURING A GAME IS NOT PROTESTABLE.
2. Protest or appeals are to be in writing (email is acceptable) using the VYSL Protest and Appeal Form and delivered to the chairman (Vice – President) of the protest and appeals committee within two (2) business days of the action being protested or appealed. The fee of \$25.00 must be paid to VYSL and accompany the protest or appeal and will be returned only if the protest or appeal is upheld. Any decision rendered by the Board of Commissioners may be appealed to the full Board of Directors and then if needed to the CYSA Protest and Appeals Committee as per CYSA Constitution, By-Laws, rules and regulations.
3. Your protest or appeal must include a specific rule or rules you feel were violated. A non-specific protest will not be heard. Copies of your protest must be delivered within 24 hours to the opposing coach, his/her coordinator, and your club coordinator. The Board of Commissioners will meet within five (5) business days to act on your protest.
4. If either coach wishes to appeal the decision of the Board of Commissioners, they must deliver, within (2) business days of receipt of the decision, in writing (email is acceptable), their appeal to the League President. Copies of your appeal must be delivered within (1) business day of filing to the opposing coach, and coordinators of both coaches. The majority of the Board of Directors will act on the appeal within (5) business days. The decision rendered by the Board of Commissioners will remain in effect until the Board of Directors issues its ruling.
5. Upon rendering a decision, VYSL President will forward a copy of its evidence, findings and decision to the CYSA secretary for future reference. All pertinent data will be forwarded within (10) business days of the League’s decision.
6. In the matter of protest and appeals, no person associated with the operation of the League shall invoke the aid of the courts of any state or of the United States of America without first exhausting all available remedies within the appropriate soccer organization, including the final appeal to the annual general meeting of the USYSA

CHAIRPERSON of the Protest and Appeals Committee:

Daniel Colbert
Vice - President

VYSL PROTEST AND APPEAL FORM

COACH _____ PHONE _____

ADDRESS _____

DATE & TIME OF GAME _____ FIELD _____

AGE GROUP
COMMISSIONER _____ PHONE _____

REFEREE _____

TEAM PLAYED _____ OPPOSING COACH _____

OPPOSING COACH'S PHONE _____

YOUR COORDINATOR _____ PHONE _____

OPPOSING COACH COORDINATOR _____ PHONE _____

Specific Grounds for filing (state specific rules and instances - you may use an attached letter):

COACH'S SIGNATURE

DATE

How to Apply to a Tournament

- **Find an Event:**
 - Select an event you wish to participate in with your Cal North soccer Team
 - Select the Tournament menu item and then click on to the "[Tournament Calendar](#)" link.
- **Is this event a good fit? :**
 - Be sure you select an event that offers the level of play your team is accustomed to competing with and that will not risk your team's eligibility for any future state level events. If your team is at recreational status, and you intend to participate in Founders Cup, please review the Founders Cup rules before participating in a competitive level event.
 - Once you have selected an event you wish to participate, you should visit the event website to obtain the Tournament Application and review their rules. If you have any questions regarding their application and selection process or rules you can contact the event director via email or telephone.
- **What are the Tournament rules and what should I expect them to provide?**
 - The event rules should provide you with the following information: *(You can find detailed information regarding these specific topics in the Tournament Rules and Guidelines posted in the Documents & Forms section of the Cal North website)*
 - Tournament Name
 - Tournament Dates
 - Name of Hosting League
 - Name, Address, Phone Number, and e-mail address of Tournament Director
 - Statement that tournament has been sanctioned by the Cal North Board of Directors
 - Age Groups/Gender/Tournament Classification
 - Location
 - Minimum number of games
 - Format
 - Scoring system used - specify maximum points allowable and how points are accrued
 - Consolation and Championship game information
 - Awards information
 - Entry fees
 - Application Information and Deadline
 - Refund policy
 - Withdrawal policies
 - Cancellation policies
 - Acceptance and Rejection Policies
 - Guest player policy
 - Credentials requirements
 - Housing and Hotel Information
 - For Unrestricted or Out of State Tournaments include any rules specific to Cal North
 - Infraction Information

- **Application Process:**
 - Apply to the event using the application they provide to you along with payment and any supporting documentation they require.
 - Once you have applied to an event, it is reasonable to expect some return communication from the event director. Don't wait until the last minute and then scramble to get information. Follow up in a timely fashion to be sure they have received your application and fees. If necessary, refer to their rules and double check the Application and Deadline dates.
- **You have been accepted, what happens next:**
 - Do not wait until the last minute if you intend to use Guest Players.
 - Do not wait until the last minute to file the Notification if you are traveling to an Out of State US Youth Soccer Tournament (File date must be 1 day prior to travel) or a Non-US Youth Soccer Tournament. (File date must be 5 days prior to travel). Both forms have specific information regarding this process.
 - All required forms are posted on the Cal North website for your convenience, simply log on to www.Calnorth.org and visit the [Documents and Forms Center](#).

If you wish to have additional help in the application process, please feel free to contact your District Tournament Coordinator or the Cal North Office.

INSURANCE

The accident insurance provided through C.Y.S.A. is MANDATORY, the cost of which is included in the registration fee. THIS IS A SECONDARY INSURANCE IF THERE IS OTHER INSURANCE COVERAGE.

CLAIMS PROCEDURE:

Coaches Responsibility:

1. Report accident within 24 hours to the league President to verify that it is a soccer related injury.
2. Give the parents a claim form (Included in the C.Y.S.A. team kit or at cysanorth.org) and explain the following procedures. You DO NOT sign the form.

Parents Responsibility:

1. If the parents have other hospitalization insurance coverage, file with both companies (Personal insurance carrier and soccer) at the time of the accident.
2. Complete ALL sections pertaining to the patient/accident.
3. Have the doctor/hospital complete and sign the "Physician" section. (Note: A copy of the emergency room report may be attached as all pertinent information is in this report and is signed by the Physician).
4. Attach copies of all bills. It is recommended that all bills be paid at the time of service. DO NOT HAVE BILLS SENT TO VALLEY YOUTH SOCCER LEAGUE.

5. Mail completed form and copies of bills to: CALIFORNIA YOUTH SOCCER ASSOCIATION 1040 SERPENTINE LANE, SUITE 201 PLEASANTON, CA 94566

NOTE: INCOMPLETE FORMS WILL BE RETURNED TO THE SENDER!!!

6. If additional bills are received after the claim is sent in, parents need only put the child's name and date of accident on a copy of the bill and sent to the insurance coordinator. No new claim form is required.

League Responsibility:

1. Verify injured is a registered soccer player/coach.
2. Verify that this is a soccer related injury.
3. Forward form promptly.

NOTE: Once the insurance forms have been forwarded, the league receives no further information regarding the claims.

All registered coaches and assistant coaches are automatically covered by medical insurance. All registered participants are covered by C.Y.S.A. liability insurance during **sanctioned** events.

Case Report Form can be found online on the CalNorth.org website:

<http://www.calnorth.org/extranet/?DocumentId=Lho6SBbF4Jh+1LamwyJ7YDHdl+0V2ddpDuJThaD2xKQ=>



California Youth Soccer Association, Inc.
 2081 Arena Blvd. Suite F | Sacramento, CA | 95834
 Possible Concussion Notification Form
 For Cal North Events

Today, _____, 20_____, at the _____,
 [Insert Date] [Insert Name of Event]
 player _____, showed signs of a possible concussion during practice or
 [Insert Player's Name]

competition. Cal North and Staff want to make you aware of this possibility and signs and symptoms that may arise which require further evaluation and/or treatment.

Please contact a medical doctor or doctor of osteopathy who is trained in concussion treatment and management. Please be advised that a player who shows or showed signs of a concussion may not return to play until we have the Concussion Return to Play form (see page 2) from a medical doctor or doctor of osteopathy who is trained in concussion treatment and management.

_____ Name of Team	_____ Age Group	_____ Gender
_____ Player's Name (Please print)	_____ Date	
_____ Player's Signature (If above the age of 18)	_____ Date	
_____ Parent/Legal Guardian Signature	_____ Date	
_____ Team Official Guardian Signature	_____ Date	

By inserting my name and date and returning this Notification Form, I confirm that I have been provided with, and acknowledge that, I have read the information contained in the Form.

If returning the signed form online, please follow the instructions below:

- Step 1. Go calnorth.org/resources-library
- Step 2. Click on "Forms"
- Step 3. Find the "Concussion Notification Form" section and click on "Upload CNF Form Here"
- Step 4. Upload your form

If returning the signed form by mail, please send to the address below:

2081 Arena Blvd. Ste. F
 Sacramento, CA 95834

Cal North Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the U.S. Centers for Disease Control web site www.cdc.gov/injury. All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the athlete following a concussion injury. **Providers, please initial any recommendations that you select.**

Athlete's Name _____ Date of Birth: _____

School: _____ Team / Sport: _____

HISTORY OF INJURY

Person Completing Form (Circle One): Athletic Trainer | First Responder | Coach | Parent | Student

Date of Injury: _____ Please see attached information Please see further history on back of this form

Did the athlete have:	(Circle one)	Duration / Resolution
<i>Loss of consciousness or unresponsiveness?</i>	YES NO	Duration: _____
<i>Seizure or convulsive activity?</i>	YES NO	Duration: _____
<i>Balance problem / unsteadiness?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Dizziness?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Headache?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Nausea?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Emotional instability (abnormal laughing, crying, smiling, anger)?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Confusion?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Difficulty concentrating?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Vision Problems?</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO
<i>Other:</i>	YES NO	IF YES, HAS THIS RESOLVED? YES NO

Signature: _____ Date: _____

PHYSICIAN RECOMMENDATIONS

This return to play plan is based on today's evaluation.

RETURN TO SPORTS

PLEASE NOTE:

1. Athletes must not return to practice or play the same day that their suspected concussion occurred.
2. Athletes should never return to play or practice if they still have **ANY symptoms** of concussion.
3. Athletes, be sure your coach/athletic trainer are aware of your injury & symptoms, and have contact information for treating physician.

The following are the return to sports recommendations at the present time:

- SCHOOL (ACADEMICS): May return to school now. May return to school on _____. Out of school until follow-up visit.
- PHYSICAL EDUCATION: Do NOT return to PE class at this time. May Return to PE class.
- SPORTS: Do not return to sports practice or competition at this time.
 May begin "Gradual Return To Play Plan".
 Must return to Physician for final clearance to return to competition.
 FULL CLEARANCE: Has successfully completed "Gradual Return to Play Plan". May return to full participation.
- OR - FULL CLEARANCE: Did not have a concussion. May return to full participation in ALL activities (PE and Sports).

Return to this office on (date/time) _____

Additional Comments: _____ See further follow-up information on back.

Medical Office Information (Please Print/Stamp)

Physician's Name _____ Physician's Phone _____
 / Office Address _____

Physician's Signature _____ (Circle One) M.D. | D.O. | P.A. | N.P. Date _____

Gradual Return to Play Plan

Return to play should occur in gradual steps beginning with light aerobic exercise only to increase your heart rate (e.g. stationary cycle); moving to increasing your heart rate with movement (e.g. running); then adding controlled contact if appropriate; and finally return to sports competition.

Pay careful attention to your symptoms and your thinking and concentration skills at each stage or activity. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day. **Move to the next level of activity only if you do not experience any symptoms at the present level.** If your symptoms return, let your health care provider know, return to the first level and restart the program gradually.

- Day 1:** Low levels of physical activity (i.e. symptoms do not come back during or after the activity).
This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).
- Day 2:** Moderate levels of physical activity with body/head movement.
This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and or reduced weight from your typical routine).
- Day 3:** Heavy non-contact physical activity.
This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement).
- Day 4:** Sports Specific practice.
- Day 5:** Full contact in a controlled drill or practice.
- Day 6:** Return to competition.



PARENT & ATHLETE CONCUSSION INFORMATION



WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Athletes who experience one more of the signs and symptoms listed below after a bump, blow or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Double or blurry vision
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall

CONCUSSION DANGER SIGNS

- One pupil larger than the other
- Is drowsy and cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT YOU SHOULD DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION

1. Remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself.
2. Keep the athlete out of play the day of the injury and until a health care professional experienced in evaluating for concussion says s/he is symptom-free and that it is OK to return to play.
3. Rest is key to helping an athlete recover from a concussion. Exercising or activities involving a lot of concentration, such as studying, working on the computer, and playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
4. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. They can even be fatal.



ATHLETE NAME PRINTED

ATHLETE SIGNATURE

DATE

PARENT / GUARDIAN NAME PRINTED

PARENT/GUARDIAN SIGNATURE

DATE