

RULES (Cont.)

Any player, coach or spectator who assaults a referee (touching, hitting, shoving, bumping, spitting etc.) will be suspended from PYSA activities for life. Any player or coach that damages the referees equipment (kicking the referee's bag or breaking the flags etc.) will be suspended for a minimum of one year. Please note if a physical assault takes place against a referee the proper authorities may be called by the referee. A formal appeal to PYSA may be requested via the email below

executivedirector@portlandyouthsoccer.com.

For U9 – U14 games, PYSA will assign a center referee to all league games. If for any reason a referee does not show up for a scheduled game, it is the responsibility of both coaches to select an adult to referee the game.

If the game starts late for any reason, the time lost shall be deducted evenly from both halves so following games can start on time.

Finally, our goals for all PYSA Players

- ✓ Provide opportunities for youth to play and have fun.
- ✓ Teach soccer skills and understanding of the game.
- ✓ Teach the rules of soccer.
- ✓ Foster sporting conduct and team play.
- ✓ Promote the game of soccer in our community.
- ✓ Organize and facilitate inter-club play for youth players.
- ✓ Provide positive and instructive coaching.
- ✓ Provide certified referees.
- ✓ Provide safe and drug-free practice and game environments.
- ✓ Ensure that everyone plays at least 50% of every recreational game.
- ✓ Form recreational teams that include all levels of skills and abilities.
- ✓ Inform players of opportunities for more competitive, classic play.
- ✓ Allow all youth to participate.

Age	Grade	Format	Minutes
U9-10	3rd-4th	7v7	50
U11-12	5th-6th	9v9	60
U13-14	7th-8th	11v11	70

Age	Field Size	Ball Size	Goal Size
U9-10	55x40	4	6x18
U11-12	70x50	4	8x24
U13-14	110x70	5	8x24

Equip	Practices	Games
Soccer Shoes	Yes	Yes
Shin Guards	Yes	Yes
Water Bottle	Yes	Yes
Uniform	No	Yes
Soccer Ball	Yes	Yes
Jewelry	No	No
Casts	No	No

Parents and Team Seating Area

Please note that ALL Parents from BOTH teams are to sit on one sideline (the same sideline) and ALL PLAYERS FROM BOTH teams on the other sideline. When the fields are adjacent, the parents are NOT to stand in BETWEEN game fields where players are.

All chairs, etc. MUST be set back 3 to 4 feet from the sideline for player safety. This rule is to allow the coaches to properly manage the players and the game at all times by only having the players on their sideline.



Informational Brochure

For Coaches and Parents Ages U9 - U14

NEW HEADING RULES

All players 6th Grade and younger cannot head the ball in games. This means all games at 9v9, 7v7 4v4 and 3v3. See below for how the rule change will be implemented in games. Only those players who are in 7th and 8th grade playing 11v11 may head the ball in games. Only players who are in 6th, 7th and 8th grades may practice heading however all heading practice must be limited to no more than a maximum of 30 minutes per week.

Heading infraction in games in 9v9, 7v7, 4v4 and 3v3 games: A player may not use his/her head to play the ball. The penalty for playing the ball using the head is an indirect free kick at the spot of the infraction. If a defending player in the defender's penalty area commits the infraction, the free kick will be taken from a spot at the top of the penalty area (Big box).

The infraction consists in intentionally playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee should allow play to continue.

For those games, which are played by 3rd and 4th Graders the following rule, is implemented on Punting (Same as last year) **No Goalkeeper Punts (3rd grade and 4th grade only (U9 and U10)**

- A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop kicking the ball.
- If a goalkeeper punts or drop kicks the ball, the opposing team is awarded an indirect free kick from the edge of the penalty area nearest to where the goalkeeper took the kick.
- Players from the defending team (team without the ball) must retreat to the halfway line to allow the GK to distribute (Throwing or placing on ground and kicking) the ball.
- If the GK CHOOSES to distribute the ball while the defending team has not retreated to the halfway line, the ball is live as this was the choice of the GK
- For U9-10 teams, on Goal Kicks and when the GK has the ball in their hands the defending team must retreat to the halfway line until the ball is in play.



PORTLAND YOUTH SOCCER ASSOCIATION



The rules of soccer are set forth in a document called the Laws of the Game. PYSA follows these rules except for modifications that have been made to account for the recreational spirit of our league and the age of our players. For example **PYSA strictly prohibits slide tackling for any and all age groups**. If you have any questions about how these rules apply, please contact your coach, member club management, or PYSA directly to get a clear explanation.

Registered Players

All players and coaches participating in PYSA games, practices and events must be registered with the PYSA.

Age

All players must play on a team that is proper for their grade in school. Children with a special need to play on a team younger than their grade must apply for - and be granted - a special waiver from PYSA. Players may play up no more than one year - no exceptions.

All players are entitled to play at least one half of each game (50%) for which they suit up. PYSA understands that sickness, injury, failure to make practice or disciplinary action, may be cause for an individual to play less than the mandated playing time.

Code of Conduct

The PYSA considers good conduct by coaches, parents and children to be an extremely important part of the soccer program. The referee is responsible for calling the game, but the coach is responsible for the behavior of his or her parents and team members.

Rosters

A player roster must be shown by the coach acknowledging that only children registered with PYSA are to participate in any given game. A paper or smart version of the roster is acceptable. Teams may borrow players only from other PYSA registered teams, no exceptions.

Jewelry

No earrings, watches, rings, necklaces, bracelets, wristbands, casts, beads in the hair etc. may be worn during game play and should not be worn during practice. Hair bands must be elastic.

PYSA RULES for U9 to U14

Two Adult Rule

At least two adults must be present at all PYSA sponsored activities including team practices. All volunteers working with players must have consented to, and passed, a criminal background check. No child should ever be alone with an adult. Bathroom breaks etc. should be with one or more adults and two or more children.

Equipment & Uniforms

All players on the field must wear soccer shoes and shin guards covered by socks. Acceptable soccer shoes include plastic molded cleats, standard length screw-in cleats, studded soccer shoes or soccer turf shoes (for hard, dry fields). The following shoes are specifically not permitted:

- All Tennis Shoes
- Baseball Shoes
- All Metal Studs
- Deep Cleated Mud Shoes
- All Metal Spike Shoes

Comments to Players

Parents and coaches must refrain from yelling at individual players. Remarks should be limited to positive, and team oriented. Remember that the soccer game belongs to the players, not the coaches and parents

Nets & Markers

Each teams is responsible for setting up one end of the field with nets and corner flags or cones.

Blow Out Policy

In keeping with the recreational nature of our league, coaches are expected to prevent games from becoming extremely one sided. This means that when a team is ahead by 5 goals that team is expected to initiate methods that will make it more difficult to score. Methods might include: Adjust positions to give players the opportunity to play in different positions. Encourage players to shoot only from outside of the penalty box. If actions such as these do not limit scoring then the team that is losing the game may add a player or players to the field to even the game.

Comments to Referees

Parents, coaches and players must refrain from making any negative or mean-spirited comments to or about the referees and assistant referees. If there is a perceived problem, please submit a written PYSA Game Evaluation via the PYSA website describing the event. Upon PYSA review you may be called to present your information in person. Remember that the referee is often a young high school student trying to do his or her best and that it is difficult to see every play out on the field. A question for all coaches and parents to consider is if that referee on the field was MY child, how would I treat them?

Sideline Commentary & Conduct

Neither the referee nor the children should be subjected to negative comments from anyone. Remember that referees have a difficult job and provide a valuable service that contributes to a successful soccer season. PYSA requires all soccer participants to be treated with respect.

No parents OR Coaches are permitted behind the goal at ANY TIME

There is NO COACHING allowed by the person who has volunteered to be the Assistant Referee (Lines Person)

Ejection (Red Card)

Any player given a red card shall be disqualified from further play during the game AND shall receive a minimum subsequent one game suspension. No substitution may be made for a player receiving a red card. In PYSA games, coaches and spectators may also be given red cards. Coaches and spectators receiving a red card must leave the field surroundings (to an area that is not within ear shot of the field) immediately AND are prohibited from participating at the team's subsequent game.

Any player, coach or spectator who refuses the referee's request for his/her name, or gives a false name, while the referee is gathering data to report an infringement shall have an additional 1 game suspension added to the penalty levied.