



COACH HANDBOOK

MOORPARK AYSO
Section 10, Area E, Region 363
Samuel Thomas – Regional Commissioner

Updated: July 2025

Changes from previous revision indicated with green underlined text.

NOTICE – Please read the handbook carefully and sign the last page confirming you have read and understand the provisions outlined and return that page to your Division Coordinator.

www.moorparkayso.org

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I. AYSO's Vision and Mission Statement

The AYSO Vision:

"To provide world class youth soccer programs that enrich children's lives."

The AYSO Mission:

"To develop and deliver quality youth soccer programs throughout the country which promote a fun, family environment built on the foundation of our Six Philosophies"

II. Our Six Philosophies

AYSO's philosophies are living tenets that separate it from other sports organizations. They are Everyone Plays®, Balanced Teams, Open Registration, Positive Coaching, Good Sportsmanship and Player Development.

Everyone Plays®

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50% of every game. It's no fun to spend the game on the bench...and that's no way to learn soccer!

Balanced Teams

Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.

Open Registration

Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no elimination try-outs and nobody gets cut.

Positive Coaching

Encouragement of player effort provides for greater enjoyment for the players and leads to better-skilled and better-motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.

Good Sportsmanship

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

III. Reference Documents and Links

Important Documents

[AYSO Reference Book](#) Contains the AYSO National Rules and Regulations and dozens of other important documents.

[The IFAB Laws of the Game](#) The Laws by which almost all non-scholastic professional, amateur, and youth soccer organizations play soccer.

[US Soccer Governing Documents](#) Includes the USSF Policy Manual which AYSO, in part, operates under.

[US Soccer Referee Abuse Prevention \(RAP\)](#)

The recently updated USSF policy which includes stronger sanctions for any form of physical or non-physical abuse towards referees.

Important Links

www.moorparkayso.org Our Region's homepage. Visit it often to check team standings, referee points, volunteer opportunities, upcoming events, download forms, and other useful information about our program.

[Regional Board of Directors & Contacts](#)

[AYSO Learning Library \(aka AYSOU/etrainu\)](#)

A list of the members of the Regional Board and their contact information. After logging into your Moorpark AYSO account on the Volunteer page, you can click the AYSOU link where you can find coach and referee classes being offered by Moorpark and other regions. If you have any difficulties, please contact your Division Coordinator or the Regional Referee Administrator.

[Area 10E website](#) Our Area's homepage. Visit it to view standings for 14U and obtain information regarding Area post-season play.

[Section 10 website](#) Our Section's homepage.

[CGI Sports Referee Scheduling System](#) Referees may assign themselves to eligible games through our Referee Scheduling System.

IV. League Rules

- A. No yelling, verbal, or physical abuse toward the Referees, Coaches, Players, or anyone else.

Every coach, referee, and member of the Regional Board is an unpaid volunteer giving of their time to ensure a positive, instructional, and encouraging soccer experience for the kids. Every volunteer, regardless of role, is deserving of mutual respect.

- B. No dogs or pets of any kind are allowed at the fields except for registered service dogs

Team personnel (Head Coach, Assistant Coach, and Team Manager) need to remind their parents not to bring any pets to any area rented by AYSO for practice, games, or any other sanctioned event. Please do not wait for a Regional Board member or field monitors to approach your parents and ask them to take their pet home. If dogs or pets are present, the owner(s) and pet(s) will be sent from the AYSO rented space. It is the team personnel's duty to make sure parents on the team are aware of and observe this rule.

In California, Civil Code Section 3342 states the owner of any dog is liable for the damages suffered by any person who is bitten by the dog while in a public place or lawfully in a private place, including the property of the owner of the dog, regardless of the former viciousness of the dog or the owner's knowledge of such viciousness.

Non-compliance with this rule may result in forfeiture of the match for the team of the player whose family or friend violates the rule. Repeated offenses will result in the removal of the player from the program.

- C. No tobacco or alcohol of any kind is allowed on the playing fields

- D. No poor sportsmanship or fighting – set an example for the children

- E. No personal vehicles, scooters, motorbikes or golf carts are allowed on the fields at any time. Only AYSO golf carts/vehicles are permitted on the fields. AYSO carts will be used solely at the discretion of the Regional Board Members

V. General Information

A. Practices

All practices must be conducted under the direct supervision of a registered volunteer for the current season/post-season, who is at least 18 years of age and is an AYSO certified and age appropriately trained coach. AYSO National Rules & Regulations state that there must be an adult to player ratio of 1:8 (one adult for every eight players) at practice. If more than eight players are at practice, a second adult must be present. However, for the protection of both the children and the volunteer, no volunteer should permit himself or herself to be alone with a group of children at AYSO sponsored activities. Additionally, if coaching players of the opposite sex, the coach must have another adult of the opposite sex present at all times during practices and games in accordance with AYSO's Safe Haven and Child Protection Guidelines.

Coaches must have signed medical release forms at all practices and matches. The medical release forms must bear the original or digital signatures of your players' parent/legal guardian.

All practices must be held on AYSO-permitted fields at Arroyo Vista Community Park. Practice space at Arroyo Vista Community Park can be limited, due to several teams practicing at the same time. If field availability is limited, a coach, assistant coach, or team parent may claim a practice area on a first-come, first-served basis. A representative of the team's personnel must stay at the field until the entire team arrives and departs. The spirit of cooperation is expected by all teams to work together in ensuring all teams have field space to practice.

For divisions 10U and below, a "practice area" is defined as one-half of a full-size division appropriate field. For divisions 12U & 14U, a "practice area" is defined as one-half of a full-size division appropriate field from 3:30pm – 5:00pm and one quarter of a field from 5:00pm until dusk. Teams may not claim an entire playing field for their practice unless otherwise approved by the Division Coordinator for a planned scrimmage.

The Non-competitive Divisions (6U-8U), practices should be once per week. For Competitive Divisions (10U & above), practices should be twice per week.

B. Matches

1. Setup

Teams playing the first match of the day are responsible to do the following:

Games at Arroyo Vista, 10U – 14U - Move the goals to the correct position on the field. Your match will not start until this is done, and time may be deducted from your match until it is completed. Please make sure the back of the goal post is aligned with the outside edge of the goal line, and the goal is centered (equal distance between each goal post and the line marking the goal area).

Games at other locations – please comply with the requirements for the local region.

Teams and their supporters must be on opposite sides of the field. Home teams occupy the South or East side of the field. Visitors occupy the North or West side.

2. Clear Trash and Hazards

The fields should be checked for trash, animal droppings and hazards. Bring any problems to the attention of the Board members at the field.

3. Lineup Cards

Lineup cards are not kept for the non-competitive divisions (5U/6U/7U and 8U) but are required for the competitive divisions (10U - U18). Line-up cards need to be filled out by the coach before each game and will be kept by the Assistant Referee or Referee during the match.

Players' first and last names should be listed on the lineup cards in numerical order starting with the lowest jersey number. Please print legibly. The field and match time should be noted on the card.

The lineup card must be turned into the Referee prior to the start of the match. DO NOT fill out substitutions before the game, the referees will record what actually happens during the game. These lineup cards are used to track game results, scorers, $\frac{3}{4}$ rule play, goalkeeper usage, as well as comments and disciplinary actions.

Coaches will be required to sign the front of the lineup card for their team at the conclusion of the match. The signature is the coach's certification that the lineup card correctly documents the game's substitutions, $\frac{3}{4}$ rule play, and final score.

4. Throughout The Day

Do not let your players and parents litter the sidelines and the field. Clean up your touchline and leave the field in a better condition than you found it. Be sure to remove all personal belongings when you leave.

5. Final Match of the Day

The teams playing the final match of the day on a field are responsible for the following (this applies to games at Arroyo Vista; for other locations, please comply with the requirements of the local region):

- 5U thru 8U - Each team should collapse and pack up a goal using the bags behind the net. Please remember to pack up the goal stakes in the bag as well. The bags should be left in place and will be picked up at the end of the match day.
- 10U thru 14U – Lift the goalposts and make sure the goal is resting on the wheels, ready to be rolled away.

Bring any equipment problems to the attention of the Board members at the field. The fields should be cleared of trash. Please bring any lost personal items to the administration tent.

6. Match Times

It is crucial that each match starts on time and ends on time, so each team should be ready to play at game time. If your team is scheduled as the first match of the day on your field, your field crew must have the goals set up no later than 15 minutes before your start time. If your match is running late, your playing time will be reduced, so the next match after yours can start on time. -In the non-competitive divisions (5U/6U/7U/8U), if a team can't field the minimum number of players pursuant to our guidelines, both coaches should divide the players present into two equal teams.

7. Five Goal Rule

Our goal is for every team to enjoy its experience playing in a competitive match and for all coaches to practice good sportsmanship. However, because the desire to score many goals sometimes threatens to compete against our philosophies, we have implemented the Five Goal Rule. No team should "run up the score" and failure to take action to prevent this will result in disciplinary action. A team's first offense will result in a warning. Subsequent offenses will be reviewed by the Regional Commissioner (or designee) where the offending team could be subjected to a three point penalty or other disciplinary

action. Appeals will be considered at the discretion of the Regional Commissioner.

As a coach, there are many things that you can do to keep the game fun, competitive, and instructional for the kids. Some suggestions to comply with the Five Goal Rule:

- Rotate the positions played by key players, placing lesser skilled players forward and providing stronger players the opportunity to play different positions.
- Tell players they must make 10 passes before each shot on goal, providing them the opportunity to strengthen their passing skills.
- Have only one forward.
- Have players only score with their “off” foot or from a header (if allowed in the division).
- Tell players they can only shoot from outside the penalty box.

8. Three Quarter ($\frac{3}{4}$) Play Rule

Region 363's $\frac{3}{4}$ play rule applies to all age divisions to ensure that Everyone Plays[®]:

- **No player may play four (4) quarters until every other eligible player has played three (3) quarters** • **No player may play three (3) quarters until every other eligible player has played two (2) quarters***
- *This applies to teams with rosters large enough to require players to sit more than one quarter. Refer to the Half ($\frac{1}{2}$) Game Rotation Rule below.

Exceptions:

- If a player is injured or feeling ill, they are not required to play
- If a player arrives after the start of a game, the required playing time is reduced to (2) quarters • If a player arrives after the end of the first half, the required playing time is reduced to (1) quarter

Teams not following these requirements will be subject to disciplinary action as listed below:

- A warning for the first time this rule is violated (if within the first 2 games of the season)
- **1st Offense (after warning or >2 games into season): 3 point deduction**
 - **2nd Offense (after warning or >2 games into season): 1-game coach suspension, 3 point deduction**

Additional offenses will be reviewed and disciplinary actions taken by the Regional Commissioner (or designee). Additionally, a coach that has been disciplined for not adhering to the $\frac{3}{4}$ Rule will not be eligible to be selected as an All-Star coach.

Please note that in the case of substitution for injury, the player of record is the player who started the quarter and the player replacing them is not credited as having played that quarter.

Injured or Absent players must be clearly marked and noted on the line up card by the coach before the end of the game when the coach is required to sign. If the reason for absence is known, it should be noted on the back.

9. Half ($\frac{1}{2}$) Game Rotation Rule (over the course of the season)

The Half Game Rotation Rule comes into play when a team has too many eligible players on the squad on a game day, such that players must sit out for more than 1 quarter in a single game (e.g: 10 players for a 10u team; 13 players for a 12u team; and 15 players for a 14u team).

Players who are required to sit half a game must be equally distributed throughout the season. I.e: No player may sit half a game an *additional* time until all players have sat half a game an equal number of times.

Example: Player #2 sits out for 2 quarters during the first game of the season. They are not allowed to sit out for 2 quarters again until all other players have also sat out two quarters of a game throughout the season.

A full-game absence does not count as a player sitting for two quarters. It does not matter in what order this rotation occurs, i.e: after the first rotation of players, you may start the next rotation in any order.

10.Goalkeeper Rule

5U, 6U, and 7U: No goalkeepers

8U, 10U: A player may not play more than one half of any standard length game as a goalkeeper.

12U: A player may not play more than one half of any standard length game as a goalkeeper, UNLESS the player is showing aptitude and desire for that position, in which case they may play more than half the game in goal, but only after coordination with the player's parent and the Division Director.
The $\frac{3}{4}$ rule must still be followed.

14U, 16U, and 19U: Keepers can play more than one half.

A team's first offense will result in a warning. Subsequent offenses will be reviewed by the Regional Commissioner (or designee) in order to assess point deductions or other disciplinary action.

11.Match Termination and Forfeiture (Competitive Divisions)

In the event of match forfeiture due to inability of one team to field the minimum number of players: ● The other team will be credited a 1-0 win.

- The coaches and referee may agree to divide the players into even teams and play the match as a scrimmage. The periods of play must be reduced as needed to ensure the scrimmage ends on time.

In the event of match forfeiture due to severe misconduct of one team's players, parents, or coaches/managers:

- The other team will be credited a X-0 win, where X is either 1 or that team's current score in the match, whichever is greater.

In the event of match termination by the Referee or region officials for reasons other than the above: ● If at least one half was played completely, the final score of the match shall be the score at the time of termination.

- If the first half was not played completely, the Regional Board, at its sole discretion, may honor the score of the match, score the match as a tie, order a continuation of the match, or reschedule the match to be played in its entirety.

Any other rules of competition applicable to the match or an overruling decision of the Regional Board may take precedence over these Match Termination and Forfeiture rules.

C. Uniforms

Each player's registration fee covers a complete uniform which consists of a jersey, pair of socks and shorts. Please do not customize your team's uniforms by adding players' names or other markings. AYSO's uniform policy states; "The AYSO Uniform may not bear the player name or team name by any application of lettering, silk screening, etc." Teams violating this policy will not be permitted to wear the altered uniforms and will be required to purchase replacement uniforms. All player uniforms must conform to the AYSO National Rules & Regulations. The Referee of the match has final discretion over the acceptability of a player's equipment.

Uniforms will be handed out on a first come, first served basis, with priority given to those teams who are able to secure a sponsor for their team.

D. Medical Release Forms

Signed medical release forms must be with Team Personnel at all practices, matches, and any team event.

E. Coach's Safety Checklist for Practices and Matches

1. If a parent or guardian has not picked up a player at the conclusion of a practice or a match, a coach must stay with the player until the player has been picked up.
2. Have a cell phone (in case of emergency) OR know where the nearest phone is available for your use.
3. Inspect match and practice areas for unsafe conditions such as glass, rocks, metal, holes, mud, sprinkler heads, valve boxes, sticks, bicycles parked near the edge of field, or any other dangerous object which could lead to injury.
4. Check goal posts to make sure they are safe and secure. There should be no hooks or protruding fastening devices on the uprights or crossbar of goals. Check nets for holes or loose tie downs.
5. Check safety equipment (shoes, shin guards). Shin guards are required, as are safe shoes, but these do not have to be soccer cleats.
6. Have ice or ice packs on hand - Zip Lock bags make good ice packs.
7. Check for loose panels, protruding material on soccer balls, and that all balls are properly inflated.
8. Make sure players are allowed rest and fluids at practices and matches.
9. Ensure proper warm-up prior to practices and matches.
10. Enforce a policy of NO jewelry and NO casts or splints.
11. Instruct players on the laws of the game, especially those relating to safety.
12. Maintain a simple first aid kit and have it handy at all matches and practices.
13. Players not currently registered with AYSO for the current season are not permitted to participate in your practices and matches.
14. Make sure your players have water, sunscreen, and weather appropriate clothing.
15. If it does not look and feel right to you, it probably isn't. Follow your instincts.

F. Goal Safety

Each year, somewhere in this country, children are seriously hurt and even killed by goalposts. These accidents can be avoided by keeping the kids off the goalposts at the fields during your practices. They are dangerous when used as monkey bars. Before each match, please make sure the goals have been

set up and anchored properly. If you are not sure how to do it, find one of the board members at the Administration tent.

G. Division Breakdown

The following is the division age breakdown along with the anticipated number of players on a team. The actual numbers of players on a team and players in a match may vary subject to availability of coaches and fields.

Division	Players on the field	Expected Players per Team	Minimum Players per Team*	Match Length (minutes)
5U	4v4	5	3	30
6U	4v4	6	3	30
7U	5v5	6-7	3	40
8U	6v6	8	4	40
10U	7v7	9	5	50
12U	9v9	12	6	60
14U	11v11	14	7	70
16U	11v11	16-18	7	80
19U	11v11	16-18	7	90

*The minimum number of players on the field for each team required to start or continue a match.

H. Volunteers are Essential

As a coach, you have already made the commitment to provide an important service to the players of Moorpark. You will be asked to recruit other volunteers from your team to fill other vital needs. The Region will provide training to these volunteers to help them in completing their assignments.

Coaches must hold an initial parent meeting at the start of the season, and as necessary when changing routine schedule or planning an event. At the initial meeting, the coach must solicit parents to assist them with the team.

Assistant Coach: Assist the head coach during matches and practices, and takes control of the team in the absence of the head coach.

Referee: Each team in 10U, 12U, and 14U must provide at least one certified and registered referee. This is how your team earns Referee Points. Please note: without the minimum number of Referee Points earned during the season, a team will not be invited to Area post-season play. 7U/8U teams shall provide a qualified parent or youth referee for home games, or else the coaches shall divide the responsibility.

Field Crew: To set up the fields at the beginning of the day or take down goals at the end of the day. 3-4 volunteers can take care of this easily.

Team Manager: The backbone of your team. This person will be your main line of communication with the parents.

I. Referees

Referees play a vital role in the game of soccer. They make sure the game is safe and fun for everyone - the players, the coaches, the spectators and themselves. Most importantly, they are parents just like you and youth volunteers that volunteer their time to make the game safe, enjoyable and educational for our players. Being a Referee is a wonderful opportunity to gain a new perspective of the game and to pick up some very useful ideas and tactics from your fellow coaches. No experience is necessary. AYSO provides referee training courses for its volunteers.

Referees for 10U, 12U and 14U games self-assign online for matches through the CGI Sports Referee Scheduling System (<https://cgisports.com/ref/5546/>).

Referee Abuse Prevention

AYSO National Rules, Regulations and Policies have been amended to adopt the US Soccer Policy 531-9 by incorporating the policy and penalties into AYSO's pertinent governing documents:

Coaches, Referees, Officials, Other Volunteers, Spectators, Team Members and Other Participants must prohibit and abstain from making negative comments and complaints about officiating. Any abuse, assault and/or gross misconduct directed at any match official will be disciplined in accordance with U.S. Soccer Policy 531-9 Misconduct Toward Game Officials in Amateur Matches, which policy is effective March, 2025.

Penalties/sanctions range from several games to a lifetime ban depending on the severity of the offense. Offenses committed against youth officials will be punished at 3x the penalty against an adult.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Boxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(* Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.)

KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity / circumstances**
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **"minor multiplier" resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

1. 6U

Referees are not assigned to cover matches in the 6U divisions. The two coaches will work together to 'referee' their match each week with a focus of keeping the game safe, fair, & fun.

2. 7U

Games are refereed by either the home teams' safety official (or qualified referee) or both coaches. The home team for the match shall supply the referee or safety official, who should have completed the online 8U referee training. Otherwise, coaches should divide the responsibility for the match by each coach taking responsibility for one half of the field. As with all AYSO matches, the goal of the referee or safety official is to facilitate a game that is **Safe, Fair, and Fun**.

Coaches should use discretion when refereeing as to the nature of the tactical direction they provide to their team while acting as a neutral arbiter of fair play. Both coaches should referee with the overall goal of having a Safe, Fair, and Fun match. Any disagreements during the match shall be minimized and may be discussed with the Referee Staff after the game at the Referee Tent.

It is the coach's responsibility to control their own behavior as well as the behavior of the spectators on their sideline. No disrespectful behavior is acceptable towards any volunteer (including referees) or spectator.

3. 8U

Games are refereed by either the home teams' safety official (or qualified referee) or both coaches. The home team for the match shall supply the referee or safety official, who should have completed the online 8U referee training. Otherwise, coaches should divide the responsibility for the match by each coach taking responsibility for one half of the field. As with all AYSO matches, the goal of the referee or

safety official is to facilitate a game that is **Safe, Fair, and Fun.**

Coaches should use discretion when refereeing as to the nature of the tactical direction they provide to their team while acting as a neutral arbiter of fair play. Both coaches should referee with the overall goal of having a Safe, Fair, and Fun match. Any disagreements during the match shall be minimized and discussed with the Referee staff after the game at the Referee Tent.

4. 10U-19U

Teams in the competitive divisions (10U-14U) must provide at least one referee to represent your team for the season. Referees are asked to volunteer each week, either as a Referee or an Assistant Referee. Volunteers who can assist with more than one match per week are welcome and can earn additional points for their team.

If each team covers 1-2 referee assignments each week, there will be adequate officiating to ensure safe, fun, and fair matches for everyone. If there are not enough qualified Assistant Referees to cover each scheduled match, coaches from the participating teams must, at the request of the Referee, recruit a parent to act as a 'club linesman' before play may begin.

Teams which fail to provide qualified referees each week risk not being considered for participation in post-season play by the Regional Board, regardless of their win/loss record. Volunteer participation is essential to ensure that all of our players are able to have a great season. If your team is having difficulty in regards to the Referee Point program, please contact the Regional Referee Administrator or Regional Commissioner for guidance, support and direction.

Referees/Assistant Referees may not sign up to officiate a match their child/sibling is playing in for the Competitive divisions. The Regional Referee Administrator (or designee) reserves the right to permit exceptions to this rule and/or reassign referees to another match, should circumstances warrant.

J. Forms

Coaches must complete and return the following forms to their Division Coordinator. All forms can be downloaded from www.moorparkayso.org.

Coach Acknowledgment: This form needs to be signed by the coach and returned to the Division Coordinator.

Volunteer Request Form: This form is to be turned in to your Division Coordinator after it is completed.

Sponsorship Form: Please make every effort to find a team sponsor. We need the contributions from these gracious individuals and companies to help fund our program, provide scholarships for families that cannot pay the full amount for registration and to keep our registration cost down.

Player Evaluation Form This form must be filled towards the end of the season, and is essential to balance teams for the next season.

K. Fundraising

We ask that each team attempt to secure a sponsor for their team every season to help provide scholarships to players that cannot afford to pay our registration fee. We are looking for a \$200 donation. The \$200 can be split among two sponsors. Sponsors will be provided with a team plaque to thank them for their donation. In the case of two sponsors, a maximum of 2 plaques will be provided if their donation is \$100 or more.

L. Picture Day

Each team will have their picture taken by professional photographers selected by the Regional Board. Due to the large number of teams in our Region, it is impossible for us to accommodate any requests for specific time/dates other than the times provided by the photographer. Retakes for absent players will be taken only as pre-arranged by the board and the photographer. **Retakes are for individuals only. There are no team pictures taken on retake picture day.**

M. Disputes and Disciplinary Action

Any issues or concerns should be directed to your Division Coordinator. Depending upon the circumstances, it may be necessary to involve the Coach Administrator or Regional Commissioner. If any issues arise during a match, it will be addressed by the Referee. Depending upon the circumstances, it may be necessary to involve the Regional Referee Administrator. All Regional Board Members have the authority to address the situation and if necessary, remove the involved party(ies) from the field of play. All such incidents will be reviewed by the Regional Commissioner. The Regional Commissioner reserves the right to take further disciplinary action.

Referee decisions are final. There is no appeal process for a decision made or disciplinary action taken by a Referee during or after any match, except in extraordinary circumstances where it is deemed necessary by the Regional Commissioner.

N. Competitive Standings, Referee Points, and Volunteer Service Points

During the 10U, 12U and 14U regular season, standings points will be awarded on the basis of 3 points for a win, 1 point for a tie, and 0 points for a loss. Region 363 has a Referee Points system for teams in the 10U, 12U, and 14U divisions. For the 10U and 12U divisions, up to 2 of these points per week are included in the standings, and for all 3 divisions they are a prerequisite to qualify for Area post-season competition.

Volunteer Service Points are earned by teams which assist with field setup, field monitor, and other similar volunteer roles. Each team is required to earn a minimum number of Volunteer Service Points throughout the Fall season in order to qualify for Area post-season competition (see "Referee and Volunteer Service Points Requirements" below) .

Team Points include total Referee Points earned (including those beyond the weekly requirement) and Volunteer Service Points and are used to determine tiebreakers (see below). This program provides trained referees for matches and volunteers to help setup fields, serve as field monitors, etc.

10U and 12U standings will be maintained and posted by Region 363, 14U standings will be maintained and posted by Area 10E.

The following tiebreaker rules apply if teams end the season with the same number of standings points:

- 1) highest number of total Team Points (see description below),
- 2) least number of goals allowed,
- 3) lowest number of send-offs issued to team (red cards),
- 4) lowest number of cautions issued to team (yellow cards), and
- 5) coin toss.

10U & 12U – 10 competition games and 1 warm-up game will be played. Teams will play 1 game each week and can earn up to 2 Referee Points each competition week that will count toward the standings, making a maximum of 5 possible points per game. In the event of an odd number of teams in a division, teams may be scheduled to play a double-header one week during the season. In addition, there may be a week where the teams will be scheduled to play a double-header with one game against a Moorpark EPIC team (athletes with disabilities).

14U – Competition games are played with other Area 10E teams. If there is an odd number of teams in the division, each team will have one bye week, playing 9 or 10 competition games over 9 or 10 weeks. There will also be 1 pre-season warm-up game with only Region 363 teams. Standings will be calculated using only match results, but Team Points will be maintained for qualification for Area post-season play.

Referee and Volunteer Service Points Requirements – In order to qualify for Area post-season play, a team must complete a minimum number of referee and volunteer assignments. The table below defines minimum requirements in each division. 14U minimums have been reduced to recognize the fact that these divisions will be playing away from Arroyo Vista some weeks of the season.

Please review this carefully with your team’s parents. Team Points (the sum of all Volunteer Service and Referee Points) will be displayed in the standings. 5U through 8U divisions are non-competitive and therefore no points will be tracked, though building the expectation for volunteering to make the region work effectively among the parents in these age groups is strongly encouraged.

Referee and Volunteer Service Points Requirements by Division:

	10U	12U	14U
Referee Points	18	18	12
Volunteer Service Points	9	9	6
Total	27	27	18

Team Points will be awarded as follows:

Referee Points:

All teams in the 10U, 12U and 14U divisions are expected to provide qualified Referees to cover referee assignments each week (for Center, at least one per week; for Assistant, at least two per week). A “qualified” referee must be at least 12 years of age (10 and 11 year olds may referee 8U games and earn Referee Points with approval of the Regional Referee Administrator) and must have completed the Regional Referee course (or 8U Official Course and participated in an 8U field training event by the Region 363 Referee staff) and passed the qualifying examination. Our Region will conduct at least one Regional Referee course before the season begins. The Region will provide qualified referees with

uniforms and other required equipment.

Referee Points are earned by covering matches each week during the 10-week regular season (the first week of the season is a warm-up and will not count toward the standings). Points can be earned by officiating a match as a Referee (CR), Assistant Referee (AR), or acting as an 8U Official (must be certified). A maximum of 2 Referee Points each week will be counted toward the standings and any additional Referee Points will be included in the overall Team Point total.

Volunteer Service Points:

Every team is expected to provide volunteers to help in either field monitoring, participating in field set up or breakdown, or staffing the volunteer tent. Teams will earn 1 point for not less than 2 hours of recognized volunteer work. One point will also be credited to a team volunteer assisting in the field set up or breakdown.

Notes:

1. Referees must sign in at the Referee Tent 20 minutes before the start of the match they are covering.
2. Referees with 10U, 12U or 14U assignments must clearly identify the team they are representing both on the sign-in sheet at the Referee tent and on the match line-up card in order to earn their Referee Points. Referees completing a 8U assignment must record that assignment on the Volunteer sign-up sheet at the Volunteer tent and clearly identify which competitive team (if any) their referee point should be assigned to. It is the responsibility of the team to ensure their referee(s) sign in to earn their point(s). If there is an error in the Referee Point posting, it is the responsibility of the team to bring such error to the attention of the Regional Referee Administrator within 7 days of posting the discrepancy. We cannot make corrections at the end of the season for games throughout the season.
3. Volunteers must sign in and sign out on the sign in sheet kept at the Volunteer/Referee tent, making sure the team they are representing is clearly and legibly identified, in order to earn their service points
4. A maximum of four makeup points (for referees out of town or sick one week) are allowed per season and should be done either 1 week before or 1 week after the week missed.
5. Referee Points will not be awarded to referees covering their own team's games in 10U, 12U and 14U division unless approved by the RRA.
6. Referee Points can be earned (with approval from the RRA) for acting in a stand-by capacity. Referees cannot sign up for a stand-by slot unless all match slots are filled. Referees acting in a stand-by capacity must remain at the Referee Tent for the duration of the match.
7. If a referee signs up for a game and does not complete the game due to injury, Referee Points will still be awarded to the team. However, if the referee cancels an assignment or does not show up for a game the points for that game will not be awarded to his or her team.
8. If a volunteer wishes to, he/she can allocate Referee and Volunteer Service Points to more than one team and/or to a team with which they have no family connection, but these teams must be defined and have points assigned to them by week 5 of the season.
9. Referees with children on a team in a division MAY NOT assign their points to any other team within that division.
10. It is the responsibility of the team to notify the Regional Referee Administrator of any scheduling conflicts and to provide an equally qualified substitute referee. If the Referee Staff supplies a substitute, then that team will not be awarded a Referee Point for that match.

Special Notes:

A team can receive an additional 2 Referee Points toward total Team Points for any referee who successfully completes the Regional Referee course, refresher clinic, if offered, or a referee upgrade course and referees at least 3 games after the completion of the course.

The table below summarizes the number of points available per assignment. There is no limit to the total number of Total Team points that can be awarded each week, but the number of points that will count in the standings is as shown in the table.

Referee and Volunteer Service Points Earned by Activity:

Activity	Referee Points per Assignment	Maximum Standings Referee Points per week	Volunteer Points
Referee (CR) Assignment	2	2*	
Asst. Referee (AR) Assignment	1		
8U Official Assignment	*1		
Completion of official referee course/clinic with at least 3 games refereed	2	N/A	
One Volunteer Assignment (2 hrs)		N/A	1

*A maximum of 1 point per week will be counted in the standings for officiating an 8U game

Grievances associated with this point system shall be made by e-mail to the Regional Referee Administrator (or designee). All grievances will be reviewed by the Regional Commissioner. The Regional Commissioner may opt to defer any, all, or certain grievances to a committee (comprised of the Regional Referee Administrator, Coach Administrator, and Competitive Division Director, unless there exists a conflict of interest as solely determined the Regional Commissioner, in which case the Regional Commissioner will appoint alternate member(s) to the committee) for review and recommended action(s) to the Regional Commissioner. The Regional Commissioner reserves the right to follow the recommended action(s) of the committee or take further corrective or disciplinary action.

O. Silent Saturday

The first Saturday of October shall be silent Saturday. Silent Saturday is a throwback to the old schoolyard days when kids would congregate after school and on weekends just to play all day, without regard to who was winning and repercussions for poor play and decision-making. Coaches are requested to communicate and reinforce this with spectators.

The objectives of Silent Saturday are:

- To emphasize that the game is about letting the kids have fun and play.
- To show that kids can play well on their own with limited instruction.
- To help the few parents and coaches who feel they must provide constant direction, understand how disruptive it can be.
- To give players the chance to trust their skills and instincts without sideline input.
- To encourage leadership skills among the individual players as they have the unique opportunity of giving their own instruction on the field.
- To encourage a sense of true teamwork as the players must learn to rely upon one another and communicate with each other accordingly.
- To support our volunteer referees, both youth and adult, by eliminating sideline interference and comments.

The spirit of Silent Saturdays is to allow players to make decisions and learn the game. After all, if the child

doesn't make their own mistakes, it will hinder their development in the sport. If parents think their children are confused and don't know what to do without sideline instruction, that's an indication that players haven't been allowed to make their own decisions. Players will learn the game by making their own decisions, learning from their mistakes, and continuing to play.

Spectators

We request that you make no verbal comments about the game or direct any comments to the players, referees or coaches. **Clapping IS allowed!** Be creative in how you choose to cheer your child's team – make signs to hold up or bring a rally towel in the team's color and wave it wildly. There are lots of ways to cheer other than verbally – applaud/clap, but please no horns, whistle or noise-makers.

Coaches

It is recommended that you do not provide any direction – verbal or non-verbal – to players who are on the field. Speak to the team before the match, at substitution breaks and at halftime as you normally do. During the match, speak quietly to players on the bench about the game. If required, quietly call a player on the field over to the touchline to provide tactical instruction. Then let them convey the message to the team.

Players

While on the field, you are encouraged to speak to each other as normal. Continue to support and provide direction to each other, as you have in the past. Substitute players on the bench, should remain quiet and not cheer or provide tactical instruction to their teammates. Lest they simply replace the coach or act on their behalf.

Referees

For this special day, referees are asked to monitor the spectators and coaches' adherence to these guidelines and to offer gentle reminders if the recommendations are not being followed. Continue to verbalize often during the game as you normally do. You are there to help the players have a safe, fair and fun time.

VI. Tournament Play

A. Area League Championships

Area 10E invites eligible primary season teams from our Region to participate in the Area 10E championship competition. Eligibility will be determined by the Referee Points system, abiding by the $\frac{3}{4}$ rule of play **EVERY** week, league play final standings, and behavior of the players, coaches and parents during the season. Eligible teams which rank among the top teams during Area play may be invited to participate in the Section 10 Championship competition.

For a player to be eligible for Area/Section play they must be registered in Region 363 and have participated in at least half of the regular season games (typically 5 games) with their team, barring unusual circumstances such as injury as defined in the Section 10 Guidelines.

B. Division Championships

6U, 7U & 8U Divisions – There are no standings posted, as the games are non-competitive. All players participating in these divisions receive a participation trophy or medal at the end of the season.

10U, 12U, and 14U Divisions – Standings are posted at www.moorparkayso.org. First and Second place finishers in each division will receive trophies or medals.

C. End of the Season Playoff (Veterans' Memorial Championship, VMC)

10U, 12U and 14U Divisions will participate in the End of the Season Playoff on the last Saturday of the season. This is an "end of the year" championship for all teams. All teams will be seeded for playing the post-season championship based upon standings at the end of the regular season.

The format for the VMC is announced toward the end of the season.

D. AYSO Region 363 Guidelines for All-Star Team and Coach

1. Purpose

Participation in Area and Sectional All-Star play provides an opportunity for our athletes and coaches to challenge themselves at a higher level of competition. Our goal is to select from those interested players and coaches, a team that can effectively compete while representing the best interests of AYSO and our Region.

2. Conflict with National, Section, and/or Area Guidelines

To the extent that these guidelines conflict with applicable National, Section, or Area Guidelines, these Regional guidelines are superseded.

3. Coach Selection

Only registered coaches with AYSO age appropriate training, Safe Haven Certification, Concussion Awareness Training, SafeSports, adherence to the ¾ rule of play every week, and demonstrating the AYSO philosophy will be considered. Subject to the approval of the Regional Commissioner, the Post-season Director, in conjunction with the Regional Board, shall select an eligible and qualified all-star coach from the applications received. The Division Coordinators must ensure all of their coaches have an equal opportunity to express their interest in being considered. All-star coach applications are made available online starting the 6th of October. The deadline for the receipt of the application is October 18. An all-star coach selection committee will review the applications and the Regional Coach Administrator will notify the coaches selected.

An All-star coach may not be the principal coach of more than one All-star or league team participating in post- season play except with the permission of the Regional Commissioner.

At the discretion of the Regional Commissioner, if the selected All-Star coach or assistant coach does not follow the guidelines set forth in this Handbook and All-Star Coach Handbook, that coach or assistant coach (and possibly his/her child) will be removed from participating in the All-Star program.

4. All-Star Player Selection

All-Star coaches will be responsible for selecting their team of players to the satisfaction of the Post-Season Director. Pursuant to Section 10 Guidelines, All-star teams, except 16U/19U, may not be formed until November 15th. Player nomination forms will be made available online starting October 6th. Player nominations/ recommendations must be received by October 25th: All-Star team nominations and formation for 16U/19U will be as determined by the Section 10 Board.

10U teams can have up to 10 players, 12U teams up to 12 players, and 14U teams up to 15 players. All players shall be players from the Moorpark AYSO regular (core) season. Final rosters are subject to the approval of the Regional Commissioner and Area Director.

In the event of multiple teams being formed in one division, the teams will populate their roster in order of priority (Team A, Team B, Team C, etc.). Once teams are formed and rosters are submitted, players

may not transfer between teams unless a team is disbanded or both coaches and the Post-Season Director approve. Additional players may be added to rosters after formation provided they played during the Moorpark AYSO regular (core) season.

5. All-Star Season

The Area 10E all-star tournament normally runs for 3 sequential week-ends in January and February at Conejo Creek and/or Arroyo Vista. Successful teams may be invited to the Section 10 all-star tournament in Bakersfield, generally at the end of February. Teams are strongly recommended to enter tournament(s) before the Area 10E tournament (local tournaments include Newbury Park, Simi Valley, Beverly Hills) so the team can play together before the Area 10E tournament. The Area 10E tournament is free, but other tournaments do have entry fees that must be paid for by the team.

All-star uniforms, home and away, are provided by the region. Additional gear (such as jackets, back-packs etc) which can build team identity and team spirit are optional and paid for by the team.

E. Tournament (Select) Teams

Any coach, after receiving permission from the Post-Season Directors and Regional Commissioner may form a Tournament, or Select, team to participate in one or a series of tournaments by extending an invitation to interested players at the conclusion of the Area E All-Star tournament and playoff.

All costs and other obligations (entry fees, referee deposits, additional uniform purchases, etc.) are strictly the responsibility of the team. The coach must account for all revenue and expenses pursuant to the instructions of the Regional Treasurer.

The Regional Commissioner must approve all team players and team rosters. The coach must invite at least one interested parent or another individual to be an assistant coach.

Tournaments will typically require a referee deposit or a list of referees to participate in the tournament. The Referee Participant Form is reviewed and signed by the Regional Referee Administrator. If you are a tournament team, feel free to contact the Regional Referee Administrator to see if local referees are interested in fulfilling your referee requirement at individual tournaments. This is not a guarantee that referees can be provided, but a proposed help to your tournament team.

VII. Short-Sided Game Formats

In August 2015, United States Soccer Federation, as a part of its mission to make soccer, in all its forms, the preeminent sport in the United States and to continue the development of soccer at all recreational and competitive levels, Player Development Initiatives (PDIs) became officially integrated as a part of the soccer landscape.

Following a two-year implementation window with the announcement of PDIs in August 2015, U.S. Soccer's 60 youth member organizations, including US Club Soccer, US Youth Soccer, American Youth Soccer Organization and Soccer Association for Youth are collectively set to roll out the new standards and initiatives, which include birth year registration and small-sided game standards. The PDIs have been incorporated into the following guidelines.

A. 5U Guidelines – Master Coach

A "Master Coach" will lead each session. The "master coach" will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each pair (player/parent) will then attempt the activity while the master coach circulates between pairs providing

specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the "master coach" will bring the players and parents back together as a group and recap what they have done, introducing the next game/activity.

Each Jamboree One-on-One session will end with a 20-25 minute short-sided game (4 v 4). The importance of this program is to allow the players to play without coaching or teaching them as this experience is designed to expose them to soccer, not to begin developing them. The two goals of the program are to allow the players to enjoy the activities and to let the game be the teacher.

Both team coaches will facilitate the short-sided game.

B. 6U Guidelines

1. The Field

The recommended field size for 6U games is 35 x 25 yards marked with lines or cones.

2. The Markings

Distinctive lines can be used but are not required. Fields can be marked using flat pro-cones to mark all four sides.

3. The Goals

Maximum four feet high and six feet wide.

4. The Ball

A size 3 ball is used for 6U games.

5. The Players

There will be four per team on the field (the actual number of players on a team and players in a match may vary subject to the availability of coaches to form teams); no goalkeepers. Substitutions are approximately midway through each half (or optionally, every 5 minutes per 'Duration of Game' below), at halftime, and for injuries. Only players should be allowed on the field, with the exception of a coach from each team who will manage the game. A player can be removed from the field at any time during the game at the discretion of both coaches, if the player is exhibiting unsporting behavior. **Please make sure players do not take a permanent position in front of the goal to also act as a "goalkeeper that does not use their hands."**

6. Player Equipment

Shoes and shin guards, covered by the socks, are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

7. Duration of Game

At the 6U level, each game begins with a 20-25 minute coaching session led by our [First Touch](#) coaches. This training session will begin at the "Game Time" listed on your schedule. Team coaches are expected to be an active part of this training session. After the training session, the team coaches will run a small-sided game as follows:

Two 15-minute halves with a brief break for substitutions and water approximately midway through each half. Half time break of 5 minutes. With six players on a team, coaches may also choose to substitute/rotate players every five minutes, if desired.

8. The Start of Play

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

9. The Kickoff

The kickoff is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere with play for technicalities.

10. Ball In and Out of Play

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In 6U games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later. Either kick-ins or throw-ins are acceptable when the ball goes out of play over a touch line. The restart when the ball crosses the goal line is a goal kick regardless of who last touched the ball.

11. Fouls & Misconduct

The coaches will assess indirect free kicks for all fouls, with the opponents five yards away from the ball. There are no penalty kicks. There are no offside offenses. Neither heading the ball nor slide tackles are allowed at this level.

12. Player Development Initiative Adaptations of the Laws

1. No penalty kicks.
2. There are no offside offenses.
3. Slide Tackling is not allowed.
4. No deliberate heading of the ball (restart for an offense: IFK*).
5. No goalkeepers.
6. During goal kicks, players on the team that does not have possession of the ball must retreat behind the goal area line and wait until the ball is in play before participating in play again (restart for an offense: IFK*). If the defending team chooses to take the goal kick before the other team has fully retreated, the attacking team may continue normal play.

*The restart for this is an indirect free kick (IFK) for the other team at the location of the offense.

13. Referee

There is no need for fully qualified referees to manage 6U games. One or both of the coaches should "officiate". The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.

C. 7U Guidelines

1. The Field

The field size for 7U games is 35 x 25 yards.

2. The Markings

The following markings shall exist on the field of play. Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with a six-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 6 x 12 yards.

3. The Goals

Maximum six feet wide and four feet high.

4. The Ball

A size 3 ball is used for 7U games.

5. The Players

There will be five players per team on the field (the actual number of players on a team and players in a match may vary subject to the availability of coaches to form teams); no goalkeepers. Substitutions are approximately midway through each half, at halftime, and for injuries. A player can be removed from the field at any time during the game at the discretion of the coach or Referee if the player is exhibiting unsporting behavior. **Please make sure players do not take a permanent position in front of the goal to also act as a “goalkeeper that does not use their hands.”**

6. Player Equipment

Shin guards, in contact with the skin and completely covered by the socks, as well as shoes are mandatory at all practice and game activities. Soccer cleats, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football, baseball, or softball cleats are NOT acceptable.

7. Duration of Game

Two 20-minute halves with a brief break for substitutions and water approximately midway through each half. Halftime breaks of 5 minutes.

8. The Start of Play

The game should be started with a kick-off in the middle of the field.

9. The Kick-off

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be six yards from the center mark while kick-off is in progress.

10. Ball In and Out of Play

Normal restarts (goal kick, corner kick, throw-ins) when the ball goes out of play.

11. Fouls & Misconduct

The Referee will assess indirect free kicks for all fouls, with the opponents five yards away from the ball. Free kicks awarded to the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal. Headers/slide tackles are not allowed.

Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Referees will not show yellow or red cards.

12. Player Development Initiative Adaptations of the Laws

1. No penalty kicks.
2. There are no offside offenses.
3. Slide Tackling is not allowed.

4. No deliberate heading of the ball (restart for an offense: IFK*).
5. No goalkeepers.
6. During goal kicks, players on the team that does not have possession of the ball must retreat behind the goal area line and wait until the ball is in play before participating in play again (restart for an offense: IFK*). If the defending team chooses to take the goal kick before the other team has fully retreated, the attacking team may continue normal play.

*The restart for this is an indirect free kick (IFK) for the other team at the location of the offense.

13. Coaching During the Game

For the first three games, coaches may coach on the field to assist the players with more direct positioning and development within the game. After the third game, coaches should coach from the sideline to continue player development.

14. Referee

At the 7U level, the home team shall provide the referee or safety official for the game. This individual must have completed, at a minimum, the 8U Official online training. Otherwise, the teams' coaches shall share the responsibility of refereeing the match (refer to the Referees section above). The Referee should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

D. 8U Guidelines

1. The Field

The field size for 8U games is 35 yards long by 25 yards wide.

2. The Markings

The following markings shall exist on the field of play. Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Center circle** with a six-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 6 x 12 yards.

3. The Goals

Maximum 6 feet wide by 4 feet high.

4. The Ball

A size 3 ball is used for 8U games.

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5. The Players

There will be six players per team including a goalkeeper (the actual number of players on a team and players in a match may vary subject to the availability of coaches to form teams). Substitutions are approximately midway through each half, at halftime, and for injuries. Playing time is a minimum of three periods per game. A player can be removed from the field at any time during the game at the discretion of the coach and Referee, if the player is exhibiting unsporting behavior.

6. Player Equipment

Shin guards, in contact with the skin and completely covered by the socks, as well as shoes are mandatory at all practice and game activities. Soccer cleats, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football, baseball, or softball cleats are NOT acceptable.

7. Duration of Game

Two 20-minute halves with a brief break for substitutions and water approximately midway through each half. Halftime breaks of 5 minutes.

8. The Start of Play

The game should be started with a kick-off in the middle of the field.

9. The Kick-off

A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Opponents must be six yards from the center mark while kick-off is in progress.

10. Ball In and Out of Play

In accordance with the Laws of the Game: Normal restarts (goal kick, corner kick, throw-ins) when the ball goes out of play.

11. Fouls & Misconduct

The Referee will assess indirect free kicks for all fouls, with the opponents five yards away from the ball. Free kicks awarded to the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal. Headers/slide tackles are not allowed.

Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Referees will not show yellow or red cards.

12. Player Development Initiative Adaptations of the Laws

1. No penalty kicks.
2. There are no offside offenses.
3. Slide Tackling is not allowed.
4. No deliberate heading of the ball (restart for an offense: IFK*).
5. Goalkeepers may not punt or dropkick the ball from their hands, they must initiate play by throwing or rolling the ball to a teammate, or by releasing the ball at their own feet and passing to a teammate (restart for an offense: IFK*).
6. During goal kicks, and when a team's goalkeeper has possession of the ball with their hands, players on the team that does not have possession of the ball must retreat behind the goal area line and wait until the ball is in play before participating in play again (restart for an offense: IFK*). If the defending team chooses to take the goal kick or the goalkeeper releases the ball before the other team has fully retreated, the attacking team may continue normal play.

*The restart for this is an indirect free kick (IFK) for the other team at the location of the offense.

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13. Referee

At the 8U level, the home team shall provide the referee or safety official for the game. This individual must have completed, at a minimum, the 8U Official online training. Otherwise, the teams' coaches shall share the responsibility of refereeing the match (refer to the Referees section above). The Referee should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

E. 10U Guidelines

1. The Field

The field size for 10U games is 65 x 45 yards (max).

2. The Markings

The following markings shall exist on the field of play. Distinctive lines recommended.

- **Halfway line** the width of the field, marked equidistant between the goal lines.
- **Build-out line** the width of the field approx. midway between the halfway line and the penalty area
- **Center circle** with an eight-yard radius in the center of the field.
- **Corner arcs** with a one-yard radius at each corner of the field.
- **Goal area** in front of each goal measuring 6 x 15 yards.
- **Penalty area** in front of each goal measuring 14 x 30 yards.
- **Penalty mark** ten yards from the goal line.
- **Penalty arc** extending in an eight-yard radius from the penalty mark.

3. The Goals

Maximum 18.5 x 6.5 feet.

4. The Ball

A size 4 ball is used for 10U games.

5. The Players

There will be seven per team on field; one of which is a goalkeeper. Substitutions are approximately midway through each half, at halftime, and for injuries. A player may not play more than 2 quarters of any game as a goalkeeper. A player can be removed from the field at any time during the game at the discretion of the Referee, if the player is exhibiting unsporting behavior.

6. Player Equipment

Shin guards, in contact with the skin and completely covered by the socks, as well as shoes are mandatory at all practice and game activities. Soccer cleats, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football, baseball, or softball cleats are NOT acceptable.

7. Duration of Game

Two 25-minute halves with a brief break for substitutions and water approximately midway through each half. Halftime breaks of 5 minutes.

8. The Start of Play

In accordance with the Laws of the Game: The game should be started with a kick-off in the middle of the field. The team captains (or any player from each team) participate in a coin toss where the Referee tosses a coin and the team that wins the toss either picks their side in the first half or gets to take the

kick-off. The opposing team then gets the other option.

9. The Kick-off

In accordance with the Laws of the Game: The team that decided to kick-off during the coin toss takes the kick-off. For the second half, the other team takes the kick-off and the teams change ends and attack the opposite goals. After a goal, a kick-off is taken by the team that is scored against.

Opponents must be eight yards from the center mark while a kick-off is in progress.

10. Ball In and Out of Play

In accordance with the Laws of the Game.

11. Fouls & Misconduct

In accordance with the Laws of the Game except as noted below under the PDI adaptations. Opponents must be eight yards from the ball on restart kicks. Referees will work cooperatively with the coaches and players to avoid cautions and send-offs and the showing of cards to players.

12. Player Development Initiative Adaptations of the Laws

1. No deliberate heading of the ball (restart for an offense: IFK*). There is no advantage that can be played by the deliberate heading of the ball.
2. Goalkeepers may not punt or dropkick the ball from their hands, they must initiate play by throwing or rolling the ball to a teammate, or by releasing the ball at their own feet and passing to a teammate (restart for an offense: IFK*).
3. During goal kicks, and when a team's goalkeeper has possession of the ball with their hands, players on the team that does not have possession of the ball must retreat behind the build out line and wait until the ball is in play before participating in play again (restart for an offense: IFK*). If the defending team chooses to take the goal kick or the goalkeeper releases the ball before the other team has fully retreated, the attacking team may continue normal play.
4. The build-out line replaces the halfway line in the judgment of offside position – i.e. an attacking player can only be in an offside position between the build-out line and the opponent's goal line.

*The restart for this is an indirect free kick (IFK) for the other team at the location of the offense.

13. Referees

AYSO-certified Regional or Assistant Referees or higher are required to officiate 10U games. The Referee should provide verbal instruction and feedback to players regarding possible offenses and briefly address any possible misconduct with the player(s) (and coaches as needed) to encourage proper play and sporting behavior.

Assistant Referees/Club Linesmen

If available, qualified assistant referees who have completed Assistant Referee or Regional Referee Certification may be used to assist the Referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

F. 12U Guidelines

1. The Field

The field size for 12U games is 80 yds long and 55 yds wide (max).

2. The Markings

In accordance with the Laws of the Game.

3. The Goals

Maximum 21 x 7 feet.

4. The Ball

A size 4 ball is used for 12U games.

5. The Players

There will be nine per team on field; one of which is a goalkeeper. Substitutions are approximately midway through each half, at halftime, and for injuries.

6. Player Equipment

Shin guards, in contact with the skin and completely covered by the socks, as well as shoes are mandatory at all practice and game activities. Soccer cleats, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football, baseball, or softball cleats are NOT acceptable.

7. Duration of Game

Two 30-minute halves with a brief break for substitutions and water approximately midway through each half. Halftime breaks of 5 - 10 minutes.

8. The Start of Play

In accordance with the Laws of the Game.

9. The Kick-off

In accordance with the Laws of the Game.

10. Ball In and Out of Play

In accordance with the Laws of the Game.

11. Fouls & Misconduct

In accordance with the Laws of the Game except as noted below under the PDI adaptations.

12. Player Development Initiative adaptations of the Laws

1. No deliberate heading of the ball (restart: IFK*). There is no advantage that can be played by the deliberate heading of the ball.

13. Referees

The Referee and Assistant Referees must be AYSO-certified Regional Referees or higher

G. 14U Guidelines

1. The Field

The field size for 14U games is 80 yds long and 55 yds wide (max).

2. The Markings

In accordance with the Laws of the Game.

3. The Goal

In accordance with the Laws of the Game.

4. The Ball

A size 5 ball in accordance with the Laws of the Game.

5. The Players

There will be eleven players per team on field; one of which is a goalkeeper. Substitutions are approximately midway through each half, at halftime and for injuries.

6. Player Equipment

Shin guards, in contact with the skin and completely covered by the socks, as well as shoes are mandatory at all practice and game activities. Soccer cleats, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Football, baseball, or softball cleats are NOT acceptable.

7. Duration of Game

Two 35-minute halves with a brief break for substitutions and water approximately midway through each half. Halftime breaks of 5 - 10 minutes.

8. The Start of Play

In accordance with the Laws of the Game.

9. The Kick-off

In accordance with the Laws of the Game.

10. Ball In and Out of Play

In accordance with the Laws of the Game.

11. Fouls & Misconduct

In accordance with the Laws of the Game.

12. Player Development Initiative adaptations of the Laws

Not applicable at the 14U level.

13. Referees

The Referee and Assistant Referees must be AYSO-certified Intermediate Referees or higher. Exceptions may be approved by the Regional Referee Administrator (or delegate).

VIII. Regional Guidelines

Moorpark AYSO, Region 363, has adopted the Standard Policies and Protocols as set forth by our National organization. This, along with our coach manuals, annual operating statements, and budgets, are available for your review through your Division Director and on our website. Should conflicts exist between National Policies and Protocols, or National Rules and Regulations, with the Region's Standard Policies and Protocols that includes this Coaches Handbook, the National documents shall supersede

unless otherwise provided. The August 2017 US Soccer Player Development Initiatives have been included only for informational purposes and should not be viewed as superseding National nor Region's documents.

The highest standards of conduct and good sportsmanship must be maintained at all times by players, coaches, referees, spectators and all other participants. Abusive or foul language is forbidden. The use of illegal drugs, alcohol or tobacco products in the vicinity of the playing field during practices or games are strictly forbidden.

Disciplinary action shall be at the discretion of the Regional Commissioner (or delegate). The Referee shall have the power and authority to discipline, send off, and eject players, coaches and spectators from the playing area if their conduct violates the Laws of the Game, the governing documents of AYSO and the Region, or otherwise interferes with the course of play. No appeal of disciplinary action taken by the Referee is allowed, unless deemed appropriate by the Regional Commissioner.

IX. Parent Code of Conduct

As a parent, you play a special role in contributing to the needs and development of youngsters.

Through your encouragement and good example, you can help all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

Always Be Positive

Parents serve as role models for their children. Be aware of this fact and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team.

Support all efforts to remove verbal and physical abuse from youth sports.

Remember: Your Child Wants To Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team.

Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieve their goals and overcome their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be A Sideline Coach Or Referee

AYSO coaches and referees are usually parents just like you. They volunteer their time to help make your child's soccer experience a positive one. They need your support, too.

That means refrain from coaching or refereeing from the sidelines. In a volunteer organization like AYSO, there's always an opportunity to take your interest in coaching or refereeing to the next level and become one yourself.