

FAIRBANKS YOUTH SOCCER ASSOCIATION COACH AND PARENT HANDBOOK



U8 to U19 INDOOR SOCCER

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FYSA COACHES PRINCIPLES OF CONDUCT

1. SAFETY

1. My first responsibility is the health and safety of all participants
2. It is recommended that coaches become certified in the basic first aid
3. Be prepared to handle first aid situations as well as medical emergencies at practices & games:
 - i. Have and know how to use a properly supplied first aid kit/ice
 - ii. 911 emergency procedures/telephone location
 - iii. Location of nearest emergency medical facilities
 - iv. Always carry emergency medical release form given to you by FYSA
 - v. Follow up all injuries with parents/guardians immediately and FYSA within 24 hours
4. Know and understand the Laws of the Game set forth by FYSA
5. Inspect player's equipment and field/gym conditions for safety
6. Utilize proper teaching and instructing of players regarding safe techniques and methods of play
7. Supervise and control your players so as to avoid injuries

2. PLAYER DEVELOPMENT

1. Develop the child's appreciation of the game
2. Keep winning and losing in proper perspective
3. Be sensitive to each child's development needs
4. Educate the players to the technical, tactical, physical and psychological demands of the game for their level
5. Allow players to experience all positions.
6. Players need to have fun and receive positive feedback.
7. Practice should be conducted in the spirit of enjoyment and learning
8. Strive to help each player reach his or her full potential

3. ETHICS

1. Strive to maintain integrity within our sport
2. Know and follow all rules and policies set forth by FYSA
3. Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop
4. Be a positive role model
5. Set the standard for sportsmanship with opponents, refereed, administrators and spectators
6. Keep sport in proper perspective with education
7. Encourage moral and social responsibility
8. Coaches should continue their own education in the sport

Whether you are a coach, parent, referee or player, the most important aspects of our program, in order of importance, are Safe, Fair and Fun!

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FYSA INDOOR SOCCER 2014 HANDBOOK FOR PARENTS & COACHES

You have your team roster – now what? Your first action as the coach is to contact all the players on the roster. Provide them with the specific day, time and location of practice. Players must provide their own black shorts, shin guards, and **non-marking shoes** for games. The use of shin guards and **non-marking shoes** is mandatory for all practices and games. Indoor soccer balls will be provided for use in the Fairbanks North Star School Borough School District gyms. They may bring their own **indoor** soccer ball if they own one. Indoor balls are the soft material type provided by FYSA (typically a neon green or yellow). They should also bring a water bottle.

- Pick up your equipment at the FYSA designated pick up times.
- Make a copy of the team roster and game schedule for each player.
- Make sure your name and phone number are on the rosters.
- Your practice will take one hour. FYSA schedules your practice time and location.
- Review the Coaching Practice Manual included in your packet.
- Keep parents informed of practice cancellations and game changes.
- Inform parents and players of proper equipment to bring to games; review FYSA Policies.

FIRST PRACTICE

Practices and Code of Ethics: Introduce yourself; explain your need for parent participation. Hand out copies of the team roster, and game schedule. Explain what you will do at practice; warm-up routine, drills, and ball handling exercises, play games and a scrimmage (informal) game.

Explain your policies and goals, such as coming on time and picking up players on time. Your time is valuable, but FYSA policies mandate that players must not be left unattended after games or practices. Encourage parents to remain at practices and games when possible. Prioritize having a good time, but also explain that you will focus on learning skills such as teamwork, support for one another, positive attitude and good sportsmanship. Handout the ***Fair Play Codes of Ethics Contracts***, *go over it with the parents and players. Instruct parents to review it with their child then sign it and bring back to you.*

Ask for a Volunteer Team Parent who will help make calls, arrange for an optional treat schedule, ice pack and other various duties. They should also be available during emergencies.

Safety Monitor: Talk with your parents about the **Team Safety Monitor Program** and the team requirements for the session. Have the parent volunteer(s) for your team complete the paper work so you can submit it to the FYSA office before the first scheduled game.

Concussion Procedure: Review the FYSA Concussion procedure and Protocol Policy along with the online “Heads Up Training”, and make sure you have the basic knowledge of the concussion signs and FYSA policy regarding return of play.

Equipment and Safety: Talk about equipment. Only **non-marking shoes and felt covered indoor balls are to be used.** Shirt must be tucked in during games. No jewelry or watches may be worn during games or practice this includes earrings and other piercings. Players must wear shin guards during games and practices. A water bottle should be part of the uniform. The shirt of the goalkeeper must be a different color than that of any other player or referee shirt. FYSA has a limited supply of keeper gear, contact the office if you did not receive the gear. Sport glasses are recommended for those requiring eyewear and must have a safety tie to prevent them from falling off. Learn about special needs of players and insist that parents of players with special medical conditions are present during practice and games.

Fuzzy ‘Indoor’ balls are mandatory for indoor practice/games due to gym damage caused by ordinary soccer balls.

PRACTICE GUIDELINES

Gym Locations: Through the school district, FYSA reserves various gym locations in Fairbanks and North Pole on weeknights, typically starting at 6pm and running to 9pm. We do our best to schedule practices at the closest elementary school to your FYSA Zone. Efforts are made for the younger ages to start at the earlier practices times, with the older groups starting in later slots.

The individual schools have first priority over their gym space for their school activities. As a result, we may often have cancellations of previously scheduled gym locations and times. The district requests that schools provide as much notice

to us as they can, but it is still possible for FYSA to receive last minute cancellations. When such an event occurs, FYSA office staff will do our best to contact any affected coaches. In turn, coaches must contact their individual players/parents. FYSA occasionally has open time slots to re-assign to teams that lose their scheduled gym time due to school activities. However, because school cancellations are out of our hands, we cannot guarantee that any cancelled practices will be rescheduled.

The schools are not required to provide our league with indoor storage space for goals. We are allowed to place them outside the gym doors, leaning up against the walls. The first team into the gym each evening or morning is required to bring the goals in and set them up for play. On Saturdays, we recommend that coaches arrive slightly earlier so this is done prior to game time. The last teams of the day are to remove the goals and store them. A FNSBSD custodian will always be on duty at any location. If there are any questions regarding goal storage, ask the on-duty custodian for assistance. This responsibility for goal storage lies with the coaches of the teams using the gym, not the referee or custodian. All teams are to ensure that trash is placed in the proper receptacle prior to departing.

When moving the goals, make effort to carry rather than drag them. Damage to gym floors may result in FYSA being billed by the school district. We strive to install some form of padding on the undersides to prevent this. If you notice any goal that is in disrepair or lacking in padding, please let the FYSA office know.

Player Equipment: Come dressed in a sport-type outfit. Official team uniforms are not required for practice, but shin guards and non-marking shoes are mandatory at both the games and practices!

Practice Timeline: When everyone has arrived, do a warm up routine for about 10 minutes.

Work on skills like trapping, ball control, passing, shooting, and restarts (kick-ins, goal clearances, corner kicks, etc.). Focus on one major topic per practice. While taking a water break, use the time to explain the laws of the game. Practice with goalies. All players should have a chance to play goalie sometime. This is especially important for all recreation division teams.

End practices with an informal scrimmage game, for about 10-15 minutes.

FYSA INDOOR LEAGUE POLICIES, PROCEDURES AND GUIDELINES

Registration: Players shall be assigned to a team, by age and in their geographic FYSA Zone area, where possible. Coaches are not permitted to recruit or place players on their teams and shall UNDER NO CIRCUMSTANCES, ALLOW ANY PARTICIPATION BY NON-REGISTERED PLAYERS. Players who wish to register late are allowed to do so and will be placed on the team in their age division with the fewest players on the roster. They may be placed on teams out of their geographic FYSA Zone. In no cases will rosters exceed the maximum number of players. If there are no roster spaces available, the newly registered player will be placed on a waiting list until a space is available. Coaches will receive an email from the FYSA office when a player is added to their team. When unsure about a new player, call FYSA to confirm before allowing the player to practice or play with the team. Allowing unregistered players onto a team may be grounds for disciplinary action against the coach and could result in suspension from coaching.

Play-Up: If a player wishes to play above his/her age group, they must request and receive permission from the Executive Director. FYSA does not allow a player to play-up an age group if he/she is more than twelve months younger than the youngest player in the age group that the player is requesting to participate. Players are not allowed to play up into age groups where two age groups have been combined to form an age group. Contact FYSA at 456-3976 for the Play-Up Form.

Fifty-Percent Play Rule and Co-Ed Guidelines: There is no requirement that all players be given an equal amount of time on the court. However, all recreational players shall play a minimum of fifty-percent of all available minutes for the games that they attend. Playing time is not required to be all in one half. Coaches are not required to track exact minutes of each player's participation, but they must be diligent in managing their substitutions to ensure each player is allowed a minimum of fifty-percent of playing time in each game they attend. Failure to provide players with the minimum time per game may be grounds for disciplinary action against the coach and/or could result in suspension.

Recreational teams are often co-ed. During the registration process, all efforts are made to balance the number of players of each gender among teams in their respective geographic zones. This does not mean there will be an equal number of males and females on each team, but rather that FYSA will endeavor to have a balance of team gender makeup across each age division. There is no policy requiring a certain number of each gender to be on the court at any given time. There may be instances, based on team rosters and individual game day attendance, where fewer members of one gender may be present. Rather than relying on technical guidelines dictating the number of males and females that must be on the court at any time, **it is FYSA's policy that the 'Fifty-Percent Play Rule' minimum be followed, 100% of the time.** This ensures all participants will have a fair share of playing time, regardless of skill and game outcome.

League Games: Games are scheduled every Saturday starting at 9am and may go to 5pm.

Please avoid tracking in snow, ice and water onto the playing court. Dry your shoes before entering and avoid walking across the center of the court. This avoids accidental injuries during the game from wet spots on the floor.

Be on time. On time means 15 minutes early. Warm-ups are necessary, but due to time restrictions of games running back to back, teams should begin their warm up routines off the court, utilizing hallways for stretching and communicating plans for the game. Assign positions to the players. When the prior game has ended, teams should take to the court immediately and utilize all remaining time to continue warming up until the referee indicates the game is ready to begin.

The responsibility for ensuring every player is properly attired lies with the coach. Referees are not required to perform equipment checks but will typically consult with each team prior to the game to communicate any specific guidelines regarding boundaries, goalie boxes, etc. The referee will ask for a captain from each team to conduct a coin-toss to determine team sides and kick-off. You might select a different captain for each game. At the youth level, the captains are mostly a formality, but this is important to many players. If your team is listed first on the game schedule, you are considered the home team and will be expected to provide the game ball.

It is important that games start and finish on time. Teams that delay the start of their games may have shortened halves to ensure that they finish and clear the gym so the next teams can begin on schedule. Referees are expected to inform team captains and/or coaches of the playing minutes in each half prior to the start of any delayed game. Generally, there is a grace period of a couple minutes before this must be applied. Referees are instructed that game times should not be shortened for circumstances that are not the direct responsibility of a specific team. For example, if one team is on time and the other is late, resulting in the game starting 8 minutes late, the referee may reduce each half by 2 minutes. If both teams are on time but the previous game ends late, all efforts should be made by teams and the referee to quickly prepare for the new game to start as soon as possible. In this case, as neither team is responsible for their own game starting late, referees will be instructed not to shorten games. A 9:00 game that starts at 9:10 can result in a domino effect that makes an 11:00 game start at 11:20. However, a 9:00 game that starts at 9:10, if handled properly by everyone involved, can also result in an 11:00 game starting on time.

Sportsmanship: During the game, **only positive comments will be allowed** whether to one's own team, to the other team or the referee. Coaches shall be responsible for the conduct of their players and players' supporters. Coaches, players and teams can be penalized for any poor sportsmanship by their spectators. Please help us to promote good sportsmanship by controlling any unsavory or negative comments. Do not question the referee regarding his/her calls on plays during the game. Referee concerns should always be handled professionally, at the conclusion of a game, in established lines of communication with FYSA and FSRA (Fairbank Soccer Referee Association).

Eight-Point Rule: In order to ensure that teams do not humiliate one another the FYSA Board of Directors adopted an **eight-point-spread policy**. Coaches, especially those of stronger teams, are requested to keep the game score between the teams within eight points of one another. Coaches are encouraged to take measures to ensure that scores remain within this guideline. Rotate positions, place stronger players as goalie or in defense, create challenges that do not involve scoring ('complete 10 consecutive passes before shooting' or 'every player must touch the ball before shooting') etc. Coaches are also reminded that this is a recreational league and no team standings are maintained.

Role Models: Coaches should set a good example for their players. Good Sportsmanship is catching. FUN should be the basis for our program. Without this ingredient, our goals for FYSA cannot be achieved. A player not having fun will not enjoy the program and will not continue in the sport. Make practices and games enjoyable and you will see the results.

Cold Weather and Forfeits: There is no individual FYSA **cold weather policy**. Parents and coaches must determine for themselves if they wish to participate. However, FYSA shall adhere to a practice of canceling soccer activities on days whenever the Fairbanks North Star Borough School District cancels classes. Due to gym availability, games that are forfeited for any reason will not be rescheduled. If you know your team will not be participating in a scheduled game or practice please email the FYSA office as soon as possible. A cancellation to the school requires a 3-day notice (workdays).

End of Season: Balls, keeper jerseys, cones, ball bags and coaches' bags must be returned to FYSA at the end of the season at a designated location after the last game. Players keep their uniforms.

Concerns: For referee questions, and concerns (not general complaints), please email FYSA. Provide as much detail to identify the situation including the date, time of game, gym, team numbers, physical description of referee. These questions and concerns are not handled by FYSA but will be forwarded to the referee association for follow up. For problems such as coaching and parent issues, missing goals, locked gyms, no-shows, etc. should be reported to the FYSA office 456-3976 or e-mail director@fairbanksyouthsoccer.com

FYSA INDOOR LEAGUE 'LAWS OF THE GAME' (Rules)

LAW 1-THE PLAYING COURT

Ask the referee which lines the teams will be using and what the goal area is. This will change depending on the gym being used. The goal area should be large enough to provide the goalkeeper adequate space but shall be no larger than 1/3 of each half of the playing field.

LAW 2-THE BALL

The ball will be spherical in shape. The outer casing will be napped felt. The ball shall not be changed during the game without the permission of the referee. Only the fuzzy felt balls distributed by FYSA are to be used.

LAW 3-NUMBER OF PLAYERS

All games U8 and above shall be played between two teams each consisting of no more than five players, one of whom shall be the goalkeeper. The minimum number of players required to start game (including goalkeeper) is 4. If a team does not have the minimum number of players by 5 minutes after the scheduled start of the game, they shall forfeit the game. If during the course of play, one team has fewer than 4 available players due to an injury, play may be paused until the player is able to return to the court. If a team ends up having fewer than 4 available players due to a send-off (red card), the team shall forfeit the game.

Substitutes may be used in any game played. The number of substitutions made during a game is unlimited. In order to reduce down time, substitutions are made 'on the fly', at any point whether the ball is in or out of play. The only exception to this is the substitution of a goalkeeper, which must take place at a stoppage of play and only after notifying the referee. Goalkeeper changes should happen as swiftly as possible so as not to take away from game time. Goalkeepers may be substituted as often as a team chooses but only when the ball is out of play. A player who has been replaced may return to the court as a substitute for another player. All substitutes and players are subject to the referee's authority whether they are on the court or not. In other words, while a substitute on the bench is incapable of committing certain fouls that take place on the court, they are still required to observe all other laws of the game pertaining to sportsmanship.

A "flying" substitution is one that occurs during the course of play. The player leaving the court does so from the centerline and as does the player entering, but only after the player leaving is completely off the court. The substitution is completed when the substitute enters the court, from which moment he/she becomes a player and the player leaving the court becomes a substitute. 'Flying' substitutions should not interfere with the regular course of play. If a player leaving or entering the field does so in a way that, in the opinion of the referee, immediately affects the flow of the game, they may be cautioned at the next stoppage of play. Coaches are encouraged to find the 'right moment' to substitute players so the substitution doesn't slow down or interfere with the flow of the game.

LAW 4-PLAYER EQUIPMENT

A player will not be permitted to use any object the referee may judge to be dangerous to other players. No earrings or other piercings are allowed. Clothing with buttons, zippers, buckles, clasps and hoods are not allowed.

A player's uniform consists of the 5 S's: shirt, shorts, socks, shin guards and shoes. All of these are mandatory. Socks must cover shin guards completely, shoes shall be non-marking, and shirts should be tucked into the shorts. Exceptions for religious and cultural adherence will be permitted, provided it does not pose a danger to others. Players with casts or other medical devices should seek clearance with FYSA prior to participation in any game or practices.

The goalkeeper will wear a shirt of different color that easily distinguishes him/her from the other players and referee. The goalkeeper may wear goalie pants or other soft athletic pants, but the requirements above regarding socks, shin guards and other safety measures, must still be met. Goalies may not wear knee or elbow pads.

A player who has been prevented from taking part in a game or a player who has been sent off the court to adjust his/her equipment may not return without permission of the referee during a stoppage of the game.

LAW 5-THE REFEREE

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed. The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The referee may only change a decision on realizing that it is incorrect or, at his discretion, provided that he has not restarted play or terminated the match.

Powers and duties of the Referee:

1. enforces the Laws of the Game
2. ensures that any ball used meets the requirements of Law 2

3. ensures that the players' equipment meets the requirements of Law 4
4. acts as timekeeper and keeps a record of the match
5. stops, suspends or abandons the match, at his discretion, for any infringements of the Laws
6. stops, suspends or abandons the match because of outside interference of any kind
7. stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted
8. allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
9. ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped
10. allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time (the 'Advantage Clause')
11. punishes the more serious offence when a player commits more than one offence at the same time
12. takes disciplinary action against players guilty of cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play
13. takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surrounds
14. ensures that no unauthorized persons enter the field of play
15. indicates the restart of the match after it has been stopped
16. provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents that occurred before, during or after the match

Decisions of the International F.A. Board: A referee is not held liable for any kind of injury suffered by a player, official or spectator, any damage to property of any kind, any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision that he may take under the terms of the Laws of the Game or in respect of the normal procedures required to hold, play and control a match.

See http://www.fifa.com/mm/document/footballdevelopment/refereeing/02/36/01/11/27_06_2014_new--laws_of_the_game_weben_neutral.pdf page 26 for more information.

LAW 6-LENGTH OF THE GAME

Games will typically be started on the hour. The length of the game will be 44 minutes, divided into two equal halves of 22 minutes. The half-time interval shall be four minutes. If the start of the game is delayed by teams, the referee will take the number of minutes that the game is late and subtract that from the overall game time (equally divided between both halves). There is a 5-minute grace period before this policy is applied. During the course of play, the game clock does not stop for any stoppage of play. The referee will serve as the timekeeper for the match.

LAW 7-START OF PLAY

At the start of the game, a coin toss will be conducted by the referee between each team's captains. The team that wins the coin toss will have the choice of the kickoff or the side the team wishes to defend.

When the referee gives the signal, the game will be started by a player taking a placed kick, while the ball is stationary at the center spot of the court. The ball may be kicked in any direction and is in play as soon as it is kicked. The player taking the kickoff may not touch the ball a second time until it has been touched by another player, from either team.

Players must be on their own half prior to kick off and all opposing players must be at least 10 feet from the ball until it is in play. **A GOAL CANNOT BE SCORED DIRECTLY OFF OF A KICK-OFF**

LAW 8-BALL IN AND OUT OF PLAY

The ball is out of play when either A) it has completely crossed the touchlines (sides) or goal lines (ends), whether on the ground or in the air or B) the game is stopped by the referee. The ball will be in play on all other occasions, from the beginning of the game until its end. If the ball bounces off any object that extends into or is within the field of play (goal posts, crossbars, basketball hoops, ceilings, and the referee) it remains in play.

LAW 9-METHODS OF SCORING

A goal is scored when the whole of the ball has passed completely over the goal line between the goalposts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arms, by a player of the attacking side. The team that scores the greater number of goals during the game will be the winner. If there are an equal number of goals or no goals by either team the game will be considered a draw.

LAW 10-FOULS AND MISCONDUCT

Fouls and misconduct, as outlined in FIFA's Laws of the Game, are penalized as follows:

1. Direct Free Kick

- a. A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:
 - i. kicks or attempts to kick an opponent
 - ii. trips or attempts to trip an opponent
 - iii. jumps at an opponent
 - iv. charges an opponent
 - v. strikes or attempts to strike an opponent
 - vi. pushes an opponent
 - vii. tackles an opponent
 - b. A direct free kick is also awarded to the opposing team if a player commits any of the following offences:
 - i. holds an opponent
 - ii. spits at an opponent
 - iii. handles the ball deliberately (except for goalkeeper within his own penalty area)
 - c. Direct free kicks are taken from the place where the offence occurred
 - d. A penalty kick is awarded if any of the above offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.
2. Indirect Free Kick
- a. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences:
 - i. controls the ball with his hands for more than six seconds before releasing it from his possession
 - ii. touches the ball again with his hands after he has released it from his possession and before it has touched another player
 - iii. touches the ball with his hands after it has been deliberately kicked to him by a team-mate
 - iv. releases the ball (throws, kicks, etc.) over the halfway line without it first touching the ground, or another player, on his own half of the court.
 - b. An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 - i. plays in a dangerous manner
 - ii. impedes the progress of an opponent
 - iii. prevents the goalkeeper from releasing the ball from his hands
 - iv. commits any other offence, not previously mentioned in this Law, for which play is stopped to caution or send off a player
 - c. The indirect free kick is taken from the place where the offence occurred with the following exceptions:
 - i. In the instance outlined in 2.a.iv (goalkeeper releasing the ball over the halfway line). In this instance, the resulting free kick is taken by the opposing team anywhere on the halfway line.
 - ii. When the offence occurs within inside the penalty area. In this instance, the resulting free kick is taken from the nearest point of the penalty area's border (i.e. indirect free kicks inside the penalty area are not taken any closer to the goal, than the edge of the penalty area).
3. Additionally, due to the nature of indoor court surfaces and for safety purposes, sliding is not permitted.
- a. If a player slides towards another player in attempt to play a ball, without committing a foul, the referee shall award an indirect free kick to the opposing team.
 - b. If, by the nature of the slide tackle, the player does commit a foul, the referee shall award a direct free kick to the opposing team.
 - c. Players sliding away from any other players should be reminded that for safety, sliding is not permitted.
 - d. The only exception to this rule is a goalkeeper, who may slide in an attempt to play the ball within his own penalty area. However, if in the opinion of the referee the goalkeeper slides in a manner that poses a danger to other players, the referee may award an indirect free kick to the opposing team.
4. The yellow card is used to communicate that a player, substitute or substituted player has been cautioned. A player is cautioned and shown the yellow card if he commits any of the following offences:
- a. unsporting behavior
 - b. dissent by word or action
 - c. persistent infringement of the Laws of the Game
 - d. delaying the restart of play
 - e. failure to respect the required distance when play is restarted
 - f. failure to follow the outline procedure for substitutions as outlined in Law 3
5. The red card is used to communicate that a player, substitute or substituted player has been sent off. A player, substitute or substituted player is sent off if he commits any of the following offences:
- a. serious foul play
 - b. violent conduct
 - c. spitting at an opponent or any other person
 - d. denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)

- e. denying an obvious goals coring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
 - f. using offensive, insulting or abusive language and/or gestures
 - g. receiving a second caution in the same match
6. Only a player, substitute or substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle. A player who commits a cautionable or sending-off offense, either on or off the field of play, whether directed towards an opponent, a teammate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed. A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

LAW 11-FREE KICKS

A free kick is a way of putting the ball into play after the game has been stopped and is classified under two headings: A 'Direct Free Kick', from which a goal may be scored directly against the offending side, or 'Indirect Free Kick, from which a goal cannot be scored unless the ball has been touched by another player (other than the kicker) before entering the goal. If, during an indirect free kick, the ball enters the goal after being kicked, and has made contact with any other player, a goal is awarded. If the ball enters the goal after being kicked, and has NOT made contact with any other player, the restart shall be a Goal Clearance by the defending team. The referee will indicate an Indirect Free Kick by raising his arm above his head prior to the kick being taken. He will maintain that position until the ball has made contact with another player or goes out of play.

When a player is taking a free kick, all opposing players must be at least 10 feet from the ball until it is in play. The ball must be stationary when the kick is taken. The ball shall be deemed in play as soon as it has been kicked and moves. The kicker must not touch the ball again until it has touched another player.

LAW 12-PENALTY KICK

A penalty kick is awarded against a team that commits any offense for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. Because school gyms have varying systems of line markings, the referee will, prior to the game, identify the penalty area (often referred to as 'goalie box'). The ball must be placed on the penalty mark. If no penalty mark is present, the referee will instruct where the kick is to be taken, no less than 12 feet from the goal line.

A goal may be scored directly from a penalty kick. The player taking the penalty kick must be properly identified. The defending goalkeeper must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker must be located outside the penalty area behind the penalty mark and at least 10 feet from the penalty mark. After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken. The player taking the penalty kick must kick the ball forward. He must not play the ball again until it has touched another player. The ball is considered in play when it is kicked and moves forward. The referee decides when a penalty kick has been completed. If there are infractions during the taking of a penalty kick (ex: encroachment of players), the referee may require the kick to be retaken, in accordance with FIFA Laws of the Game: Law 14 "The Penalty Kick"

LAW 13-KICK-IN

When the whole of the ball completely crosses over the touchline, either on the ground or in the air, it shall be kicked back into the play. The kick is taken by any player of the opposing team to that of the player whom the ball last touched before crossing the touchline. The kick shall be taken at the place where the ball crossed the touchline and should be stationary prior to the kick. The kick may be taken in any direction and the kicker shall keep their supporting foot on or behind the touchline during the process of the kick. The ball is in play as soon as it has been kicked and moves. The player taking the kick may not touch the ball a second time without it first making contact with another player (result: Indirect Free Kick to opposing team at the point of infraction). The players of the opposing team shall be at least 10 feet away from the spot where the kick is being taken. The kick should be taken without significant delay. Infractions such as excessive delay, taking the kick far from the appropriate spot or kicking the ball improperly, will result in the kick-in being awarded to the opposing team. A goal cannot be scored directly from a kick in.

LAW 14-GOAL CLEARANCE

When the whole of the ball completely crosses the end line, excluding that portion between the goal posts, whether in the air or on the ground, having last touched a player from the attacking team, the resulting restart is referred to as a 'goal clearance'. The goalkeeper, standing within their own penalty area, shall release the ball with their hands back into play. This may be done only by rolling, throwing or bouncing. No players may touch the ball until it has cleared the penalty area, at which time the ball is in play. If either team does so, the goal clearance is retaken. The goalkeeper may not touch the ball a second time after releasing it. If this occurs within the penalty area, the goal clearance is retaken, as the ball has not yet entered play. If this occurs outside the penalty area, the opposing team shall be awarded an indirect free kick at the

point of contact. The ball must touch the court or another player before it crosses the halfway line. If this infraction occurs, the opposing team will be awarded an indirect free kick to be taken anywhere on the halfway line.

LAW 15-CORNER KICK

When the whole of the ball completely crosses over the goal line, after having last touched a defensive player a 'corner kick' will be awarded to the attacking team. The corner kick is taken by any attacking player from the point of intersection of the goal line and the touchline. The ball is in play when it has been kicked and moves. Players of the opposing team shall not encroach within 10 feet of the ball until it is in play. The player taking the kick shall not play the ball a second time until another player has touched it (result: Indirect Free Kick to opposing team at the point of infraction). The kick should be taken without significant delay. Infractions such as excessive delay, taking the kick far from the appropriate spot or being kicked improperly, will result in the kick-in being awarded to the opposing team. A goal may be scored directly from a corner kick.

OTHER RULES

There is no Offside in FYSA's Indoor Soccer program.

A goalkeeper may play the ball to his own feet and dribble/pass/shoot like any other player, only when he obtains possession during the regular course of play. If the ball has gone out of play and a goal clearance has been awarded, the ball must be released by the goalkeeper's hands. In either situation, in order to promote the flow of the game, at no point may a goalkeeper throw, punt, drop kick, half volley, etc. the ball over the halfway line.

No blood is allowed on the court. All blood on a player must be covered up before he reenters the game. The game will be stopped until any blood that is on the floor is cleaned up. Please do this in a timely manner. If a player becomes unconscious for any reason during a game the player may not reenter the game until a doctor has cleared them. See FYSA Policy and Procedures.

Alaska Youth Soccer Association Insurance Claim Form To be used in the event of incident/accident. Must be filed within 2 weeks of incident.

1. Date of Injury: _____ Location: _____

2. League Name: _____ Club: _____

3. Injured Party: _____

Coach Player Other: _____

Date of Birth: _____ Phone: _____

Address: _____

City: _____ Zip: _____

4. Type of play involved: League Game Practice Tournament

Name of Tournament: _____

Team Name: _____ Opponent Name: _____

Time of Event: _____ AM PM Time of Injury: _____

Describe Injury and Cause: _____

Name of Administrator on Site: _____

(i.e., Coach, Team Parent, etc.)

5. Does the injured party have Primary Insurance? Yes No

Name of Insurance Company: _____

Parent/ Guardian _____

Parents Email Address: _____

Address: _____

City: _____ Zip: _____

Please email this completed form to: KAYJONES@KPUNET.NET Forms may also be mailed to: AYSA, P. O. Box 9447, Ketchikan, AK 99901 (please note mailed forms may take up to a month to process). Please send a copy of the completed form to FYSA at director@fairbanksyouthsoccer.com