



Bryan Soccer Club

Bryansoccerclub.org

Rules of Play

More details can be found at www.bryansoccer.org and www.stxsoccer.org

Updated August 2, 2023

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Bryan Soccer Club currently offers play in the following categories:

U-5 and U-6	Instructional	Division IV	3v3 (coach on field)
U7	Instructional	Division IV	4v4
U8	Instructional	Division IV	5v5 (including goalkeeper)
U9- U10	Instructional	Division IV	8v8
U11- U12	Recreational	Division III	8v8
U14	Recreational	Division III	8v8
U17 Coed	Recreational	Division III	9v9

We attempt to play all small-sided games. This is done with the design that players will touch the ball more. This will also give them the opportunity to make decisions and more actual play time.

For more information please refer to

http://www.stxsoccer.org/assets/975/15/STYSA%20Registrar%20Manual_15161.PDF

New Rules

SAFESPORT

Beginning Fall 2019, all volunteers must take the SafeSport training. This federally mandated training prepares you to recognize different forms of child abuse and when and who to report your concerns. You cannot be rostered to a team as a coach or volunteer until this training is completed. Your coordinator will provide instructions. This requirement must be fulfilled yearly.

STYSA POLICY ON HEADING THE BALL

Passed July 22, 2016, effective August 1, 2016

The South Texas Youth Soccer Association (STYSA) has adopted the following recommendations from the U.S. Soccer Concussion Initiative regarding heading the ball. All players and teams participating in STYSA-sanctioned activities are subject to this policy.

- Players on U11 and younger teams are prohibited from heading the ball in practices and games.
 - If in the opinion of the referee a player deliberately heads the ball in a game, an indirect free kick (IFK) shall be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick shall be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If in the opinion of the referee a player does not deliberately head the ball, then play should continue.
- Players on U12 and U13 teams shall be allowed to head the ball during games. Heading the ball in practices, for U12 and U13 players, shall be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week.
- There shall be no restrictions on heading the ball for U14 and older players.
- Coaches should enforce these restrictions by the age group of the team according to the specified policies.
- Referees should enforce these restrictions by the age group of the team according to the specified policies. Referees will not be assessing the age of individual players on the fields; they will enforce the policy for the age group.

Alcohol and Tobacco Product Policy

It is the policy of South Texas Youth Soccer Association (STYSA) that no alcohol be sold at, brought to or consumed at STYSA-sanctioned league games or tournaments. No tobacco or alternative tobacco products (electronic cigarettes / vaping devices) may be sold at STYSA sanctioned league games or tournaments. The use of tobacco or alternative tobacco products is prohibited at or near the playing fields and is limited to designated smoking areas or to the parking lot(s) of the event facility. It is the responsibility of the organizers of STYSA events to ensure that this policy is strictly adhered to.

Adopted by the STYSA Executive Committee: May 12, 2016

STYSA Policy on Unmanned Aircraft Systems (Drones are not allowed)

Section 1. Commitment

As an organization committed to providing a developmental, healthy, and safe environment, STYSA recognizes that the safety of its youth players is paramount. Therefore, the use of unmanned aircrafts is not permitted at any STYSA events. It is the responsibility of the Competition Authority of STYSA events to ensure that this policy is strictly enforced.

Section 2. Definition

“Unmanned Aircraft Systems” (UAS) an aircraft which is intended to operate and its associated element which are operated with no pilot on board or can fly autonomously based on pre-programmed flight plans or more complex dynamic automation systems.

Section 3. Prohibitions

(a) The use of non-approved UAS at any event that is sanctioned by STYSA is strictly prohibited.

(b) The use of UAS at STYSA events may be approved by STYSA

(1) for a specified promotional activity at an event, and

(2) in a designated area or areas that are away from youth soccer players, spectators and over any field of play or practice.

Section 4. Enforcement

(a) Any person violating Section 3(a) of this policy shall be immediately removed from the event by the STYSA competition official managing the event.

(b) If a person is removed from an Event for a violation of this policy, the party may appeal as provided by Section 4, Discipline, Protest, and Grievance Procedures, of the STYSA Administrative Handbook.

(c) No soccer match will be allowed to start or continue if there is a UAS flown above or in the immediate area of the field. The referee will have full discretion to determine the area surrounding the field.

Adopted by the STYSA Executive Committee: October 23, 2016

Recreational Rules of Play

Bryan Soccer Club will follow FIFA rules except as indicated below:

A complete copy of FIFA and STYSA rules are available in the concession stand

U5-U6 Co Ed: *It is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball.*

U5 and U6 play with three (3) players on each team. Following are just a few reasons that 3v3 improves the enjoyment and development of our young players:

- a. Player development has been systematically proven to be directly related to the number of "touches" (times a player makes contact with the ball). Smaller teams mean less sharing and more chances of touches
- b. 4-6 year olds relate to and co-operate with one or two friends
- c. One ball among 6 players guarantees the opportunity for all players to kick, dribble, and SCORE!!
- d. Three makes a triangle- the basic tactical unit for soccer

Field/ball/goals:

- a. Small rectangular fields (15-20 yards wide x 20-30 yards long). Fields are numbered U5A, U5B, U6A, and U6B
- b. No penalty area- no penalty kicks
- c. Center circle has a 3 yard radius
- d. Size 3 ball
- e. Goals are small freestanding "hockey size" goals (4"X6")
- f. Coaches are allowed on the field with the players during the game

Players/equipment:

- a. No goal keeper
- b. EVERYONE plays approximately 50% of the game. Subs are allowed any time the ball is out of play. The only exception to this rule is injury and/or illness.
- c. Shin guards must be worn at ALL games and practices
- d. Player must wear team uniform (jersey, socks, and shorts)
- e. Shoes can be tennis shoes or soccer cleats

Time Limit:

- a. Four 10 minute quarters with 2 minute breaks between quarters (no stopping of the clock). When in agreement, coaches can adjust break time as needed.

General Rules:

- a. No penalty kicks
- b. No direct free kicks
- c. No corner or goal kicks- restarts are by throw-ins at the point where the ball went out of bounds.
- d. Indirect kicks are a result of any foul. This would include excessive pushing, tripping or hand balls. The ball must touch another player before going into the goal.

- e. Throw-Ins: players will have both feet on the ground on or behind the touchline (sideline). The ball is thrown from behind and over the players head. The thrower may not touch the ball until it has touched another player. Coaches will enforce these rules by encouraging proper technique and having offending players re-throw as much time as necessary.
- f. No defenders in this age group. All players must be on the same half of the playing that the ball is in play on.
- g. Only two coaches (1 head and 1 assistant) and one team parent allowed on the sideline. Each team and associates to remain approximately 1 yr from the side line between the goal line and mid-field line. No coaching from the goal area. Only players and adults rostered to the team are allowed on the player side. If the adult does not have an adult participation pass, they will be asked to leave the sideline area by a board member and remain on spectator side. Parents may not watch or coach from behind the goal lines.

When planning your practice please focus on keeping it fun. 45 minutes is probably a good target.

U7 is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball. Practices may be held twice a week, lasting no longer than 60 minutes

Field/Balls/Goals:

- a. size 3 ball
- b. small rectangular field (approx 30 yrds wide x 50 yrds long).
- c. goals size approx 6'x12'
- d. spectators are to stay on the spectator side of the playing fields. No one is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, one (1) assistant coach, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/Equipment

- a. 4 players from each team on the field at a time. No goalkeeper is allowed and no player is allowed inside the penalty box unless they are engaged with an offensive player and actively defending.
- b. Each player must wear team uniform
- c. Shin guards and soccer cleats are MANDATORY during game and practices
- d. Every player plays approximately 50% of the game with the exception of illness and injury.

Time Limit:

- a. Four (4) ten (10) minute quarters with two minutes breaks between quarters and a 5 minute halftime

General Rules:

- a. The club will attempt to provide referees but in the event they are not available, coaches will agree upon an adult to referee the game with each coach taking a half.

Either an adult from the stands may be chosen or the coaches themselves may ref the game.

- b. A team may substitute (with ref approval) at the following times: 1) after any goal, 2) halftime, 3) injury stoppage, 4) prior to any goal kick, 5) prior to your own throw-in or 6) prior to opponent's throw-in IF that team subs also. NO substitution is allowed during free kicks, corner kicks, or penalty kicks.
- c. No penalty kicks, direct free kicks, or off-sides
- d. Direct free kicks, kicked directly into goal, will result when a defensive player commits a penalty box violation.
- e. Indirect free kicks will be taken for all fouls (excessive pushing, tripping or hand balls). The ball must be touched by another player before going into goal. A stoppage of play is not required and the ball may be kicked as soon as it is placed on the spot.
- f. Goal kicks will be kicked from any point within the goal area. The ball does not have to leave the box. Once it is touched the ball is in play. Opponents will remain outside the penalty area until the ball is in play.
- g. There are no corner kicks. A throw in from the sideline at the corner is used instead of a corner kick.
- h. Throw-ins are used when the ball is kicked out of bounds. The player is to have both feet flat on the ground, either on or behind the sideline. The ball must be thrown from behind and over the player's head. The thrower may not touch the ball until it has touched another player. Referees will enforce this rule by either allowing a re-throw after instructing the player on proper technique or award the throw-in to opponents.
- i. No slide tackling is allowed for the U7 division.
- j. Players with the ball are allowed in the center circle during the kick off with the opponents outside the center circle.
- k. For the first 3 weeks of the season, coaches will be allowed on the field to help kids in setting up on the field properly and to help understand the referee calls.

U8 and U7/8 is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball. Practices may be held twice a week, lasting no longer than 60 minutes

Field/Balls/Goals:

- e. size 3 ball
- f. small rectangular field (approx 28 yds wide x 40 yds long). Fields are labeled U8A and U8B.
- g. goals size approx 6'x4'
- h. spectators are to stay on the spectator side of the playing fields. No one is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, one (1) assistant coach, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/Equipment

- a. 5 players on the field at a time. This will include the goalkeeper. The goalkeeper must be changed every quarter and cannot play that position twice within the same game.
- e. Each player must wear team uniform
- f. Shin guards are MANDATORY during game and practices
- g. Every player plays approximately 50% of the game with the exception of illness and injury. Subs are allowed when the ball is out of play

Time Limit:

- b. Four (4) ten (10) minute quarters with two minutes breaks between quarters and a 5 minute halftime

General Rules:

- a. The club will attempt to provide referees but in the event they are not available, coaches will agree upon an adult to referee the game with each coach taking a half. Either an adult from the stands may be chosen or the coaches themselves may ref the game.
- b. Subs are put in (with ref approval) at the following times: 1) after any goal, 2) halftime, 3) injury stoppage, 4) prior to any goal kick, 5) prior to your own throw-in or 6) prior to opponent's throw-in IF that team subs also. NO substitution is allowed during free kicks, corner kicks, or penalty kicks.
- l. No penalty kicks, direct free kicks, or off-sides
- m. Indirect free kicks will be taken for all fouls (excessive pushing, tripping or hand balls). The ball must be touched by another player before going into goal. A stoppage of play is not required and the ball may be kicked as soon as it is placed on the spot.
- n. Goal kicks will be kicked from any point within the goal area and is not in play until the ball is outside the penalty area. Opponents will remain outside the penalty area until the ball is in play.
- o. If the ball goes over the end line and is last touched by a player who is in his/her defensive end a corner kick will be awarded to the offense. The ball will be placed at the corner of the field on the side of the goal the ball went out on. A player from the offense will kick the ball in and it must touch another player before the player taking the kick can touch it again.
- p. Throw-ins are used when the ball is kicked out of bounds. The player is to have both feet flat on the ground, either on or behind the sideline. The ball must be thrown from behind and over the player's head. The thrower may not touch the ball until it has touched another player. Coaches will enforce this rule by either allowing a re-throw after instructing the player on proper technique or award the throw-in to opponents.
- q. No slide tackling is allowed for the U8 division.
- r. Players with the ball are allowed in the center circle during the kick off with the opponents outside the center circle.

Goalies:

- a. A penalty box is used for the goalie's limited use of hands and for judging when goal kicks can be played after being put into play
- b. Goalies may not punt or drop kick the ball. Balls must throw-in or kicked on the ground directly from the penalty box. Once a goalie drops the ball and dribbles it,

he can no longer pick it up again. However, he can dribble the ball before he picks it up. The ball cannot be carried outside the penalty box.

- c. Goal kicks may be taken anywhere inside the goal box by any player other than the goalie. Opponents must remain outside the penalty box.

U9, U10, and U9/10 *It is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball.*

Field/Ball/Goals:

- a. size 4 ball
- b. field size 40 yard wide x 53 yard long. Fields are labeled U9A and U9B.
- c. goal size 7'x21' or 6'x18'.
- d. center circle has approx 8 yard radius
- e. Goal area extends 6 yards out from each goal post and 6 yards out from the goal
- f. Penalty area extends approx 14 yards out from inside of each goalpost and 14 yards out from the inside of the goal post extended into the field of play.
- g. Spectators are to stay on the spectator side of the playing fields. No one is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, two (2) assistant coaches, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/Equipment:

- a. 8v8 including goalkeeper; minimum of 6 players to play.
- b. Each player will play approximately 50% of each game. The only exception is illness or injury.
- c. Shin guards are MANDATORY during games and practices
- d. Each player must wear team uniform (jersey, shorts, and socks) and soccer cleats.

Time Limit:

- a. Two (2) twenty-five (25) minute halves
- b. One (1) five (5) minute half time

General Rules:

- a. If no referee is present at game time, start play within 5 minutes with an adult (or one adult from each team) as the referee
- b. Subs are put in (with ref approval) at the following times: 1) after any goal, 2) halftime, 3) injury stoppage, 4) prior to any goal kick, 5) prior to your own throw-in or 6) prior to opponent's throw-in IF that team subs also. NO substitution is allowed during free kicks, corner kicks, or penalty kicks.
- c. Off-sides are called at the U9 and above age level. If a ball passed to a player by a team member and the receiving player does not have two opponents (one may be the goalie) between he/she and the goal line at the time the pass begins, offside will be called. If a player is in off-sides position and does not interfere with the play, does not interfere with an opponent, or does not gain an advantage by being in an offside position, there is no offside offense. There is no offside on goal kicks, throw-ins, or corner kicks.
- d. Penalty kicks are from 12 yards directly in front of the goal. It will be awarded for offenses inside the penalty area. These include a field player deliberately using

hands to prevent a goal, serious tripping or tackling, or severe pushing. All other fouls are indirect kicks. The ref will notify the coach of a penalty kick and allow ample time for the players to take position.

- e. Direct kick may be kicked directly into the goal. A direct free kick from the spot of the foul will be allowed for the most severe of offenses. These include hard tackling or tripping, severe pushing and intentional handballs.
- f. Indirect free kick will be awarded to all other fouls. Stoppage of the game is not required, and the ball may be kicked as soon as it is placed on the spot. The indirect kick must touch another player before going into goal.
- g. Goal kicks will be kicked from anywhere in the goal area and is not in play until the ball is outside the penalty area. Opponents must remain outside the penalty area until the ball is in play.
- h. Throw-ins are used when the ball is kicked out of bounds on the side lines. The player must have both feet completely on the ground and stand either on or behind the line. The ball must be thrown from behind and over the player's head. If a player violates proper technique, the ref will award the throw-in to the opposing team.
- i. When a goalkeeper has the ball he may pass, throw or roll the ball into play. Punts and drop kicks are not allowed.

U11/12 *It is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball.*

Field/Goals/Balls:

- a. size 4 ball
- b. goal size 6'x18' to 7'x21'
- c. field size 140 feet wide x 200 feet long- field U10
- d. Penalty area extends approx 14 yards out from inside of each goalpost and 14 yards out from the inside of the goal post extended into the field of play.
- e. Goal area extends 6 yards out from each goal post and 6 yards out from the goal
- f. Spectators are to stay on the spectator side of the playing fields. No one is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, two (2) assistant coaches, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/Equipment:

- a. 8v8 including goalkeeper; minimum of 6 players to play.
- b. Each player will play approximately 50% of each game. The only exception is illness or injury.
- c. Shin guards and soccer cleats are MANDATORY during games and practices
- d. Each player must wear team uniform (jersey, shorts, and socks).

Time Limit:

- a. Two (2) twenty-five (25) minute halves
- b. One (1) five (5) minute half time

General Rules:

- a. If no referee is present at game time, start play within 5 minutes with an adult (or one adult from each team) as the referee
- b. Subs are put in (with ref approval) at the following times: 1) after any goal, 2) halftime, 3) injury stoppage, 4) prior to any goal kick, 5) prior to your own throw-in

- or 6) prior to opponent's throw-in IF that team subs also. NO substitution is allowed during free kicks, corner kicks, or penalty kicks.
- c. Off-sides are called at the U9 and above age level. If a ball passed to a player by a team member and the receiving player does not have two opponents (one may be the goalie) between he/she and the goal line at the time the pass begins, offside will be called. If a player is in offside position and does not interfere with the play, does not interfere with an opponent, or does not gain an advantage by being in an offside position, there is no offside offense. There is no offside on goal kicks, throw-ins, or corner kicks.
 - d. Penalty kicks are from 12 yards directly in front of the goal. It will be awarded for offenses inside the penalty area. These include a field player deliberately using hands to prevent a goal, serious tripping or tackling, or severe pushing. All other fouls are indirect kicks. The ref will notify the coach of a penalty kick and allow ample time for the players to take position.
 - e. Direct kick may be kicked directly into the goal. A direct free kick from the spot of the foul will be allowed for the most severe of offenses. These include hard tackling or tripping, severe pushing and intentional handballs.
 - f. Indirect free kick will be awarded to all other fouls. Stoppage of the game is not required and the ball may be kicked as soon as it is placed on the spot. The indirect kick must touch another player before going into goal.
 - g. Goal kicks will be kicked from any where in the goal area and is in play as soon as the ball is touched. Opponents must remain outside the penalty area until the ball is in play.
 - h. Throw-ins are used when the ball is kicked out of bounds on the side lines. The player must have both feet completely on the ground and stand either on or behind the line. The ball must be thrown from behind and over the players head. If a player violates proper technique, the ref will award the throw-in to opposing team.

Two practices a week are allowed lasting no longer than 90 minutes.

U14 *It is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball.*

Fields/Ball/Goal:

- a. Field size 140 feet wide x 200 feet long. Fields is labeled U10
- b. goal size is 6'x18' to 7'x21'
- c. center circle has approx 8 yard radius
- d. Goal area extends 6 yards out from each goal post and 6 yards out from the goal
- e. Penalty area extends approx 14 yards out from inside of each goalpost and 14 yards out from the inside of the goal post extended into the field of play.
- f. Spectators are to stay on the spectator side of the playing fields. No on is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, two (2) assistant coaches, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/equipment

- a. Size 5 ball

- b. Play is 8v8 including goalkeeper. A minimum of 4 players, including goalkeeper, is required to field a game
- c. Players must wear team uniforms (jerseys, shorts, and socks)
- d. Shin guards are MANDATORY at games and practices
- e. Each player will play approximately 50% of the game

Time Limit:

- a. Two (2) twenty-five (25) minute halves
- b. One (1) ten (10) minute half time

General rules:

- a. Subs are put in (with ref approval) at the following times: 1) after any goal, 2) halftime, 3) injury stoppage, 4) prior to any goal kick, 5) prior to your own throw-in or 6) prior to opponent's throw-in IF that team subs also. NO substitution is allowed during free kicks, corner kicks, or penalty kicks.
- b. If a ball passed to a player by a team member and the receiving player does not have two opponents (one being the goalie) between he/she and the goal line at the time the pass begins, offside will be called. If a player is in offside position and does not interfere with the play, does not interfere with an opponent, or does not gain an advantage by being in an offside position, there is no offside offense. There is no offside on goal kicks, throw-ins, or corner kicks.
- c. Penalty kicks are given when a foul is committed by the defensive team in the penalty box and then only if the ref deems the foul to have nullified a scoring opportunity. If the foul occurs in the goal box, the ball will be placed on the goal box line parallel to the goal line at the spot closest to the point of the foul. The kicker's plant foot must be planted before the kick is taken. The goalie must begin by standing on the goal line and may move only laterally before the kick is taken. All other players must be on the outside of the penalty area.
- d. All other kicks will be indirect free kicks from the spot of the foul. Defending players must stand at least five (5) yards away from the ball.
- e. All contact should be kept to a minimum. No hard body contact, hand check, or charging. Contact with the goalie within the goal or penalty boxes is prohibited
- f. No slide tackling

Practices prior to games may occur up to four (4) times within a week. After the first game, no more than two (2) practices are allowed, none lasting longer than 90 minutes.

U17 *It is the spirit of this league that all players be actively involved in the game. Thus a coach will not make a player play any specific position to "keep him/her out of the way", but will endeavor to facilitate all the players on the field to get plenty of touches on the ball.*

Fields/Ball/Goal:

- a. Field size 40- 60 yard wide x 60- 80 yard long.
- b. goal size is 7'x21' or 6'x18'
- c. center circle has approx 8 yard radius
- d. Spectators are to stay on the spectator side of the playing fields. No on is allowed in the area behind the goals for any reason, including coaching and/or watching play. Player sidelines may have one (1) head coach, two (2) assistant coaches, and one (1) team parent. Each adult must be on the team roster and have an adult participation pass. Any adults without the pass will be asked to leave and remain on the spectator sidelines for the remainder of the game.

Players/equipment

- a. Size 5 ball
- b. Play is 7v7 including goalkeeper. A minimum of 5 players, including goalkeeper, is required to field a game
- c. Players must wear team uniforms (jerseys, shorts, and socks)
- d. Shin guards and soccer cleats are MANDATORY at games and practices
- e. Each player will play approximately 50% of the game

Time Limit:

- a. Two (2) thirty (30) minute halves
- b. One (1) ten (10) minute half time

General rules:

- c. This is a coed division. At least three female player must be on the field at all times. **If, for some reason a team cannot field 3 female players, the team must play a player down for each missing female.**
- d. Subs may occur at any time without ref approval. Players must enter and exit at midfield and players must touch hands as they enter/exit the field. Failure to do so could result in the entering player receiving a yellow card for unsporting behavior.
- e. No offside rule in this division
- f. **Penalty kicks:** Fouls committed by the defensive team in the penalty box may result in a direct penalty kick. **PK's are awarded if, in the referee's opinion, an imminent scoring opportunity was nullified by the infraction.** Otherwise, the kick will be indirect from the spot of the foul. (see below) If the foul occurs in the goal box which does not deny an imminent scoring opportunity, the ball will be placed on the goal box line parallel to the goal line at a spot closest to the point where the foul occurred. PK's are taken from a spot **seven** yards from the goal line and equidistant from the goal posts. There is no run-up to the ball. The kicker's plant foot must be placed before the kick and remain stationary. The goalkeeper must begin by standing on the goal line and may move only laterally before the kick is taken. The rest of the players must be outside the boundaries of the penalty box and behind the ball until the kick is taken.
- g. All other kicks will be indirect free kicks from the spot of the foul. Defending players must stand at least five (5) yards away from the ball.
- h. **Goal kicks:** The ball will be kicked from any point within the goal area (small box). The ball does **NOT** have to leave the box (once the ball is touched it is in play). Opponents will remain outside the penalty area until the ball is kicked.
- i. All contact should be kept to a minimum. No hard body contact, hand check, or charging. Contact with the goalie within the goal or penalty boxes is prohibited
- j. All contact shall be kept to the absolute minimum. Incidental contact may be called by the referee. Hard body contact is not allowed. Hand checking is not allowed. What would be considered a fair charge (shoulder to shoulder) may be called. The player initiating contact will be called for the foul. Contact with the goalkeeper is prohibited within the penalty and goal boxes.
- k. No slide tackling
- l. No throw-ins. The ball shall be kicked from the sidelines rather than thrown-in.
- m. No blasting the ball at a player, goalie, or wall from a free kick. The foul will result in a free kick for the opposing team and may result in a yellow card for the player. This does not prevent a hard shot in the midst of the action.

- n. **Goalie Punts:** The goalkeeper is not allowed to punt the ball. Violation of this rule is sanctioned by an indirect free kick to the opposing team at the point of infraction. Bouncing the ball and then kicking it (also called a drop kick) is considered trickery and may result in a yellow card for unsporting behavior. Letting the ball bounce then dribbling the ball out of the penalty box is legal. Releasing the ball to the ground, letting it come to rest, and then kicking it is legal. Releasing the ball to the ground, dribbling it within the penalty box, and then kicking it is legal.
- o. If a team is unable to field the minimum requirement of players within 15 minutes of start time, the game will be forfeited with a score of 1-0 for the opposing team.

Practices prior to games may occur up to four (4) times within a week. After the first game, no more than two (2) practices are allowed, none lasting longer than 90 minutes.

Kid-Safe Program

The STYSA Kid-Safe (Risk Management) Committee, whose responsibility it is to address STYSA Risk Management policies and procedures, including the use of criminal background checks and other investigative tools, is made up of volunteers from across the state appointed by the Executive Committee. You may contact the committee by email by sending a message to KidSafe@stxsoccer.org. Serving on the 2007/08 Kid-Safe committee are Committee Chair Don Bohnet with members, Jere Crean, Frank Olvera and Grace Pratt.

The STYSA Kid-Safe Program, which was introduced on a voluntary compliance basis in 2002 and fully implemented in 2003, provides the parents of children involved with youth soccer in South Texas a measure of security regarding the adults charged with responsibility for their children. At soccer practice, games, and trips back and forth to practice and games, children are sometimes entrusted to adults who, as coaches, take on an authority role granted them by their desire to volunteer and be active with coaching. Beginning with the 2004– 2005 seasonal year, STYSA expanded the efforts to protect our youth players and began utilizing the new USONE national background check offered by Backgroundchecks.com.

In the three years after full implementation in 2003, less than 1 percent of these applications produced a result requiring permanent suspension of individuals from all activities in STYSA. The fees for the background checks are paid for by the clubs or associations through which the adult volunteer registers and it is money well spent.

We know that the thousands of adult participants in the program appreciate the safeguards that are now in place for our hundred thousand plus soccer players and, individually, we want to thank each of you for your support and compliance with this important program by wearing the pass whenever you are at the fields. We know it was a big change, but the children are well on the way to being much safer now because of this program and your dedication to its implementation.

The authority for the actions of this committee is derived from State and National Law, the policies and procedures of the United States Youth Soccer Association, STYSA Registration Rules and Policies, and common sense.

From STYSA Administrative Handbook:

3.12. ADULT CRIMINAL BACKGROUND CHECKS

3.12.1. Scope. For the purposes of this program, all coaches, assistant coaches, managers, trainers, volunteer administrators, board members, referees, referee instructors, referee assignors and staff / employees over the age of 17 must have on file with STYSA a completed STYSA Application and Consent for Criminal Background Check (the “STYSA Adult Application”) or successfully complete the online STYSA Adult Application on the STYSA approved and designated website in place of filling out a paper copy of the above form and submitting it to STYSA.

3.12.2. Procedures.

1. STYSA will provide an opportunity bi-annually to submit a STYSA Adult Application online at the designated website. Those identified in 3.12.1. are required to complete and submit a STYSA Application and Consent for Criminal Background Check during the first season / session in which the adult participates. Member Associations or Affiliates will appoint / elect a local Risk Management Coordinator to ensure that all local submissions are performed via the Internet. Volunteers or paid staff must submit their STYSA Application and Consent for Criminal Background Check within 15 days of registration with a team, club or Member Association.

2. Failure to complete and submit the STYSA Adult Application form per 3.12.2.1. is grounds for the individual not to be allowed to engage in any official position within STYSA and its Member Associations and Affiliates, whether paid or volunteer.

3. The STYSA Kid-Safe Committee has responsibility for the STYSA Adult Application submissions forms and submittals for processing criminal background checks. STYSA will provide a weekly listing of background checks that have cleared the system. It is the responsibility of the Member Association / Affiliate Risk Management Coordinator to provide this listing to their local members.

4. A negative response from the Texas Department of Public Safety or other agency which meets the criteria by the Kid-Safe Committee making an individual’s application unacceptable, will cause a written notice to be sent to the individual stating that the individual is not eligible to participate in any STYSA sponsored activities pending appeal. Any current STYSA activities of the individual must be suspended pending disposition of the appeal. The written notice will detail what appeal rights the person has and the timeframe in which any appeal must be made. A courtesy copy of the notice will also be sent to the Member Association / Affiliate Risk Management Coordinator. The Member Association / Affiliate Risk Management Coordinator will contact the individual’s home club to make sure the individual does not participate pending the outcome of the appeal.

5. Should any individual who has received a negative response wish to appeal the findings, an appeal may be filed with the STYSA Appeals Committee according to the STYSA Procedure for Filing Appeals.

6. At such time as the Appeals Committee has heard an appeal and rules an individual ineligible, or when the appeal time has elapsed, then the individual's name will be added to a list maintained by the Kid-Safe Committee which is available to all Risk Management Coordinators.

7. STYSA will make every reasonable effort to maintain the confidentiality of the information received in the background checks. However, if the information is already in the public domain or is a matter of public record, it cannot be considered private or confidential, and therefore imparts no obligation upon STYSA with regard to confidentiality.

All background checks are good for a two year period from the date is was performed. For example, your background check was performed on August 30, 2008. It will not be repeated until August 30, 2010. The Adult Participation Passes/Kid-Safe badge (which signify that a background was performed and passed) is only good for one seasonal year. A new pass will need to be printed and given even if a background check was not performed. The club registrar will print and sign the passes. The passes will then be picked up at the fields. All background checks will be performed by the BSC board members. The following information will be needed to obtain a background check:

- a. date of birth
- b. driver license number (with state issued) and expiration date
- c. legal name as it appears on your driver's license
- d. address
- e. email address
- f. contact phone numbers

Filling out the top portion of the registration forms during registration will be accepted as long as all the required information is obtained. Only 3 adults are on a U8 and below roster, and 4 adults are on U9 and above rosters. Extra background checks will not be performed or passes printed. Each background check cost the club \$5.00 per check. By limiting the number of passes, not only do we save the club money but we are able to monitor who has access to the player's sidelines better.

Coaching Education

STYSA Rule 3.1.16: Registered Coach, states that "an individual wishing to coach must successfully complete an age appropriate module license course (Under 6/8; Under 10/12) the appropriate license level course (E or D) or receive approval from the STYSA Director of Coaching for equivalent licensure...within one year after the date the individual begins to coach. Only registered, eligible coaches are allowed to participate in STYSA sanctioned events."

Coaching Education (from STYSA manual)

The purpose of the modules and coaching licensing courses is to educate youth coaches, stimulate their interest in coaching, and promote youth soccer. Coaching courses are intended to provide information that will improve general knowledge of the game as well as coaching

and teaching methodologies that will enhance the development of youth soccer players. All of the courses that STYSA offers can be taught in Spanish.

BSC offers coaching modules before or at the beginning of each season. This class is conducted by our director of training, Wade Breaux. These are licensing clinics and are referred to as “youth modules”. These clinics are mandated by STYSA and all coaches are required to have taken one within one (1) year of becoming a coach. They are especially helpful for coaches who want to become more familiar with the game of soccer and/or are seeking assistance in preparing practice games. Coaches new to BSC are encouraged to attend the coaching modules.

Topics covered in the clinics:

- a. age-appropriate coaching philosophy
- b. rules of the game
- c. team organization
- d. sample practice plans
- e. sample drills

The clinics are broken up into two different modules. One is a classroom instruction and the second is field instruction. For the field instruction, you are encouraged to bring your team out to participate with your players.

Coach's Checklist

Beginning of season:

- Complete STYSA Kid-Safe Adult Registration for background check
- Attend age appropriate coaching course as offered (will be notified of dates as they become available).
- Determine time and place for team meeting and/or first team practice. (Immediately following coach's meeting, start recruiting a team parent and assistant coach)
- Contact all players on team roster within 2 days of receiving roster
- Determine if you will provide water at practice or if parents need to bring some for their player
- Meet with/talk to Assistant Coach and/or Team Parent to coordinate plans for team meeting. If you are going to practice, make sure your players wear shin guards and bring their ball
- Conduct team meeting
 - hand out copy of team roster and game schedule (when available)
 - obtain volunteer for team parent, if not already done so
 - hand out uniforms
 - agree on time and location for regular season practices
 - notify parents of play day and pictures
- Familiarize yourself with the procedures included in this manual
- Follow game day procedures each Saturday, including game card for U9 and above
- Turn in extra uniforms

End of season:

- contact Awards N More with roster if names are to be put on players trophies. BSC will provide the basic trophy at no cost to the player, player name on the trophies will cost \$.75 each and is the responsibility of the team. Awards N More will need approximately 3 days to add the names.
- turn in equipment bag, even if you are returning for the next season
- tell your players to register again if they have not, early registration is offered a discount

Game and Practice Tips

Practice Tips

- a. Choose a field that is centrally located for most of the players on your team. Most Bryan schools and parks have facilities for soccer practice. Mitchell Elementary (Austin's Colony), Bryan High School and BRAC are off limits. It is best to hold practices at the same location through the season.
- b. Space is a first come first serve basis. If several coaches want the same field, work together about either alternating days or practicing together
- c. Always bring medical release forms to practices (and games)
- d. Plan the practice out in advance. Know what drills you want to run and concepts to practice. It is a good idea to write the drills on paper and decide how much time to devote to each drill.
- e. Hold scrimmages on a regular basis to stimulate game situations
- f. Use a whistle for start and stop of drills and scrimmages. This conditions the players for when the ref will use a whistle in a regular game
- g. Start practice with warm up activity, 3-5 minutes
- h. Schedule several short water breaks
- i. Remind parents of the day and time of next practice and/or game
- j. Keep the players moving at all times and keep distractions (talking coaches) at a minimum
- k. Avoid lines and just standing around....BORING!!!
- l. Break into smaller groups and utilize the parents to help run different stations. These can include dribbling, correct kicking of ball, kicking with both feet, throw-ins, etc.
- m. Use the development training and academies provided by the Director of Training. Use the weekly academies as a practice for your players. Not only do the players practice, but you are getting good advice and tips from the trainers.

Game Tips:

- a. Have players show up at least 15 minutes before the scheduled start time
- b. Hold a warm-up activity and one or two pre-game activities, like shooting goals or passing drills.
- c. Meet the other coach and players. Meet the referee before the game to discuss ref's preferences
- d. All players should have equal playing time as much as possible (approximately 50% of the game)
- e. Always provide encouragement and help when coaching, never yell or look upset- this will upset the players
- f. Use one or two phrases when instructing players. There is a lot of noise from the parents and it is hard to hear on the field

- g. If you are on the field, try to instruct as little as possible. Take notes and use them for later instruction during a practice. The more they learn, the more independent soccer player they become
- h. Monitor your sidelines. Help parents, assistant coaches, and spectator in control. If you need help, ask you assistant coach or team parent. If behavior is out of control, notify a board member to handle. All adults on player's sideline must have an adult participation pass- if they do not have one, send them back to the spectator sides
- i. HAVE FUN!!! Let the kids play and have fun.

Player's Code of Conduct

I will play soccer for the enjoyment of the game.

I will show respect to all involved in the game:

- referee
- coaches
- parents
- spectators
- to all players, both on my team and the opposing team, for without the other players, the game would not be played.

I will conduct myself with dignity and obey the laws of the game.

Coaches' Code of Conduct

I coach because I want to help young people mature into well adjusted, productive adults with strong character and because I want these young people to get a proper exposure to the fun and exciting game of soccer. In short, I want them to enjoy soccer and sports and to grow up well adjusted.

1. My actions and personal manner will be a good example for young people to follow.
 - a. I will treat all players, coaches, administrators, parents, and referees with the respect and courtesy I desire for myself.
 - b. Any dissatisfaction I want to express will be stated in a private forum and in a restrained and civil manner.
 - c. I will respect and honor the beliefs and sensitivities of all players, coaches, parents, administrators, and referees.
2. No matter how selected, I recognize that all players on my team have value, both as players and as people.

- a. If I select players for a competitive or select team, I will do so recognizing that players are on the team to play, not to watch.
 - b. If I am assigned players for a recreational team, I recognize that all have signed up to play and have fun and, except for health and disciplinary reasons, I am committed to playing each player approximately an equal amount of time per game and in a manner that seems fair to all players and parents.
 - c. As a coach it is not appropriate for me to teach the players “life is not fair”; they will learn enough of that on their own. My job is to make soccer part of their life as fair as possible, no matter what level of competition.
3. I will be prepared for each game and practice.
 - a. For practices I will have a practice plan that efficiently uses the time available and teaches the players important skills and strategies for the game of soccer.
 - b. For games I will have a game plan that will utilize the talents of all my players to the utmost while insuring that each player feels needed and respected
 4. I will be an encourager, not a discourager.
 5. I will help the players and parents to follow their respective code of conducts.
 6. I will follow all the Laws of the Game and will abide by the administrative procedures of my club (BSC), local association (BVYSA), STYSA, USYSA, and USSF.
 7. I will do my best to make soccer a fun game for all to enjoy.

The Bryan Soccer Club board members, coordinators, parents, and players would like to thank you for volunteering your time and energy to coaching a team. We all know that this is an unpaid position and your time is extremely appreciated. While there will be times when you will ask yourself, “what was I thinking?”, once you see those smiling faces, it will be worth it.

Please address any concerns or problems that you have first to your age group coordinator and then to a board member. Any input that you may have to make future Coach’s Manuals better, is also greatly appreciated. This manual was put together to put you, the coach, at ease and help make it as easy as possible to achieve our ultimate goal. The kids having fun!!

Enjoy and have a safe and fun season.

Information to help complete this manual came from: stxsoccer.org, cssoccer.com, soccermomsrule.com, and ussoccer.com