



**Round Lake Area AYSO**  
**Region 428**  
**Parent Handbook**  
**Voicemail**  
**(847) 546-9428**  
**Website**  
**[www.ayso428.org](http://www.ayso428.org)**

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For more information visit: [www.ayso428.org](http://www.ayso428.org)

## **Calendar of Events for MY2013**

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### **Fall 2013**

Aug - TBA	Coach Meeting – Time @ RLA Sportscenter
Aug - TBA	Parent Meeting - Time @ RLA Sportscenter
Aug 26	Team training begins
Sept 7	First Scheduled Games
Oct 26	Last Scheduled Games
Oct	Registration for Indoor Season through Round Lake Area Park District

### **Spring 2014**

March 24	Team training begins
April 12	Spring Games begin
April 19	Picture Day
May 24	Memorial Day Weekend, No Games
May 26	Challenge Cup (U14 co-ed tournament)
June 7	Last Scheduled Game Day for Spring
June	Section 6 Tournament (U12 and above)
June	Region Picnic

Registration for MY2014 season will take place May-July, 2014. Watch our Facebook page and website for dates and times.

**Everyone Plays**  
**Balanced Teams**  
**Open Registration**  
**Positive Coaching**  
**Good Sportsmanship**

## **Player Development**

### **Contacting the AYSO**

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#### ***AYSO Region 428 Website and Facebook page***

**[www.ayso428.org](http://www.ayso428.org)**

Contains information on our region's current board members and announcements.

#### ***AYSO Region 428 Voicemail***

**(847) 546-9428**

Information on game cancellations. We will do our best to respond to messages left at this number within 72 hours.

#### ***AYSO National Website***

**[www.AYSO.org](http://www.AYSO.org)**

All you've ever wanted to know about The American Youth Soccer Organization (AYSO).

## AYSO Facts and Figures

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The American Youth Soccer Organization (AYSO) is founded on community involvement. The foundation of AYSO is the "Region" or basic community program. Each Region is headed up by a Regional Commissioner (RC) who, with the help of an **all volunteer** regional board, conducts business within the framework of AYSO's philosophies, rules, and regulations.

Several bordering regions compose an "Area." Each Area is headed by an Area Director. Area A is made up of the communities of Round Lake, Antioch, Grayslake, Winthrop Harbor/Zion, Lake Forest, and Mundelein.

Area Directors report to the Section Director, who is responsible for the general welfare and administration of a "Section" or a larger geographical area. Our Section, Section 6, is composed of Illinois, Wisconsin, eastern Iowa, and Minnesota.

A National Board of Directors governs the overall AYSO organization. Regional Commissioners, Area and Section Directors, along with the National Board of Directors, serve as executive members, with voting rights, on policies that govern AYSO.

Nationwide, AYSO has over 800,000 boys and girls, ages 5-18, and nearly 250,000 volunteer coaches, referees, and administrators.

Founded in 1964 in Torrance, California, AYSO's revolutionary philosophy still guides our organization today.

## Region 428 History

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AYSO soccer came to the Round Lake Area communities in the 1984 when Jim Rock, then Athletic Supervisor for the Round Lake Area Park District, saw the need for a youth soccer program that would put the emphasis on children first, sport second.

Since its conception at Round Lake, Region 428 maintains a close relationship with the Park District. In the early years of the program, the Park District did all of the planning and governing of the region. In recent years, our Region has been run entirely by volunteer parents for the daily management of our region, with facilities support from the Park District.

In 1995, Joe Murray became the first parent to become Regional Commissioner for AYSO Region 428 and Kim Burby became Chief Coach. Since their tenure, our region has grown to over 800 players with more than 70 teams and 20 referees.

Our region has undergone some changes in the past few years. We have adapted our style of play for the younger ages to a "Short-Sided" game, giving the player more chance to play the ball during the game. We added separate girls and boys teams, attracting more girls than ever to our region. Our region has expanded its number of playing fields, and is working to accommodate growth.

The future of our region will continue to be a success, with involvement of parents and volunteers, towards our mission:

**Everyone Plays  
Balanced Teams  
Open Registration  
Positive Coaching  
Good Sportsmanship  
Player Development**

## **AYSO Board of Directors and Volunteers, Region 428**

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### **Regional Commissioner (RC)**

**Joe Nadeau**

Presides over AYSO Board and is the primary coordinator for the Region.

### **Regional Coaching Administrator (RCA)**

**Dave Munsterman**

Trains, informs, encourages, and supports all coaches and assistant coaches.

### **Regional Referee Administrator (RRA)**

**Brian Foreman**

Selects and trains the Region's referees and assistant referees.

### **Assistant Regional Referee Administrator (ARRA)**

**Open**

Assists the RRA and assumes the RRA's duties in his/her absence.

### **Regional Treasurer**

**Karen Besaw**

Keeps Region's books and disburses all funds.

### **Safety Director**

**Joe Serocki**

Soccer Accident Insurance reimbursement coordinator.

### **Child and Volunteer Protection Advocate**

**Tracy Varney**

Oversees AYSO SAFE HAVEN program.

### **Regional Registrar**

**Cynthia Finney**

Organizes and coordinates player registration, maintains the region player database and wait list.

**Equipment Coordinator****Mark Lindquist**

Organizes player equipment.

**Field Coordinator****Dave Finney**

Organizes and coordinates soccer field upkeep

**Regional Concession Stand Coordinator****Renee Nadeau**

Responsible for the concession stand operation.

**Regional Secretary****Janis Monda**

Maintains and publishes minutes of Regional Board meetings.

**Regional Publicity Director****Keith Stateler**

Responsible for Regional newsletter and Parent Handbook.

**VIP Director****Holly Blanchette**

Coordinates the 'Very Important Players' program for special needs children with physical or mental challenges.

**Regional Referee Director of Assessment****Rich Goldberg**

Assesses and critics referee performance within the Region.

**Regional Referee Director of Instruction****Rich Goldberg**

Oversees the training for all referees within the Region.

**Assessment Coordinator****Open**

Verifies completion and accuracy of all Regional documents.

**Regional Coach Instructors****Holly Blanchette, Rich Goldberg, Brian Foreman**

Responsible for coach, referee, and volunteer instruction.

**Website Master****Gary Luz**

Maintains and updates region website and social media.

**Come and join us!!**

\* **Open** positions need to be filled by a volunteer. If interested in any open or currently filled position, please contact the Regional Commissioner on the Region 428 Hotline 847-546-9428

A listing of additional board positions is available upon request.

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## **Age requirements for MY2013 Season**

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<b>Division</b>	<b>Born Between</b>
U19 (Ages 16-18)	August 1, 1994 and July 31, 1997
U16 (Ages 14-15)	August 1, 1997 and July 31, 1999
U14 (Ages 12-13)	August 1, 1999 and July 31, 2001
U12 (Ages 10-11)	August 1, 2001 and July 31, 2003
U10 (Ages 8–9)	August 1, 2003 and July 31, 2005
U8 (Ages 6–7)	August 1, 2005 and July 31, 2007
U6 (Ages 5-5)	August 1, 2007 and July 31, 2009

## **Kid's Zone Parent's Pledge**

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1. I pledge to be on time or early dropping off my child to a practice or game. I understand that it is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who has other time commitments, and tells my child that he or she is my top priority.
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep the sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.
3. I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let

mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.

4. I will “Honor the Game.” I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent!
5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and others players for both teams.
6. I will not make negative comments about the game, coaches, referees, or teammates in my child’s presence. I understand that this plants a seed, which can negatively influence by child’s motivation and overall experience.

**Please note:**

- ***Alcoholic beverages or tobacco products are not allowed at any practice or playing field.***
- ***Dogs / Pets are not allowed at any practice or playing fields.***
- ***Parents are not allowed to sit between fields. Players only.***
- ***No fireworks at any practice or playing fields.***

## **PLAYER'S CODE**

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- Play for the fun of it, not to please your parents or coaches.
- Play by the rules.
- Proper equipment will be worn at all times.
- Never argue or complain about the referees' calls or decisions.
- Control your temper and most of all resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer and on affecting the outcome of the game with your best effort. Work equally as hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it's your team's or your opponent's.
- Treat all players as you would like to be treated.
- Cooperate with your coaches, teammates, opponents, and referees.

## **COACH'S CODE**

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- Enthusiastically support and practice "Everyone Plays" and "Positive Coaching" philosophies of AYSO.
- Be reasonable in your demands on young players' time, energy, enthusiasm, and their performance on the soccer field.
- Impress on your players that they must abide by the rules of the game.
- Show respect for fellow coaches and referees. Remember that they are volunteers.

## Region 428 Policies

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**Refund Policy:** Notification of a player's resignation from the Region must be received by the Regional Commissioner before the first day of practice in order to receive a full refund. All requests for refund of player registration fees must be submitted in writing and accompanied with a self-addressed, stamped envelope. We do not issue pro-rated refunds for playing a partial season except in the event the player moves out of the region, less the cost for uniform, park district player fees and AYSO National fees. The prorated refund will be calculated per an 8 week season.

**Team Formation:** Teams are formed using a system to ensure the most balanced groups within each Division. Our goal is to give each team an equal opportunity for success with BALANCED TEAM play.

**Length of Season:** Fall 2013 - Spring 2014 will each be an eight-week season. A minimum of six games each will be played. Make-up games will be scheduled, as needed, to ensure the minimum of 6 games.

**Coaches and Assistants:** Coaches may pick one person to be an assistant coach. If an assistant was not identified before teams are formed, coaches are encouraged to identify an assistant from the team roster.

**Team Transfers:** Once a child has been placed on a team, he/she will only be allowed reassignment with the approval of the Regional Commissioner and Coach Administrator.

**Waiting Lists:** Any player wishing to register after the last day of scheduled registration may be placed on a waiting list. Should room become available on existing teams, players will be placed on a first come, first serve basis. New teams will be formed only if there are volunteers available to coach, and sufficient players to fill a roster.

**Apparel:**

1. Each player must be dressed for official games as follows:
  - Issued jersey
  - Issued shorts
  - Issued socks
  - Regulation soccer shoes, gym shoes, or sneakers  
**FOOTBALL, BASEBALL, AND ALL PURPOSE  
SPORT SHOES WITH TOE CLEATS WILL NOT BE  
ALLOWED.**
  - **Shin guards worn under issued socks.**  
**MANDATORY FOR ALL GAMES AND PRACTICES.**
  - **NO** jewelry, wristbands, watches, earrings, friendship bracelets, bandanna's, caps etc.
2. No markings other than the AYSO registered trademark and uniform number will be placed on the body of the uniform. Local sponsor patches may be worn on the right sleeve. All patches must be approved by the Regional Board.
3. Goalkeepers may wear soft knee pads and elbow pads. Gloves are allowed.
4. Players not attired in proper uniforms will not be allowed to play until properly dressed.
5. Long sleeve sweatshirt, sweat pants, and bike shorts may be worn under the player's regular uniform.

**Complaint Procedure:** Should any parent or player in our Region have a problem, they are encouraged to complete a comment card, available at the concession stand, or from a Board Member. It is the open communication in our program that encourages positive change. Comment cards may be deposited in the concession stand drop box, given to a board member, or mailed to the Region's address:

AYSO Region 428  
814 Hart Road  
Round Lake, IL 60073

### **Game Conduct:**

1. Improper conduct on the part of players, coaches, or spectators may result in a caution (yellow card) or ejection (red card). The referee will deal directly with the players and coaches. The coaches are responsible for all spectators.
2. A player, coach, or spectator can only be cautioned once in a game. The second action requiring a caution, automatically becomes an ejection from the game.
3. A player, coach, or spectator who is ejected, must leave the vicinity of the field. If the ejected player's parent is not present, the player must remain on the sideline and not interfere with the match.
4. Failure of an ejected individual to leave the vicinity of the field, may result in the stoppage of the game at that time.
5. No appeal to the referee will be accepted on any of the above actions.
6. Due process will be followed should a written request be filed with the Regional Commissioner.
7. ***Alcoholic beverages, fireworks and tobacco products are not allowed at training or playing fields.***
8. ***Dogs / Pets are not allowed at training or playing fields.***

**Spectators:** No one shall observe the game from behind the goal line (end of the field) or the length of the penalty area on the touch line (side of the field). Photographers may be allowed to photograph the game from the end of the field if they receive permission from the referee prior to the start of the game. Photographers must remain silent while in the prohibited area.

**Inclement Weather:** The decision to cancel a scheduled game can be made by the Regional Commissioner, Safety Director, or the Round Lake Area Park District Recreation Supervisor. Notification of cancellations will be made at the earliest possible time and will be posted on the AYSO Voicemail (847) 546-9428. We ask for coaches to call prior to game and notify the team if a game has been cancelled.

**Volunteer Certification:** All volunteers (coaches, referees, board members, and any other position within AYSO Region 428) must fill out a volunteer application and must be properly certified by the start of each year or season.

**Player Participation:** Every child is guaranteed to play half of every game regardless of his/her skill level or aptitude, if the child:

- Arrives at the playing field, on time, for scheduled games, prepared to play in proper uniform.
- Is not physically incapacitated due to illness or injury.

**Length of game:** Each game is divided into two halves, with a five-minute half-time break. The games will be stopped in the middle of each half to allow for player substitution. The referee is the only timekeeper for the game. The only time the referee stops his/her watch during play is for serious injury.

U19.....45 minute halves

U16 .... 40 minute halves

U14 .... 35 minute halves

U12 .... 30 minute halves

U10 .... 25 minute halves

U8 ..... 20 minute halves

U6 ..... 10 minute halves

## **Simplified Soccer Rules (Laws of the Game)**

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### **LAW # 1 - THE FIELD OF PLAY**

The soccer field should always be a rectangle with a maximum length of 130 yards and a maximum width of 100 yards. With the proportions kept correct, junior fields can be smaller, depending on the age level.

### **LAW # 2 - THE BALL**

The ball must be round with a circ. of 27"-28" for regulation adult play. The weight should be 14-16 oz. For U14 teams a size '5' ball will be used. For U10 & U12 teams a size '4' ball will be used. For U8 and U6 teams a size '3' ball will be used.

### **LAW # 3 - NUMBER OF PLAYERS**

In full-sided games, each side is composed of 11 players with the number of substitutes (subs) to be no more than 5. A complete roster of players and subs must be presented to the referee before the game starts. The referee must be notified before substitutions can occur. Any player ejected from the game shall not be replaced.

### **LAW # 4 - PLAYER'S EQUIPMENT**

The uniform consists of a jersey, shorts, socks, and shin guards. Nothing potentially injurious to another player may be worn. Cleats are normally rubber or plastic. The goalkeeper must wear a different color than the rest of the team.

### **LAW # 5 - THE REFEREE**

The referee is in charge of all game activity and is to make sure each team abides by the rules. His/her decisions are final. It is the referee's responsibility to keep the game clock, stop for injuries, and remind players of proper game conduct. He/she can eject players who do not show appropriate conduct.

### **LAW # 6 - THE ASSISTANT REFEREE**

There are usually two Assistant Referees - one for each sideline (U12-U19 games only). Their main responsibility is to assist the referee by calling the ball out of bounds, offside, indicates corner kicks and goal kicks. Assistant Referees can



be overruled by the center Referee.

### **LAW # 7 - GAME DURATION**

Most adult soccer games are divided into two 45-minute halves. The stopwatch, kept by the referee, will continue unless there is an injury or unexpected interruption. The game length is usually shortened for younger players.

### **LAW # 8 - START OF PLAY**

To start play there is a kick off. This happens at the start of the game, half time, and after a goal is scored. A forward player, standing near the center-line, kicks the ball to a fellow player. After the ball moves forward, the game officially starts. The kicker may not touch the ball again until it is kicked or touched by another player.

### **LAW # 9 - BALL IN/OUT OF PLAY**

After the ball has wholly crossed the sideline or goal line, it is out of play. Any ball that strikes a referee, goal post, or corner post and remains on the proper field is in play.

### **LAW # 10 - GOAL SCORING**

A goal is scored when the ball wholly crosses the goal line, between the goal posts, and under the cross bar. The winner of the game is determined by the margin of goals scored.

### **LAW # 11 - OFFSIDE**

While going toward an opponent's goal, the offensive team may not have a player ahead of the ball unless there are two defending players present between the ball and the defender's goal. The exception to this law is when the player is on his/her own half of the field of play or the ball is played by an opponent. The referee has the right to call or not call the infraction depending upon whether the offending player has gained an unfair advantage.

## **LAW # 12 - FOULS AND MISCONDUCT**

A. There are ten prohibited acts for which a referee can award a direct free kick to the offended team:

1. Kicks or attempts to kick an opponent.
2. Trips an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.
7. When tackling, makes contact with the opponent before making contact with the ball.
8. Spits at an opponent.
9. Holds an opponent.
10. Handles the ball deliberately.

B. An Indirect kick shall be awarded when these acts occur:

1. Dangerous play (i.e. high kicking).
2. Charging away from the ball.
3. Impedes the progress of an opponent.
4. Charging the goalkeeper when he/she does not have the ball.
5. A goalkeeper takes more than six seconds to return the ball back into play.
6. Goalkeeper handles the ball after the ball is played by a teammate.

## **LAW # 13 - FREE KICKS**

The two basic kicks, awarded by the referee, are the:

- Direct Free Kick  
(a goal can be attempted or a pass can be made to a teammate)
- Indirect Free Kick  
(ball must touch another player before a goal can be scored)

## **LAW # 14 - PENALTY KICKS**

A penalty kick is awarded after a serious rule infraction (Law No. 12) takes place, by the defensive team, in their penalty area. It is a direct free kick, taken 12 yards from the goal. All players except the goalkeeper and kicker must stay outside the penalty area, and behind the kicker. The goalie must stand on the goal line and can not move forward off the goal line until the ball is kicked. (NOTE: U8 & U6 teams do not use Direct Free Kicks or Penalty Kicks, only Indirect Free Kicks will be awarded for penalties)

## **LAW # 15 - THE THROW IN**

After the ball has wholly crossed the touch line (sideline) the team that did not touch the ball last shall be awarded a throw in. These rules should be remembered as part of the throw in regulations:

1. Both feet must be on or behind the touch line when the throw is being made.
2. The ball must be thrown by both hands, directly over the head.
3. Both feet must be touching the ground as the throw is made.
4. On incorrect throws the ball is awarded to the other team.

## **LAW # 16 - GOAL KICKS**

A goal kick is awarded when the ball (after being kicked by the offensive team) crosses the goal line, but not within the goal scoring area. The ball can be placed anywhere within the goal box (smaller of the two boxes at the end of the field), regardless of where the ball was kicked out of bounds. The ball must clear the penalty area before it can be regarded as in play. If the ball does not clear or is touched by any player before it clears the penalty area, the kick is repeated. The kick is usually taken by a fullback or goalkeeper. No opposing players can be within the penalty area until the ball clears.

## **LAW NO. 17 - CORNER KICKS**

A corner kick is awarded when the ball crosses the goal line last touched by a defensive player and does not result in a goal. One member of the attacking team takes the kick in the quarter circle, to the nearest corner flag post, from where the ball went out of bounds. A goal may be scored from this kick. These rules should be remembered as part of the corner kick regulations:

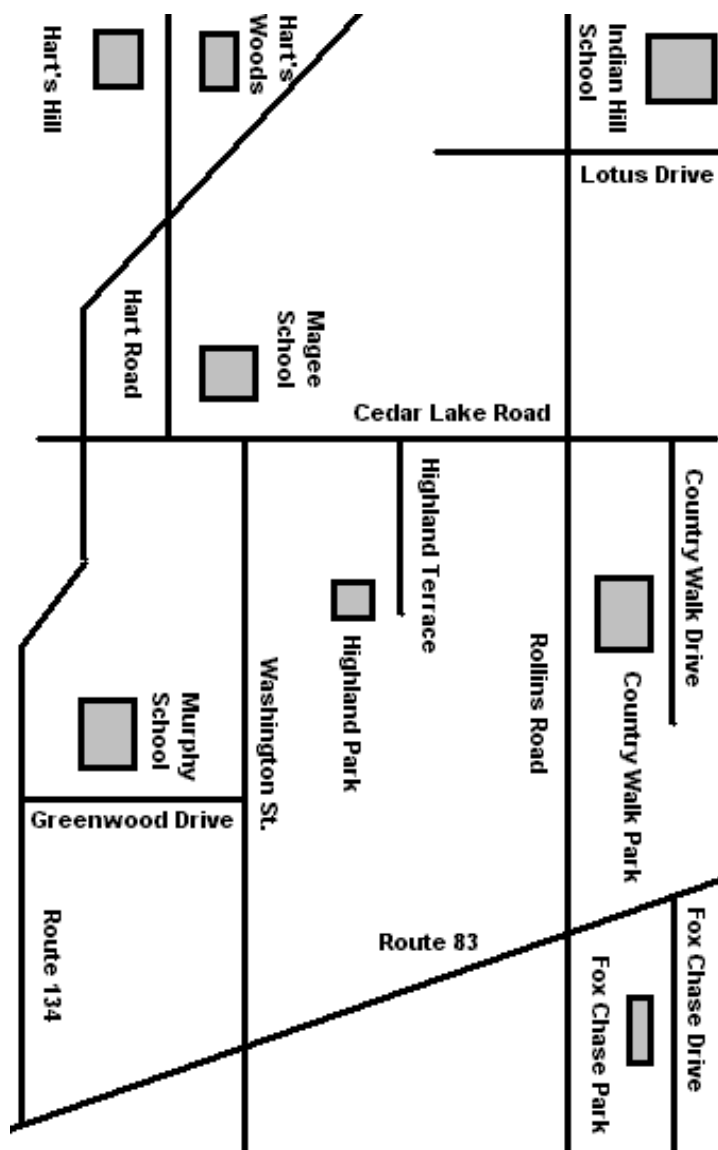
- The opposing team must remain 10 yards from the ball, as it is being kicked.
- The kicker may not touch the ball a again until it is touched by another player.

**For more Information visit:**

[www.ayso428.org](http://www.ayso428.org)

## Practice Field Map

Practice is allowed at any Round Lake Park or school field. Practice is not allowed on games fields. Please check with the Board regarding any additional practice fields.



## Game Field Map

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### **FIELDS 1-4:**

Located on Hart Road, at Hart Woods. Field 1 is the main full-size field. Fields 2-4 are located at the base of the sledding hill.

### **FIELD 5:**

Located on Hart Road, behind the Rolek Community Center.

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