**Palos AYSO-Region 733.**

**Game rules**

1. All players must play **½** of every game. It is HIGHLY encouraged that they play **¾** of the game.
2. If full squad shows it is encouraged that all players sit out **¼** of the game to allow everyone fair time.
3. U8 through U12: substitutions are made ONLY at the quarters. U14 may substitute throughout the game. On their own goal kick or their own throw in. If opponent substitutes on their goal kick or throw-in then you can too. Works both ways. You can also substitute after a goal or quarter. Referees must wave the subs on the field. You do not substitute on Free Kicks or Corner Kicks.
4. Missing practice does NOT penalize players from playing equal time on game-day.
5. Teams cannot play more than 2 up on the field. It is encouraged to play even.
6. Goalies can play no more than ½ the game in goal. It is HIGHLY encouraged that they play only ¼ in goal especially at the lower levels.
7. Headers….Not allowed at U8 or U10. Allowed but not encouraged at U12. Allowed at U14.
8. No Arguing with Referees. Their decision is final. They are Volunteers too. Remind parents of this as well.
9. Each Coach must get flaggers for every game.
10. On the field…
    1. U14….10 + goalie
    2. U12 …9 + goalie
    3. U10….9 + goalie
    4. U8…5 + goalie
11. Games will be stopped/delayed if lightning is in the area. Play can resume after 20 minutes of no lightning sightings.
12. No jewelry allowed. Soft head bands are acceptable. Only prescription eyewear is allowed.

**Borrowing players**

1. Yes- you can borrow players from another team ONLY if you cannot field a full squad. If you are looking to borrow a player because you want a sub….then no.
2. The first option preferred is to borrow players from opponent. Use a different one each quarter. This actually gets more scheduled players in their assigned game.
3. Make sure opposing coach & referee are fully aware of the situation.
4. Borrowed players can only play defense and they cannot score. They cannot play goalie.
5. Borrowed players must be of the same age/division level. No playing up or down a level.
6. If borrowed player is on the field and one of your players shows up late. Transition your player in ASAP under substitution rules. Borrowed player is done for the game provided you now have a full squad on the field.

**Post- Game**

1. Please encourage the players to clean up after themselves. Garbage cans are place near every field. Encourage parents to clean up the fan sections as well.
2. Last Game of the day….
   1. Coaches please ask a parent to take garbage can from the field to the walkway near the parking lot.
   2. Coaches…each take one of the day’s game balls.
   3. Referees…..please take corner flags to referee tent area.

**Practice Rules**

1. Coaches pick their practice time/place at coaches meeting and must adhere to that.
2. Head coach and/or Assistant coach MUST be present at every practice. If this cannot happen then practice must be cancelled.
3. Release form must be present at practices and games. Please keep in coach’s bag.
4. Practices must end immediately if lightning is sighted.

**General Policies**

1. We do not honor carpool requests.
2. When handing out uniforms please follow the roster. All players pick their size. If there is a mistake…when possible-please see if a trade among the players can be made before requesting a new uniform order.
3. After teams are formed….if practice time does not work out for the player…we will not switch player’s team assignment. We will not give refunds. We will not allow player to practice with other teams. It will not be held against the player on game day.
4. Final cut-off for registration in 2015 will be June 12th. We have three in person registrations each spring and an on-line option as well.
5. If a player drops please ask the parent to email you and/or the league Commissioner.
6. If you have any serious issues, disagreements etc. Please contact a board member ASAP.

**End of Season**

1. All evaluations must be turned in **PRIOR** to your first Tournament game or the game will not begin but clock will run.
2. After your season is over all coach folders must be returned. The league will shred the documents.
3. Clean out any personal belongings from the coaching gear/bags.
4. Return the equipment and have a volunteer check off your name/team. (one request--- after your last practice you wash all pinneys and bag them up in a plastic shopping bag with the number of pinneys written on the bag).

**EVERYONE PLAYS**

**BALANCED TEAMS**

**OPEN REGISTRATION**

**POSITIVE COACHING**

**GOOD SPORTSMANSHIP**

**PLAYER DEVELOPMENT**

**Thank You from the League!**