



Community Services Department



Youth Soccer Manual 2016

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City of Bell
Community Services Department
6250 Pine Avenue
Bell 90201

Dear Parent and/or Coach;

I thank you for enrolling your child in the City of Bell's Youth Sports Program. It is our mission to create a positive, safe, and fun environment during each season. The purpose of our Youth Sports program is to build self-esteem, character, team spirit, friendship, loyalty, physical fitness, confidence, and competitive greatness*. It begins during our registration period and ends during the awards ceremony, where we recognize every child for their commitment and dedication throughout the season. Every staff member is dedicated to supervising every practice and game to ensure our Code of Ethics are followed by each coach, parent, and player.

This handbook is written to serve as a reference for you, as a parent or coach, so you may understand the philosophies of this department regarding the City of Bell's Youth Sports program and do your part in making this program a success. I firmly believe that if we all work together and do our very best as league personnel, volunteer coaches, parents, and players we will be able to call each season a success.

Recreation Supervisor

*** Reference: John Wooden's Pyramid of Success.**

The City of Bell has embraced the philosophies set forth in “National Standards for Youth Sports”, a publication compiled by the National Alliance for Youth Sports. The following Standards were established:

Standard #1 - Quality Sports Environment

Standard #2 - Sports Participation should be fun and a portion of a child's life

Standard #3 - Training and Accountability

Standard #4 - Screening Process

Standard #5 - Parent's Commitment

Standard #6 - Sportsmanship

Standard #7 - Safe Playing Environment

Standard #8 - Equal Play Opportunity

Standard #9 - Drug, Tobacco, Alcohol and Performance Enhancer-Free Environment

General Policies

Registration –

Each participant needs to have one registration form completed for each sport they participate in by a parent or legal guardian. All participants must present a birth certificate to verify the child's age along with the parent's ID. Residents of the City of Bell need to present a current utility bill (water, electricity, gas, house phone) to receive the resident fee. All other bills will not be accepted as a valid form to verify residency status. If a child attends a Bell School, he/she could present the school profile to be granted the resident rate.

Payments and Refunds –

Payment must be received at the time of registration. Registrations without payment will not be accepted. *Refunds are only given when a program is cancelled by the Community Services Department.*

Medical Emergencies –

Please notify the league if your child has a pre-existing medical condition (i.e. allergies, medications, physical impairments, etc.) on the registration form. The league will then inform the coach of the situation. This is essential in order to determine the severity of an accident and to assist the medical personnel who respond to the scene.

Weather –

The safety of the participants, officials, and spectators is the primary concern in cases of inclement weather. Once a game has started, the game officials will have the responsibility to cancel or postpone the game, if they believe the weather warrants such action.

General Policies

Game Cancellations and Rescheduling –

If a game is canceled due to weather or other unforeseeable circumstances, the game will be rescheduled by the Recreation Coordinator. However, due to time restraints it will be the decision of the Recreation Coordinator when the game is played. Special circumstances may be taken into consideration when rescheduling any games.

Any request made by coaches to reschedule games due to any reasons will not be honored. If a Coach is unable to coach a game, the Assistant Coach will take the Head Coach responsibility. If an assistant coach is unavailable to coach, a staff personnel will coach the game.

Uniforms

1. City sponsored Jerseys will be the official uniform and no other will be allowed. No commercial or private advertising will be permitted on jerseys, shorts or socks. Lettering, if desired, will consist of player's name only.
2. Uniforms must be worn as manufacturer intended.
3. Players who lose or alter their uniforms will NOT be allowed to play. He/she will have to purchase a new jersey from the Community Services Department. Team jerseys may not be altered. Any jersey with torn or ragged edges is NOT legal and will have to be replaced
4. Jewelry may NOT be worn on the field.
5. Hair devices made of soft material and no more than 2 inches wide may be worn to control hair.

Trophies - Regular season standings will be kept for the sole purpose of seeding the teams for the playoffs. Therefore, trophies will be given based on the results of the playoffs and not the regular season.

1. Participant Trophies will be given to 3rd place teams and below.

Team Selection Procedures

All players will be required to attend the player evaluation. Since everybody who registered and wants to play will be placed on a team, player evaluations are intended to help preserve parity and to ensure a competitive league with no one dominant team.

Part 1: All players will be assigned a number and will run scrimmage games to assess their abilities and skill level. After every player has completed their scrimmage game, they will be dismissed.

- No show players who previously played in the prior season will begin the mark from that year.

Part 2: Coaches will have a list of all players. The sports staff will evaluate the players and assign them a rating number. Those ratings will be combined and the average will be given.

1 - Excellent Skills

2 - Good Skills

3 - Fair Skills

Part 3: Draft Meeting:

Numbers will be drawn to determine the order of the draft.

Note:

- 1) *Each coach may freeze only his own child(ren) for placement on his/her team. There are no freezes for assistant coaches, team moms, or any other person. Each coach's child will have his/her playing ability rated. That child will then be the coach's first pick as it relates to the child's ability in his related round.*
- 2) *Siblings in the same age division must be drafted on the same team unless the parent requests otherwise. No other "coupling" will be permitted.*

Team Selection Procedures

Part 4: Coaches will pick in sequence for the 1st, 2nd, and 3rd rounds. They will select in reverse order for the 3rd, 2nd and 1st round. In what is also known as a snake system.

All youth will be placed in a round according to the score received during the evaluation process. Example: If a youth scores a 1 on his evaluation then he will be placed in the 1st round.

The following format will be used:

Evaluation Score:	Round:
1 - Excellent	1st Round
2 - Good	2nd Round
3 - Fair	3rd Round

Drafting will begin with the 1st Round and finish with the 3rd round.

Note: Whichever round your child pertains too, you will be skipped during your first selection of that round. Example; if your son is a 1st round player, and you have the first overall pick you will be passed because your son is already a 1st round player. IF you would be allowed to select, you would be at an advantage since you will select 2 1st round players before anyone else. Your own child and the other selection. This is done to maintain the integrity and balance of the league.

Only the head coach and one assistant coach may be present during the drafting. No parents, children or players permitted. Coaches will pick until the player pool is exhausted. No coach may pass in any round.

Players who do not show up to the evaluation may not be drafted. All absentee player's names will be saved until the end, where we will then place them into a box. Coaches will then pick the names out of the box until all have been picked.

Immediately following the completion of the draft, coaches will decide on the following: 1) Team Name, 2) Team uniform colors, and 3) Practice time.

Volunteering Procedure

Our Youth Sports Program is composed of volunteer coaches. Any coach or team mom applying for a coaching position must complete the following steps:

- 1) Complete a Coaches Application and submit to the designated park.
- 2) If selected to coach, you must complete a Live Scan background screening at Ernest Debs Park. There is no fee for the Live Scan.

** You must provide a valid CA Drivers License at the time of the screening.*

- 3) Once we receive the results from the DOJ (Department of Justice). You will be notified by the sports staff if you were approved to coach. If your Live Scan results come back negative, you will be notified by the Recreation Coordinator. If you are disqualified from coaching, there is no appeal process.

**You will not be allowed to coach or receive the team roster until your live scan results have been received back and a decision is made.*

**Coaches must be 18 years or older to apply.*

Factors That Influence Who Coaches:

Submitting a coaches volunteer application does not guarantee any potential coach a team. The recreation staff will evaluate each coaches application to determine which coaches will coach. The following factors will be used when evaluating each applicant;

- 1) Prior coaching history with our Youth Sports program.
- 2) Coaching experience and sports background.
- 3) Emphasis on sportsmanship.
- 4) Schedule availability.

Coaches Code of Ethics Pledge

The following pledge must be followed by any coach in the Youth Sports Program:

- 1) I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- 2) I will treat each player as an individual remembering the large range of emotional and physical development for the same age group.
- 3) I will do my best to provide a safe playing situation for my players.
- 4) I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- 5) I will do my best to organize practices that are fun and challenging for all my players.
- 6) I will lead by example in demonstrating fair play and sportsmanship to all my players.
- 7) I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- 8) I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- 9) I will use coaching techniques appropriate for each of the skills that I teach.
- 10) I will remember that I am a youth sports coach, and that the game is for children and not adults.

Complaint Against a Coach Procedures

When the City of Bell receives a complaint about a volunteer coach, the City will:

- 1) Gather information and eyewitness accounts of the event(s) that took place from everyone involved to determine if a violation took place. This may include the Recreation Coordinator, Recreation Leaders, game officials, coaches, parents, and children.
- 2) Require the coach to attend a meeting to address the complaint and to offer his/her side of the incident.
- 3) The Recreation Coordinator has the authority to determine the severity of the situation and whether or not the affected coach has violated the expected behaviors outlined under the Coaches Code of Ethics Pledge that comprise the Code of Conduct.
- 4) The Recreation Coordinator has the authority to enforce the appropriate range of disciplinary actions outlined in this Youth Sports Manual. The Recreation Coordinator will meet with the coach and inform him of the decision which may include disciplinary action. This information will be logged in the coaches file.

Note: There is no appeal process to the decision made by the Recreation Coordinator as an investigation will be thoroughly completed to determine such action.

Players Code of Ethics Pledge

The following pledge must be followed by every player in the Youth Sports Program.

- 1) I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- 2) I will attend every practice and game that I can, and will notify my coach if I cannot.
- 3) I will expect to receive a fair and equal amount of playing time.
- 4) I will do my very best to listen and learn from my coaches.
- 5) I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- 6) I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- 7) I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- 8) I will encourage my parents to be involved with my team in some capacity because it's important to me.
- 9) I will do my very best in school.
- 10) I will remember that sports is an opportunity to learn and have fun.

Players Corrective Action Policy

Players who fail to adhere to the Players Code of Ethics, or do not live up to their responsibilities or expectations, will be subject to disciplinary action. The City of Bell does not want a player to jeopardize the program experience of any other player.

The Corrective Action Policy is a guide to assist coaches and the City run a quality program. The Corrective Action Policy is a 4-step system designed to forgive a mistake but to firmly address chronic misbehavior.

For violations of the Code of Conduct or Expectations, the following steps will be followed:

- | | |
|-----------------------------|--|
| Step 1 – Verbal Warning - | Sports staff and coaches will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated. |
| Step 2 – Game Suspension - | The Recreation Coordinator will suspend the player for an entire game. Coach will be notified, who will then notify the player and his parents. |
| Step 3 – Game Suspension - | After the 3 rd offense, at which time the player and the parent(s) must attend a meeting with the Recreation Coordinator before the player is allowed to resume playing, the player will be warned that the next offense will result in his/her expulsion from the league. |
| Step 4 – League Expulsion - | The participant, on the 4 th offense, will be expelled from the league. The parent will then have to make a formal request to be re-instated into this league. The child and parent(s) will then have to meet with the Recreation Coordinator prior to the start of the season to determine if the child is capable of playing within the program guidelines. |

Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge:

- 1) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- 2) I will place the emotional and physical well being of my child ahead of a personal desire to win.
- 3) I will insist that my child play in a safe and healthy environment.
- 4) I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- 5) I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- 6) I will remember that the game is for youth – not adults.
- 7) I will do my very best to make youth sports fun for my child.
- 8) I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- 9) I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches Code of Ethics.

Parents Corrective Action Policy

Parents who do not follow the Code of Ethics will be subject to a Corrective Action Policy. The City of Bell believes strongly that parents should not spoil the experience of participation in youth sports for children. Furthermore, the City will never punish a child for the actions of his or her parent(s). The guidelines listed below have been established for addressing problematic parents.

For violations of the Code of Conduct or Expectations, the following steps will be followed:

- | | |
|-----------------------------------|---|
| Step 1 – Verbal Warning | Sports staff and coach will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated. |
| Step 2 – Game Suspension | The parent will be suspended from attending 1 game. |
| Step 3 – Multiple Game Suspension | After the 3 rd offense, at which time the parent(s) must attend a meeting with the Recreation Coordinator before the parent is allowed to resume attending games, the parent will be warned that the next offense will result in his/her expulsion from the league. |
| Step 4 – League Expulsion | The parent, on the 4 th offense, will be expelled from the league. The parent will then have to make a formal request to be re-instated into the league. Parent(s) will then have to meet with the Recreation Coordinator prior to the start of the season to determine if the parent is capable of participating within the program guidelines. |

City of Bell Youth Soccer Program

General Information and Rules.

Rules I and II shall govern all divisions in Youth Soccer for the 2016 season.

ARTICLE I: GENERAL INFORMATION

RULE 1: CLASSIFICATIONS

Division 1 Boys	16-17 years old	1999-2000
Division 2 Boys	14-15 years old	2001-2002
Division 3 Boys and Girls	12-13 years old	2003-2004
Division 4 Boys and Girls	10-11 years old	2005-2006
Division 5 Boys and Girls	8-9 years old	2007-2008
Division 2 Girls	14-17 years old	1999-2002

RULE 2: ELIGIBILITY

1. All players must have a liability release form, signed by their parent or guardian, have proof of birth date, and names must appear on the official team roster before being able to participate in a game.
2. A player may compete for only one team and one age classification only. Any player competing intentionally for two Bell teams will be declared ineligible for both teams. A participant may compete in one division higher than his/her age, but cannot compete in one year or division lower.

RULE 3: WAITING LIST

If a team loses a player, a player on the waiting list in that age group will replace him or her. It is the responsibility of the coach to request a replacement player from the waiting list. This list will be administered only by the sports staff who will exercise their best judgment in maintaining equitable player distribution. Players on the waiting list will be placed on a team no later than the midseason point unless the team is in exigent need of a player. A player added from the waiting list will then have the option of participating in the team's next game as a goalkeeper or may borrow the goalkeeper's uniform for one match. A uniform takes 3-5 business to arrive and should arrive for the new player's second match.

ARTICLE 2: GENERAL RULES

RULE 1: UNIFORMS/ GAME ATTIRE

1. All players must tuck in there jerseys in there soccer shorts while playing.
2. All players must wear shin guards and soccer cleats.
3. Players must wear proper playing goggles is he/she wears glasses.

RULE 2: FIELD RULES

1. Food or snacks; such as peanuts, sunflowers, seeds etc., are prohibited on the fields.
2. Only Coaches, players and sports staff are allowed inside field during the game; this includes half-time.
3. Once the game is in play only players and the referee are allowed inside the field boundary lines.
4. Only the Head Coach and a maximum of (2) Assistant Coaches will be allowed inside the Team bench.

5. RULE 3: IDENTIFICATION/CREDENTIALS

All players will receive a credential. Before each game credentials must be presented to game officials.

Cost for credentials is \$0.00 (Replacement credentials will be \$5.00)

In case a coach is not present with the credentials and score cards by half-time of the match, then the win will be awarded to the opposing team, unless a provisional permit is provided to the team by the Recreation Coordinator.

RULE 4: PARTICIPATION

1. Players participating in an outside league or tournament during the season which interferes with our league can be dropped. That decision will remain with the Recreation Coordinator.

RULE 5: PRACTICE(S)

1. During practices only players from that team are allowed to participate. Youth from any other team cannot participate in any other teams practice.
2. Parents are encouraged to stay for the entire practice. If not possible, all youth must be picked up by parents at the end of each practice.

RULE 6: STANDINGS

Standings will be kept as follows:

Win = 3 Points Loss = 0 Points Tie = 1 Points

If in standings a tie occurred, the next factor will be goal differential. The next factor if applies will be a deciding game.

RULE 7: PLAYOFFS

Playoffs will be determined as follows:

Boys

Division 1: Top 2 teams will advance to final.

Division 2: Top 4 teams will advance to semifinals, then top 2 teams to final.

Division 3: Top 4 teams will advance to semifinals, then top 2 teams to final.

Division 4: Top 4 teams will advance to semifinals, then top 2 teams to final.

Division 5: Top 4 teams will advance to semifinals, then top 2 teams to final.

Girls

All Divisions:

Top two teams will advance to the final.

RULE 8: PLAYING FIELDS

DEBS - Large field (Permanent Field)

Length - 256'

Width - 128' 8"

Goalie's Box - Length - 68' 6"

Goalie's Box - Width 32'

Circle - Diameter - 39' 6'

NUEVA VISTA - Field 1

Length - 227'

Width - 139' 5"

Goalie's Box - Length 68' 10"

Goalie's Box - Width 32'

Circle - Diameter 33'

NUEVA VISTA - Field 2

Length - 223' 6"

Width - 141' 10"

Goalie's Box - Length - 69' 2"

Goalie's Box - Width - 32'

RULE 9: FORFEIT/MINIMUM PLAY RULE

MINIMUM PLAYERS TO START THE GAME

11 Players = 7 Minimum to start

10 Players = 7 Minimum to start

9 Players = 6 Minimum to start

8 Players = 6 Minimum to start

7 Players = 5 Minimum to start

Waiting time is 10 minutes. The game will be lost by default if the team does not have the minimum players after 10 minutes. The 3 points will be granted to the other team. There will be a friendly game.

Every player will play a minimum of 1 half per game .

If a player misses an excessive amount of practices, it will be up to the coaches' discretion not to allow the player to play, but they must be consistent with all players on the team.

RULE 10: GAME DURATION/TIME LIMIT

Length of Time– Boys

Div. 1 = 2 Halves of 20 minutes each and 5 min. break

Div. 2 = 2 Halves of 20 minutes each and 5 min. break

Div. 3 = 2 Halves of 20 minutes each and 5 min. break

Div. 4 = 2 Halves of 20 minutes each and 5 min. break

Div. 5 = 2 Halves of 20 minutes each and 5 min. break

Length of Time– Girls

Div. 2 = 2 Halves of 20 minutes each and 5 min. break

Div. 3 = 2 Halves of 20 minutes each and 5 min. break

Div. 4 = 2 Halves of 20 minutes each and 5 min. break

Div. 5 = 2 Halves of 20 minutes each and 5 min. break

No compensatory time will be given. Exceptions would be if a child is seriously injured. Time will either be stopped into the situation has been addressed or the game will be rescheduled. Judgment call will be conducted by the Recreation Coordinator or lead staff during that game.

ARTICLE 3: RULES OF THE GAME

RULE 1: THE PLAYERS EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry).

Basic Equipment

The Basic compulsory of a player comprises the following separate items:

- A jersey or shirt with sleeves- if undergarments are worn, the color of the sleeve must be the same main color as the sleeve of the jersey or shirt.
- Shorts- if under shorts or tights are worn, they must be of the same main color as the shorts.
- Stockings- if tape of similar material is applied externally it must be the same color as that part of the stocking it is applied to.
- Shin guards.

Shin guards

- A shin guard covered entirely by the stocking.
- Are made of rubber, plastic or a similar material.
- Provide a reasonable degree of protection.

Colors

- The two teams must wear colors that distinguish them from each other and also the referee and the assistant referees.
- Each goalkeeper must wear colors that distinguish him from the other players, the referee, and assistant referees.

RULE 2: THE REFEREE

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection to which he has been appointed.

Powers and duties

The referee:

- Enforce the Laws of the Game
- Controls the match in cooperation with the assistant referees and, where applicable, with the fourth official.
- Acts as timekeeper and keeps record of the match.
- Stops, suspends, or abandons the match because of outside interference of any kind.
- Stops the match, if in his opinion, a player is seriously injured and ensured 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.
- Allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the sports staff, who must be satisfied that the bleeding has stopped.
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time.
- 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
- Acts on the advice of the assistant referees regarding incidents that he has not seen.
- Ensures that no unauthorized persons enter the field of play.
- Indicated that restart of the match after it has been stopped.

- 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 referee

- The decisions of the referee regarding facts connected with play including whether or not a goal is scored and the results of the match, are final.
- The referee may only change a decision of realizing that it is incorrect or, at his discretion, on the advice of an assistant referee or the fourth official, provided that he has not restarted play or terminated the match.

RULE 3: THE ASSISTANT REFEREE

Duties

Two assistant referees may be appointed whose duties, subject to the decision of the referee, are to indicate:

- When the whole of the ball leaves the field of play.
- Which team is entitled to a corner kick or throw-in.
- When a player may be penalized for being in an offside position.
- When a substitution is requested.
- When misconduct or any other incident occurs out of the view of the referee.
- When the offences have been committed whenever the assistant referees have a better view than the referee (this includes, in certain circumstances, offences committed in the penalty area).
- Whether at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line.

Assistance

- The assistant referees also assist the referee in controlling the match in accordance with the Laws of the Game. In particular, they may enter the field of play to help control the 9.15 m (10 yds.) distance.
- In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.

RULE 4: THE START AND RESTART OF PLAY

Definition of kick-off

A kick-off is a way of starting or restarting play:

- At the start of the match.
- After a goal has been scored.
- At the start of the second half of the match.

At the start of each period of extra time, where applicable, a goal may be scored directly from the kick-off.

Procedure

Before a kick-off at the start of the match or extra time:

- A coin tossed and the team that wins the toss decides which goal it will attack in the first half of the match.
- The other team takes the kick-off to start the match.
- The team that wins the toss takes the kick-off to start the second half of the match.
- In the second half of the match, the teams change ends and attack the opposite goals.

Kick-off

- After a team scored a goal, the kick-off is taken by the other team.
- All players must be in their own half of the field of play.
- The opponents of the team taking the kick-off are at least 9.15 (10yds) from the ball until it is in play.
- The must be stationary on the center mark.
- The referees gives a signal.
- The ball is in play when it is kicked an moves forward.
- The kicker must not touch the ball again until has touched another player

Infringements and sanctions

If the player taking the kick-off touches the ball again it has touched another player:

- An indirect free kick is awarded to the opposing team to be taken from the position of the when the infringement occurred.
- In the event of any other infringement of the kick-off procedures, the kick-off is retaken.

RULE 5: THE BALL IN AND OUT OF PLAY

Ball out of play

The ball is out of play when:

- It has wholly crossed the goal line whether on the ground or in the air.
- Play has been stopped by the referee.

Ball in play

The ball is in play at all other times, including when:

- It rebounds off a goalpost, crossbar, or corner flag spot and remains in the field of play.
- It rebounds off either the referee or an assistant referee when they are on the field of play

RULE 6: THE METHOD OF SCORING

Goal Scored

A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

RULE 7: OFFSIDE

Offside position

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- He is nearer to his opponents' goal line than the ball and the second last opponent

A player is not in an offside position if:

- He is in his own half of the field of play or
- He is level with the second-last opponent or
- He is level with the last two opponents

Offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee involved in active play be:

- Interfering with play or
- Interfering with an opponent or
- Gaining an advantage by being in that position

No offence

There is no offside if a player receives the ball directly from:

- A goal kick
- A throw-in
- A corner kick

Infringements and sanctions

In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

RULE 8: FOULS AND MISCONDUCT

Fouls and misconduct are penalized as follows:

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.
- Tackles an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).
- A direct free kick is taken from the place where the offence occurred.

Penalty kick

A penalty kick is awarded if any of the above then offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect free kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following for offences:

- Controls the ball with his hands for more than six seconds before releasing it from his possession
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, if a player:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offence, not previously mentioned by Law 12, for which play is stopped to caution or send off a player.
- The indirect free kick is taken from the place where the offence occurred.

Disciplinary sanctions

- The yellow card is used to communicate that a player, substitute, or substituted player has been cautioned.
- The red card is used to communicate that a player, substitute, or substituted player has been sent off.
- 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 after the final whistle.
- A player who commits a cautionable or sending-off offence, either on or off the field play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

Cautionable offenses

A player is cautioned and shown the yellow card if he commits any of the following seven offences:

- Unsporting behavior.
- Dissent by word or action.
- Persistent infringement of the Law of the game.
- Delaying the restart of play.
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.
- Entering or re-entering the field of play without the referee's permission.
- Deliberately leaving the field of play without the referee's permission.

A substitute or substituted player is cautioned if he commits any of the following seven offences:

- Unsporting behavior.
- Dissent by word or action.
- Delaying the restart of play.

RULE 9: FREE KICKS

Types of free kick

- Free kicks are either direct or indirect

The direct free kick

Ball enters the goal

- If a direct free kick is kicked into the opponents' goal, a goal is awarded
- If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

The indirect free kick

Signal

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball enters the goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal:

- If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- If an indirect free kick is kicked directly into the team's own goal. A corner kick is awarded to the opposing team

Procedure

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

Position of free kick

Free kick inside the penalty area

Direct or indirect free kick to the defending team:

- All opponents must be at least 9.15 (10 yds.) from the ball
- All opponents must remain outside the penalty area until the ball is in play
- The ball is in play when it is kicked directly out of the penalty area

A free kick awarded in the goal area may be taken from any point inside that area

Indirect free kick to the attacking team:

- All opponents must be at least 9.15 (10 yds.) from the ball
- The ball is in play when it is kicked any moves

An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

Free kick outside the penalty area

- All opponents must be at least 9.15 (10 yds.) from the ball until it is in play
- The ball is in play when it is kicked and moves

The free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement).

Infringements and Sanctions

If, when a free kick is taken, an opponent is closer to the ball than required distance:

- The kick is retaken.

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly out of the penalty area:

- The kick is retaken.

Free kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball again (accepts with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Free kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

If, after the ball is in play the goalkeeper deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred.
- An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred.

RULE 10: THE PENALTY KICK

A penalty kick is awarded against a team that commits one of the ten offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

Position of the ball and the players

The ball:

- Must be placed on the penalty mark

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:

- Inside the field of play
- Outside the penalty area
- Behind the penalty mark
- At least 9.15 (10 yds.) from the penalty mark

Procedure

- 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 in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the cross bar:

- The ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper.
- The referee decides when a penalty kick has been completed.

Infringements and sanctions

The player taking the penalty kick infringes the Rules of the Game:

- The referee allows the kick to be taken
- If the ball enters the goal, the kick is retaken
- If the ball does not enter the goal, the referee stops play and match is restarted with an indirect free kick to the defending team from the place where the infringement occurred.

The goalkeeper infringes the Rules of the Game:

- The referee allows the kick to be taken
- If the ball enters the goal, a goal is awarded
- If the ball does not enter the goal, the kick is retaken

A team-mate of the player taking the kick infringes the Laws of the Game:

- The referee allows the kick to be taken
- If the ball enters the goal, the kick is retaken
- If the ball does not enter the goal, the referee stops the play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred.

A team-mate of the goal keeper infringes the Law of the Game:

- The referee allows the kick to be taken
- If the ball enters the goal, a goal is awarded
- If the ball does not enter the game, the kick is retaken

A player of both defending teams and attacking team infringe the Laws of the Game:

The kick is retaken

If, after the penalty kick has been taken.

The kicker touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

The kicker deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

The ball is touched by an outside agent as it moves forward:

- The kick is retaken

The ball rebounds into the field of play from the goalkeeper, the crossbar of the goalposts and is then touched by an outside agent:

- The referee stops play
- The play is restarted with a dropped ball at the place where it touched the outside agent, unless it touched the outside agent inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the nearest to where the ball was located when play was stopped

RULE 11: THE THROW-IN

A throw-in is a method of restarting play. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.

Procedure

At the moment of delivering the ball, the thrower:

- Faces the field of the play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Holds the ball with both hands
- Delivers the ball from behind and over his head
- Delivers the ball from the point where it left the field of play
- All opponents must stand no less than 2 m (2yds) from the point at which the throw-in is taken
- After delivering the ball the thrower must not touch the ball again until it has touched another player.

Infringements and sanctions

Throw-in taken by a player other than the goalkeeper

If, after the ball is in play, the thrower touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where infringement occurred .

If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the throwers penalty area

Throw-in taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the

If, after the ball is in play the goalkeeper deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeepers penalty area, to be taken from the place where the infringement occurred (see Law 13- Position of free kick)
- An indirect free kick is awarded to the opposing team if the infringement occurred outside the goalkeepers penalty area, to be taken from the place where the infringement occurred.

For any other infringement of this Law:

The throw-in is taken by a player of the opposing team

RULE 12: THE GOAL KICK

A goal kick is a method of restarting a play.

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a goal kick, but only against the opposing team.

Procedure

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents remain outside the penalty area until the ball is in play
- The kicker must not remain outside the penalty area until the ball is in play
- The kicker must not play the ball until it has touched another player
- The ball is in play when it is kicked directly out of the penalty area

Infringements and sanctions

If the ball is not kicked directly out of the penalty area from a goal kick:

The kick is retaken

Goal kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

If after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, taken from the place where the infringement occurred (See Law 13- position of free kick)
- A penalty is awarded if the infringement occurred inside the kicker's penalty area

Goal kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred .

If after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred.
- An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from where the infringement occurred .

In the event of any other infringement of this Law:

- The kick is retaken

RULE 13: THE CORNER KICK

A corner kick is a method of restarting play.

A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of defending team, and goal is not scored in accordance with Law 10.

A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure

- The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line
- The corner flag post must not be moved
- Opponents must remain at least 9.5 m (10 yds.) from the corner arc until the ball is in play
- The ball must be kicked by a player of the attacking team
- The ball is in play when it is kicked and moves

The kicker must not play the ball again until it has touched another player

Infringements and sanctions

Corner kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred .

If after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred(See Law 13- position of free kick)
- A penalty is awarded if the infringement occurred inside the kicker's penalty area

Corner kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- An indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

If after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (See Law 13- position of free kick)
- An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from where the infringement occurred (see Law 13- Position of free kick)

In the event of any other infringement of this Law:

- The kick is retaken.

ARTICLE 4: SPORTSMANSHIP CONDUCT

ZERO TOLERANCE POLICY

Profane language used by players, coaches and/or spectators WILL NOT BE TOLERATED.

Anyone using profane language may be ejected from the game without prior warning given. Failure to comply with this rule may result in an automatic forfeit of the game.

Unsportsmanlike harassment towards the game officials and/or opposing teams by players, coaches, managers, or spectators WILL NOT BE TOLERATED.

If in the opinion of the game officials unsportsmanlike conduct is severe, ejection may result without prior warning.

League Officials may suspend a player, coach, or manager for the maximum of the entire season of unsportsmanlike conduct is severe.

Verbal and/or physical confrontation WILL NOT BE TOLERATED.

- Any player, coach, spectator who is ejected from a game must leave the park premise.
- Any Player, coach, or spectator who is ejected from a game will receive the minimum of one game suspension; depending on the severity of the offense additional penalties may apply.

RULE 5: SUSPENSION & DISCIPLINE POLICY

The following guidelines will be used when disciplining any coach, parent or spectator:

Action	Discipline
<u>Inappropriate language and/or behavior towards the referee, coach(es), parent(s), player(s), spectators and sports staff: (does not include foul language or profanity).</u>	
1st Offense:	1 Game suspension; Individual is not allowed on the park premises from the start to the end of the game.
2nd Offense:	2 Game Suspension; Individual is not allowed on the park premises from the start to the end of the game.
3rd Offense:	Season Suspension: From the City of Bell's Youth Soccer Program for the remainder of the season.
<u>Foul language and profanity and/or behavior towards the referee, coach(es), parent(s), player(s), spectators and sports staff:</u>	
1st Offense:	2 Game Suspension; Individual is not allowed on the park premises from the start to the end of the game.
2nd Offense:	Season Suspension: From the City of Bell's Youth Soccer Program for the remainder of the season.
<u>Any Coach, parent, or spectator involved in any violence, includes threatens violence:</u>	
1st Offense:	Suspended immediately from the league. The Recreation Supervisor will decide the penalty after an investigation is completed. Which may vary from a week suspension to a season suspension.
2nd Offense:	Program Expulsion: From the City of Bell's Youth Sports Program for 3 years.

Action	Discipline
	<p><u><i>Any player who accumulates four (4) yellow cards will automatically be suspended for one game.</i></u></p>
	<p><u><i>Any player who receives a red card during a game will automatically be suspended for his next game.</i></u></p>
	<p><u><i>Any Coach, parent, or spectator who is ejected from the game by the game official or the sports staff. (Red Card)</i></u></p>
<p>1st Offense:</p>	<p>1 Game Suspension: Individual is not allowed on the park premises from the start to the end of the game.</p>
<p>2nd Offense:</p>	<p>2 Game Suspension: Individual is not allowed on the park premises from the start to the end of the game.</p>
<p>3rd Offense:</p>	<p>Season Suspension: From the City of Bell's Youth Soccer Program for the remainder of the season.</p>

