



## Albany Youth Soccer Sportsmanship and Participation Guidelines

The goal of the Albany Youth Soccer recreational league is to provide a fun and healthy activity for children of all soccer ability levels from the ages of 5-15. Good sportsmanship on the part of all players, coaches and families is vital. Instruction in the basic fundamentals of the game, and instilling a love and appreciation for playing soccer, are priorities.

Therefore, the Albany Youth Soccer recreational league implements the following rules for participation and sportsmanship to ensure that a competitive balance is maintained in all games and at all levels so that the league's goals are met for all players.

### Participation

1. **U8 division** – Only one player who participated on a travel team in a previous season will be allowed to participate among the six position players on the field. If an AYS U8 team has two or more players with travel experience, they must rotate those players among the six position players so that only one is on the field at a time. A travel player also can play goalie while another travel player is on the field.
2. **U10 and U12 divisions** – No more than two players who participated on a travel team in a previous season will be allowed to participate among the position players on the field. If an AYS U10 or U12 team has three or more players with travel experience, they must rotate those players among the position players so that no more than two are on the field at a time. A travel player also can play goalie while other travel players are on the field.
3. **U15 division** – No more than three players who participated on a travel team in a previous season will be allowed to participate among the position players on the field. If an AYS U15 team has four or more players with travel experience, they must rotate those players among the position players so that no more than three are on the field at a time. A travel player also can play goalie while another travel player is on the field.
  - a. **NOTE:** If an AYS U15 team does not have enough non-travel players to field a team under these guidelines, the team may use more than three travel players on the field and a travel player in goal at one time according to the following rule:
    - i. Only one travel player can play a forward position.
    - ii. Only one travel player can play a midfield position.
    - iii. All defensive positions and goalie can be filled by travel players if necessary to field a full team.

### Sportsmanship

1. Whenever a team is trailing a game by three goals or more, the team that is trailing can use an extra position player until the deficit is fewer than three goals.

For example, if an AYS U8 team is trailing 3-0 it can play seven position players and a goalie until the deficit is fewer than three goals (i.e., 3-1). If the team that is trailing does not have another player to add to the field, the team that is winning must take one player off the field so that it has one fewer player until its advantage is under three goals.

2. Whenever an individual player has scored three goals in one game and his or her team is winning the game, that player must play in a defensive position or in goal for the rest of the game or until the score is tied. While his or her team continues to lead the game, that player will be allowed to score two more goals – for a total of five – before being required to sit out the remainder of the game or until the score is tied. **No player will be allowed to continue to participate in a game after scoring five goals while his or her team is winning.** If the game is tied or his or her team is trailing, the player may continue to play any position on the field.

## General + Rules

- US Youth Soccer: <http://www.usyouthsoccer.org/index.html>
- The Easy Guide to Soccer Rules: <http://www.soccer-for-parents.com/soccer-rules.html>
- Official Rules for Small-Sided Games:  
<http://www.usyouthsoccer.org/coaches/RulesSmallGames.asp>
- Rules Of Soccer: [http://www.soccerhelp.com/Soccer\\_Rules\\_Rules\\_Of\\_Soccer.shtml](http://www.soccerhelp.com/Soccer_Rules_Rules_Of_Soccer.shtml)
- Official FIFA Laws of the Game: <http://www.fifa.com/worldfootball/lawsofthegame.html>

## Coaching Development

- Coaching Soccer 101: <http://www.coachingsoccer101.com/soccercoaching.htm>
- Coaching Youth Soccer: <http://coachingyouthsoccer.com>
- <http://www.ussoccer.com/coaches/index.jsp.html>
- <http://www.soccerspecific.com/ss/default.asp>

## Player Development

- Soccer Drills/Activities: <http://www.coachingsoccer101.com/drills.htm>
- Youth Soccer Drills: <http://youthsoccerdrills.com>

## Parent Assistance

- <http://www.momsteam.com>
- <http://www.sportspath.com>