

AMERICAN YOUTH SOCCER  
ORGANIZATION

# Handbook



**Vision:** *To provide world-class youth soccer programs that enrich children's lives*

**Mission Statement:** *To develop and deliver quality youth soccer programs which promote a fun, family environment based on the AYSO Philosophies:*

*EVERYONE PLAYS*

*BALANCED TEAMS*

*OPEN REGISTRATION*

*POSITIVE COACHING*

*GOOD SPORTSMANSHIP*

**[www.206soccer.com](http://www.206soccer.com)**

Welcome to Region 206 of the American Youth Soccer Organization (AYSO) and another "Fun" season of soccer. AYSO is a nationwide non-profit youth soccer organization which was founded in 1964 and is run by all volunteers. No one involved gets paid for their service to the kids.

Here in Region 206 we continually strive to maintain the Five AYSO philosophies of "Everyone Plays," "Balanced Teams," "Open Registration," "Positive Coaching" and "Good Sportsmanship." Our most important goal is that the kids have "Fun."

We hope you will take the time to read through our Parent/Player Handbook that we have created to help you better understand how our region is run.

This year AYSO National's theme is "MORE". There are many different ways to achieve this goal. By "Giving" more to our region we can help all of the hundred's of volunteer's take a load off their shoulders. By "Getting" more knowledge we can have a better understanding on how the region is run and how much time it takes to run a successful program. By "Being" more positive to our player's we can set the example to help our children be good sports. And Lastly, "Play" more! Use every teaching moment to have "Fun" with the Kids.

We want to thank all the board members for all their hard work and dedication for our kids and our region. They are always willing to lend a hand and be a part of a great "Team". We especially appreciate all the hundreds of volunteers (coaches, referee's, team parents, etc.) that have given their time and energy for our players. We couldn't accomplish our



Have a great season!  
From the AYSO Region 206 board

### Parent's Code

- Do not force an unwilling child to participate in sports.
- Remember children are involved in organized sports for their enjoyment, not yours.
- Teach your child always to play by the rules.
- Teach your child that hard work and an honest effort are often more important than a victory.
- Help your child work toward skill improvement and good sportsmanship in every game. Your child will then be a winner even in defeat.
- Do not ridicule or yell at your child for making a mistake.
- Set a good example. Children learn best by example.
- Applaud good plays by your team and by members of the opposing team.
- Do not publicly question the referees' judgment and never their honesty.
- Recognize the value and importance of volunteer coaches, referees and officials and give them their due respect. Without them, there would be no AYSO soccer.
- Support all efforts to remove verbal and physical abuse from your sporting activities.

### Coache's code

- Enthusiastically support and practice the "Everyone Plays" and "Positive Coaching" philosophies of AYSO.
- Be reasonable in your demand on the 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 at all times.
- Develop team respect for the ability of opponents, as well as for the judgment of referees and opposing coaches.
- Ensure that your players' soccer experience is one of fun and enjoyment; winning is only part of it. Players should never be yelled at or ridiculed for making mistakes or if the team loses.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Enlist the support of your team's parents in your efforts to instill the *proper attitudes and values in the players*.
- Keep informed about the sound coaching principles and growth and development principle of children.
- Check equipment and facilities that you use. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.

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**AMERICAN YOUTH SOCCER ORGANIZATION**  
a nonprofit corporation dedicated to youth soccer  
**everyone plays®**

## The AYSO Philosophy

AYSO is one of the premier youth soccer organizations in the United States and is a national affiliate of the United States Soccer Federation (USSF), the national governing body for soccer in the United States. Your AYSO region is one of more than 1,000 across the country that provide youth soccer programs for children 5-18 years old based on five basic principles:

**EVERYONE PLAYS** - Every child plays at least 3/4th's of every game regardless of skill level.

**BALANCED TEAMS** - Teams are re-formed each year so that all teams have essentially the same chance to succeed.

**OPEN REGISTRATION** - AYSO does not restrict membership on the basis of talent, race, religion, or any type of belief or attitude.

**POSITIVE COACHING** - Soccer is FUN for the players, coaches, and parents.

**GOOD SPORTSMANSHIP** - Sportsmanship is the key ingredient to AYSO soccer.

## Skills Day

Skills day an opportunity at the end of the season for U5, U6, and U8 players to demonstrate general knowledge of skills learned during the season; i.e., sole of foot trap, inside foot dribble, correct throw-in stance, etc. Players participating in the Skills Day will receive their end of the season trophy.

We enjoy having the older players there to help the younger players demonstrate what they have learned.

### Player's Code

- Play for the fun of it, not to please your parents or coach.
- Play by the rules.
- Never argue with 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.
- Be a good sport by cheering all good plays, whether it is your team's or your opponents'.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve your skills, and feel good.



The VIP program is to provide a quality soccer experience for children whose physical or mental challenges make it difficult to participate on a regular AYSO team. Teams will be based on ability and will incorporate a variety of ages. The teams will practice and play on game day. "Buddies" may be used to assist the players on the field. Rules may be adjusted for the safety and abilities of the players on the field.

Everyone plays! For questions about VIP, please contact Mary Fetzner-Ferber at 544-7704 or [mfferber@msn.com](mailto:mfferber@msn.com)



AYSO Region 206 is the first region in the area to sponsor the pilot program that AYSO has created to provide adults with an opportunity to play soccer like the kids. It is purely RECREATIONAL and made to be FUN! You don't need to be in shape or have experience; you will get that from playing. We have beginner teams all the way up to advanced. The Northwest Adult Soccer League (NWASL) play year-round. Teams will play 11 aside; 5 women, 5 men, and a goalkeeper. Games are played on Friday nights between 6pm-10pm. Field locations vary. Visit our website at: [www.nwasl.org](http://www.nwasl.org) for more info.

## **BE A GOOD SPORT PROGRAM**

Region 206 has an AYSO program called "Be A Good Sport". The program offers the opportunity to develop the athletic ability of children through coaches, players, and parents in a united effort that stresses above all else that winning is *not* the most significant factor, but rather building character through ***playing hard and by the rules.***

Simply put, players, coaches, and spectators have the obligation ***to be good role models,*** displaying good sportsmanship behavior. Teams will be rated by the game referees. The referees will rate conduct and cooperation for each team (includes the coaches, parents, and spectators too) at each game. The rating will be tallied at the end of the season and the top teams in each division will be given Sportsmanship Awards. We are excited about this concept and hope that the good feelings achieved from a well-played, well-conducted game will spread throughout the region.



## AYSO Region 206 Kid's Zone Sign

# ALERT!

**You are entering an**



**By entering this kids zone, you agree to the following:**

- Kids are #1
- Fun – not winning – is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children

**If you can agree to the above, we welcome you.  
IF NOT, WE ASK THAT YOU PLEASE LEAVE NOW.**

**AYSO – it's for the kids!**

## Safety at Practices

Safety First! Coaches should look at the field for safety hazards before starting. Know where the nearest phone is in case you need to make an emergency call. Always have your MEDICAL RELEASE forms in your possession in case of emergency. Only players whose medical release forms you “hold” are allowed to practice with your team.

Every coach is provided a First Aid Kit that should be taken to every practice and game. There is also a First Aid Kit in every game bag.

Want to makes parents happy? Start on time and end on time! Never leave a child alone on a field at the end of practice. Parents are responsible for getting players to and from practice on time. Coaches should not assume responsibility for a player's friends, family, or pets at practice.

Practice is just that! The kids learn by doing over and over. Make it fun, but teach the skills. Stress proper execution; don't let them develop bad habits. At the upper divisions we are seeing players who never learned the right way to execute skills. They don't play as well, and in turn they don't enjoy the game as much when they can't play it well.

Many teams scrimmage during practices. Give this some thought. Just like in a game, players don't touch the ball enough. We'd suggest you structure your practices to do a lot of 3 on 3 scrimmages—maybe 4 on 4—the point being that the more the kids touch the ball, the more they learn.

## Prohibited Substances

***Alcohol and Tobacco Use:*** The use of alcohol or tobacco is not allowed at any AYSO function — practice or game. Please note the following Arizona state law regarding tobacco on school property, where many of our teams practice.



### Tobacco

ARS 36-798.03 Tobacco products prohibition at schools and school related areas; violation; classification.

Tobacco products are prohibited on School grounds, inside school buildings, in school parking lots or playing fields, in school buses or vehicles or at off-campus school sponsored events. For purposes of the subsection, "School" means any public, charter, or private school where children attend classes in kindergarten programs or grades one through twelve.

A person who violates this section is guilty of a petty offense.

This law prohibits both use and possession of any tobacco product on all school property and at all school events. Please read carefully the above-referenced statute. Note that possession of tobacco products on school grounds and at school events is prohibited even if the tobacco products are not being used. Tobacco products include cigarettes, cigarette papers, cigars, smokeless tobacco, and cigarette tobacco.

## What is Kid's Zone?

Kid's Zone was developed to protect the children. Where ever the kids are AYSO's Kid Zone is in affect.

Here are some tools to help you be a supportive AYSO parent.

### Conversations before the games

- *Tell your child you love him/her regardless of the outcome.*
- *Tell him or her "Go for it, give it your best shot and have fun!"*

### During the game

- *Understand that kids are over-stimulated during games.*
- *The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle.*
- *Do not yell instructions to your child during the game because it only adds to the confusion.*
- *Cheer and acknowledge good plays by both teams.*

### After the game

- *Thank the officials for doing a difficult job (as a volunteer)*
- *Thank the coaches for their efforts (they donated their time to help your child)*
- *After a difficult loss, recognize that it is not a good time to question a coach.*
- *Thank your opponents for a good game.*
- *Congratulate your child and his or her teammates for their efforts.*

### During the car ride home

- *Point out a good play your child made during the game.*
- *Avoid criticizing or correcting mistakes.*
- *Ask open ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:*
  - *Did you have fun?*
  - *Did you give it your best effort?*
  - *What did you learn from the game?*
  - *What was the best play you made and how did you feel?*
  - *Did you bounce back from your mistakes?*

***Our Kid Zone Parent Pledge can be found on our website [www.206soccer.com](http://www.206soccer.com) under "players". There are many resources on our website for parents and volunteers.***



## Be a true winner

You know that being a winner means more than bringing home the gold. Looking back, most people don't remember the scoreboard but they do remember who played their best. It's not just a winning record that makes you a champion. Playing with dedication, respect and love for the sport makes you a true winner.



The Kellogg's Earn your Stripes program wants you to be more active, eat right and work hard to achieve your goals. By believing in yourself, you can overcome challenges and be your very best. Visit the Earn Your Stripes Website [www.FrostedFlakes.com](http://www.FrostedFlakes.com) to download training videos and online practices, watch videos of players in action, nominate friends for awards and get freebies.

It's easy to forget that success isn't about winning. Success is all about how you play the game. New Kellogg's Frosted Flakes Gold and our partner – American Youth Soccer Organization – believe that sportsmanship and the Earn Your Stripes program go hand in hand. We worked together to develop the Five Golden Rules of Sportsmanship to serve as a “playbook” for you, both on and off the field.

## For Coaches, these additional topics will be covered

- First Aid Preparation and Treatment of Common Injuries
- AYSO's Coaching Philosophy
- Team Management
- The Role of Athletics – Ethical Conduct and the Development of Good Sportsmanship  
Developing Physical and Emotional Growth in our Players

At the end of the season, Region 206 wants its players to become better rounded, better grounded, stronger, more skilled, more respectful of adults and their peers, and satisfied that the time that they put forth in our program was worth the effort. Region 206 also wants its volunteers to know what is expected of them, how to develop our players as whole people, and to succeed in their accomplishments, irrespective of the score or their record. Safe Haven is one way that we achieve these goals.



The Safe Haven program is part of AYSO's child and volunteer protection policy. The purpose of the program is to ensure that the children who play soccer in AYSO are provided with the safest, most positive playing environment, while at the same time protecting our volunteers by instructing them in AYSO philosophies, policies, and guidelines.

The requirements of AYSO volunteers are: a completed volunteer application form with references, completion of Safe Haven certification, adequate training for the jobs for which they are volunteering, and approval by the Board to perform those duties. Safe Haven Certification is a class required by all coaches and referees, the primary volunteers who have direct contact with the players. In that class we cover the following topics:

### For Coaches and Referees

- AYSO's five core philosophies
  - AYSO's Tobacco, Alcohol, and Drug policy
  - AYSO's Supervision Policy
  - Five Types of Child Abuse
  - Preventing False Accusations
  - AYSO's Touching Policy
  - Blood-borne diseases & AYSO's blood policy
- Risk Management –Recognizing Environmental Conditions, Physical Surroundings, & Injury Prevention

## Five Gold Rules of Sportsmanship

**1. PLAY WITH A SMILE.** Don't worry; you don't have to grin throughout the whole game. Playing with a smile means playing with passion, confidence and self respect; being gracious in victory and defeat and most of all having fun! Play for your love of the game, not just the trophy.

**2. BE A WINNER.** You can be a winner no matter what the scoreboard says. Winners lead by example – always playing their best, being humble and acting in good character. Take care of yourself by getting enough sleep, eating right and exercising. Bring your game to the next level by practicing hard and learning from your mistakes.

**3. SHOW RESPECT.** Playing fair and following the rules is a big part of sportsmanship. Always consider your safety and the safety of others. Also, treat your coaches, officials, parents, fans, teammates and opponents with respect both on and off the field.

**4. BE A GOOD TEAMMATE.** Remember that you're part of a team. Whether you're running track, running down the soccer field or running the bases, playing sports involves others. Being a part of a team means showing up to practices and games on time, cooperating with players and coaches and being a trustworthy and loyal teammate.

**5. FIND GOOD IN THE GAME.** Instead of focusing on missed opportunities, focus on the positive points of how you and your teammates perform. Play with a commitment to the game – don't quit when things aren't going your way. Be gracious by cheering on good plays by your teammates and opponents and congratulation effort as well as success. And never forget that you're there to have fun!

*It is important to eat right, practice and play your best. But being a great athlete also means being a good teammate, competitor and friend. No matter your sport, remember these tips and you're sure to be a winner.*



## **PARENT PARTICIPATION**

AYSO is a parent-based all-volunteer organization that provides a soccer experience for our own children. The Region and the children need your participation. Enrollment of your child in our program implies responsibility to the team. **PARENTAL SUPPORT IS CRUCIAL.** Each team will have specific persons assigned to the various functions. When you are at a game, cheer for the team, not just for your own child.

You can help your child's coach by making yourself known to him, thanking him for his interest, and supporting him by making sure your child is on time for practice, pre-game warm-ups, and games.

## **VOLUNTEER OPPORTUNITIES**

There are many opportunities for parents to get involved. The team needs parents to help as follows:

**Referees:** The referee is a volunteer, like a player's parent, trained by AYSO to know the Laws Of The Game. The referee keeps the game safe and fair so the players can have fun. As a trained volunteer, the referee deserves respect and understanding.

We always need Regional Referees and Assistant Referees. Every team is ***strongly urged*** to supply a referee or assistant referee. Anyone 13 and over who wants to become an AYSO certified referee should contact the Regional Referee Administrator. Normally, you will referee one or two games on a Saturday. You can arrange to do a game immediately preceding or following the game in which your child is involved.

positive coaching that instructs and encourages players the coaches from each team and they shall be limited to during AYSO games. Sideline coaching shall be limited to the coaches box (10 yards either side of the center line).

Negative comments and complaints about refereeing shall not be allowed. Referees shall at all times put great emphasis on the welfare of players and officiate the game in a manner inducing clean competition and good sportsmanship. Treat youth referees with the same respect that you would afford an adult referee. The authority of youth referees shall not be undermined by questioning their calls. Remember that they are volunteers too, and the league values their contribution highly.

***Dissent:*** While the decisions of the referees may not always be agreeable to all participants and spectators, their DECISIONS ARE FINAL. Foul language is not allowed under any circumstance. *Such action could be cause for terminating the game.* Abusive words and disrespect on the part of spectators are grounds for the referee cautioning (yellow card) or ejecting (red card) the coach.

Coaches are responsible for spectators on their side of the field, so please give the coach all the support you can.

***Spectator Boundaries:*** All spectators are required to stand at least three yards away from the touch-line (side of the field) and only between the penalty areas. No one is allowed behind the goal line except if taking photos with prior permission and silently, i.e. no coaching or cheering. Neither coaches, players, nor spectators may enter the field of play without the permission of the referee. *The home team (the team listed first on the schedule) will have the north or east side of the field.*

## **Spectator Conduct**

It cannot be over-stressed that the AYSO program is *for the players*. The emphasis is placed on good sportsmanship by exhibiting the qualities of fairness and self control and having a good time. Parents, officials, and coaches are *role-models* for our children, therefore over-zealous behavior is totally inappropriate.

Soccer is a booming sport in our community and a quick look at the game's structure seems to show why. Play is fast, spirited, and continuous. One of its charms is its ad-lib quality - much of the action is made up as the game goes along, and, as the field is large, action situations happen fast.

All of this can set the stage for some spectator situations that, to say the least, deviate from the whole philosophy of our program. With all of this in mind, please familiarize yourself with the following guidelines.

***Cheering positively for the things you like on both teams is encouraged. Never put down other teams or players.***

***Sideline coaching*** is not very effective because of the size of a soccer field and the continuous nature of the game. Often in our spectator enthusiasm we are prone to yell several instructions at the players and frequently they are contrary to those of the coach. This only confuses the players, so please allow them to play the game to the best of their ability. Please leave the coaching to the coaches.

Just as international soccer laws (FIFA) allow tactical sideline coaching, AYSO permits *limited, positive* coaching during games. The national rules state: It will be the duty of each coach and official to participate in

***Sponsors:*** Each team is encouraged to recruit a sponsor who contributes \$200. The sponsor can be a business, individual, or group. The sponsor's name appears on a banner that is displayed at all games. The regional newsletter acknowledges the sponsors in each publication. Sponsor monies help pay the general operating costs of the region, such as uniforms, equipment, field expenses, training, yearbooks, etc.

***Coaches:*** Each team is required to have a coach, generally a parent who volunteers his or her time to help teach the players about good sportsmanship, team play, positive attitudes, and basic soccer skills. In addition, the coach organizes practices and games to ensure the safety and well-being of each player. As the Region grows, more coaches and assistant coaches are needed, so contact the Coach Administrator and we will train you at one of our coaching clinics. Age-specific clinics are offered by Region 206 prior to the start of regular season play. No prior soccer experience is necessary.

***Team Parents:*** Each team needs a team parent to facilitate communications between coaches, parents, and players. Please contact your coach if you want to be a team parent. A team parent finds a parent on the team to make up the snack schedule. They find a parent to volunteer to do the team banner and help remind the team they need to find a sponsor.

## **TEAM SIZE**

In U5, groups will be split into 5 players per team for 3 vs. 3 game play. In U6, each team will consist of 10 players, splitting into teams of 5 for 3 vs. 3 game play. In U8, each team will consist of 8 players, with 6 players on the field for game play. In U10, each team will consist of 10 players, with 8 players on the field for game play. In U12 each team will consist of 12 players, with 9 players on the field for game play. In U14, the teams will consist of 14 players, with 11 players on the field for game play. U16 and U19 can have up to 18 players on a team with 11 players on the field for game play.

Coaches are asked to even up team sizes on game days to ensure fair and fun play.

See "Rules and Regulations for Region 206" for additional team information.

## **INSURANCE COVERAGE**

AYSO carries an accident reimbursement policy that covers each registered player for an injury incurred while participating in scheduled games and practice sessions. This policy is an *excess coverage policy* (\$200 deductible); that is, it affords coverage to its limits for any medical bills *not paid* by other existing medical insurance carried individually by the family or through an employer's group policy.

If your child incurs an injury, make claim for payment of medical bills through your own medical coverage. Where no coverage is available, or when any medical expenses associated with the injury are not paid by a primary policy, or when a deductible clause results in unpaid charges, these unpaid medical bills can be submitted to the AYSO insurance carrier.

***The coach needs to report any injury to the AYSO Safety Director within 24 hours and notify the parents of the required steps to make a claim.***

**All the safety information and forms can be found at our league website: [www.206soccer.com](http://www.206soccer.com) under "players". It is very important that injuries are reported to the safety director so the claim can be opened within the 90 day requirement.**

## Injuries

Soccer is generally considered a safe sport. However, youngsters participating in any athletic activity may suffer injury. If a player is injured in practice or during a game, the coach should be notified as soon as possible. If an injury appears serious enough to require medical care, it should be sought immediately.

If a player is injured during a game, it is up to the referee as to whether or not to stop the game and to determine if assistance is needed from the coaches. The smaller children especially are continually tripping and falling down, so please do not get upset if the referee does not stop the game every time a player is down on the field. ***Remember, no one is allowed onto the field without the permission of the referee, and that includes parents of injured players.***

Players needing professional medical attention as a result of an injury occurring at practice or in a game will need to give their coach a medical release signed by their physician in order to return to team activities



## HOW TEAMS ARE FORMED

At the U5 level we will put players into groups for 30 minutes of skills training. They will then be put into groups of 5 to play a 30 minute game of 3 vs. 3. At the U6 and U8 levels, the players are randomly assigned by computer to teams at their school practice site. Older and younger players are evenly distributed.

At the U10 level and above, returning players are evaluated by their prior season's coach for speed, agility, skill, and knowledge of the game, as well as overall attitude. The evaluation is scored and that score is used in balancing the teams for the upcoming season. Each team should have an equal number of equally skilled players. U10 thru U12 players are mixed across the region while balancing their skill levels and age.

**Once teams are formed, players are not moved because it would affect the team balancing. We can not always honor coaching requests for the same reason.**

## UNIFORMS & EQUIPMENT

**Uniform:** AYSO will provide a numbered shirt, shorts, and socks. Proper dress for games will be the issued jersey tucked into the issued shorts with the issued socks pulled up, *completely covering the shin guard*, and soccer or athletic shoes. Shoes with metal cleats or cleats on the toe area *will not* be allowed. Coaches and assistant coaches should wear the issued coaches' shirts at every game.

**Shin Guards:** Shin guards are MANDATORY for all games and practices. Players WILL NOT be allowed to play or practice unless wearing shin guards. Shin guards are to be worn against the skin, with socks pulled over.

*"Completely covering the shin guard"* means put the shin guard on first, then put the sock on outside of the shin guard. For the player's comfort a second pair of (non-uniform) socks may be worn inside the shin guards. The reason to completely cover the shin guard is strictly for the player's safety. Any exposed plastic, metal, or even elastic can be a safety hazard.

**NOTHING** may be added to the AYSO uniform (i.e. patches, soccer balls, stars, names of players, etc.) without the prior approval of the Regional Commissioner.

## PRACTICE

Practice times, durations, and locations will vary depending on the players' ages, the coach's schedule, and the availability of fields. If unable to make a practice, be sure to call the coach before the scheduled practice time.

See "Rules and Regulations for Region 206" for more information.

## GAMES

Players should be at their games at least 30 minutes prior to game time. Call the coach the night before the game or sooner if unable to be at a game. Tardiness to a game may limit a player's game time.

## USE OF FACILITIES AND FIELDS

Thanks to many schools and the county parks we have the use of some fine facilities. It is our responsibility to encourage everyone to use these facilities correctly and to keep them clean. If you see anyone misusing the facilities (climbing fences, playing ball around windows, throwing litter, etc.) please bring the matter to the attention of a coach, referee, or other AYSO official.

**Water Bottle:** We recommend that all players bring a water bottle to practice and to games. Water is essential in our desert environment. Please label all containers clearly with the player's name.

**Soccer Balls:** It is strongly recommended that each player have his or her own "real" soccer ball for practice at home and with their team. Good synthetic leather balls can be purchased on sale at sporting goods or department stores, so shop around. Put your player's name and phone number on their ball with permanent marker. **Every player will receive a soccer ball and some coaches may choose to hold on to balls for practicing purposes. Your child will then get their ball at the end of the season.**

AGE GROUP	BALL SIZE
U5, U6, & U8	3
U10 & U12	4
U14 & up	5



**Shoes:** Although not required, we recommend that players above U6 wear soccer shoes, which have rubber or plastic molded cleats. The size and type of shoes are extremely important. The more expensive leather shoes are superior to the plastic type. The plastic type do not last as long and they are stiff and do not allow the player to get the feel of the ball. Tennis shoes can be used in youth soccer, but they are extremely slippery on wet fields.



**Jewelry:** Players cannot wear metal bracelets, wristwatches, earrings of any type-- including studs, even if taped, or any other object, including a cast or splint, which could cause injury to a player. The referee will not allow a player wearing any of the above to play in the game, nor will coaches allow them during practice.

**Additional Clothing:** Shirts and long pants may not be worn over the uniform while a player is participating in a game. Sweatshirts and sweat pants may be worn under the uniform in cold or wet weather. (No exposed metal or hard plastic, including zippers or hoods.) Goalkeepers may wear warm up pants when the weather is cold or when the goal area is not covered with grass. Goalkeepers and other players may also wear soft knee or elbow pads. Hats, caps, headbands, sweatbands, or other head gear are not allowed, except at the referee's discretion.