

# U9 – U12 Coaches Handbook Referees' Perspective



Prepared by: **the NSYSA Referee Committee**

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## 1. Coaches Support

### 1.1 Referees Mentoring

Referees need to be coached the same way players need to be coached. Coaches' support is crucial to our referee mentorship program. When you see our referee mentors on the field providing mentoring to our referees, they also need your support and understanding. They are there to mentor our referees and not to make calls or make match decisions for them.



### 1.2 Coaches communication with referees on the field

Coaches will refrain from discussing any issues of officiating concerns with the referees either at the beginning, half time or end of the game. A Coaches report is to be submitted with issues noted. In this manner we are able to follow up with Referee by the Head of the Mentoring Committee.



### 1.3 Respect the Referees

Referees are trained, mentored and assessed to develop their skills. They need your support and respect in carry out their duties. With the approval by the NSYSA Board and supported by the WVSC, NVFC and NSGSC Boards, all NSYSA referees and U11-U18 team captains of the 3 clubs will be wearing the NSYSA Respect Armband when they play at home in North Shore. Team captains are encouraged to wear the Respect Armband when they away so as to increase the awareness of Respect on the field in other districts as well.

### 1.4 Fans' Behavior



Team Officials are responsible and accountable for the behavior of parents and supporters. When you are requested by the referee to control a fan, please do so *immediately*.

### 1.5 Coaches/Fans Discipline (BCSA and NSYSA policy and guidelines)

Each club has its own policy and discipline procedure to support the BCSA's Zero Tolerance Policy on official abuses. The NSYSA Referee Committee will provide full support to its member clubs to re-enforce this policy as well provide constant counseling, support and education of the referees.

## 1.6 Coaching from the Sidelines

Coaching is not permitted from behind the goal line, including behind the goal. Coaching is also not permitted if you are performing the linesmen duty.

## 1.7 Club Linesmen

Club linemen will only signal when the ball is completely over the touch line (commonly called sideline) out of play by raising the flag vertically. They are not to signal (both verbal and with flag) for throw-in directions, goal kick, corner kick, free kick, off-side. The Referee will make these calls.

## 1.8 Start and End your Game on Time

All U9-U10 games play 25 mins half with 5 mins break for a total of 55 mins and the field time allocated for a U9-U10 game is 1 hour.

All U11-U12 games play 30 mins half with 5 mins break for a total of 65 mins and the field time allocated for a normal U11-U12 league game is 1 hour 15 mins.

For games that play on turf fields, they must be ended before the end of the field allocation time without exception.

Please send your players out on the field on time in order to avoid your games to be cut short.

## 2. Safety

### 2.1. Jewelry

All jewelry must be removed, the only exceptions being medical alert and religious bracelets - which must be taped.



### 2.2. Casts

Only soft cast is allowed subject to final approval by the Referee.  
Soft cast is defined as fibre-glass cast with bubble wrap.  
Bubble wrap on hard plaster cast is not allowed.



### 2.3. Serious Injuries

All serious injuries, particularly head injuries such as concussion must be reported by email to the Referee-In-Chief (Patrick Li) or his delegate.

## 2.4. Guidelines on deciding if the field is safe to play

### 2.4.1 Grass and Alternate Fields

If the field is frozen, have snow or heavy frost on them or if there is heavy rainfall with standing water and puddles on the field and the field is saturated, the Referee must:

- (a) for grass field, move the game to the “All Weather” alternate field
- (b) for alternate gravel field, cancel the game

### 2.4.2 Artificial Turf fields

- should not play on these fields if there is snow on the field and you cannot see the lines.
- if heavy frost, play should not be started until the surface conditions have thawed

Referee will work with the 2 coaches to determine if a field is playable – but the Referee has the final say. Remember, safety should be the **only** consideration criteria.

## 3. Inform Referee Scheduler

### 3.1 No Referee

For regular league games, proceed with the game with coaches from both teams refereeing half a game each. For Cup games, the game shall be abandoned and a replay shall be scheduled by the league.



Call NSYSA Referee Scheduler  
Barbara Moore @ xxx-xxx-xxx (TBA)  
[morebarb39@gmail.com](mailto:morebarb39@gmail.com)

### 3.2 Games moved or cancelled by the coaches before game time

Coaches are not to move or cancel their scheduled game time/location/field unless they have the prior approval of the League(s), field schedulers or the Referee-In-Chief in the event of bad weather conditions.

## 4. Start of Game

### 4.1 Team List and Photo-ID

All teams must provide their team lists to the referee at the beginning of the game. Those teams with players' photo-ids must also be given to the referee at the same time as their team lists starting 1<sup>st</sup> October 2014.



## 5. End of Game

### 5.1. Fair Play Handshake



FIFA's Fair Play Handshake policy directs teams to have a pre-game handshake as well as post-game handshake. The Boys 4-District Board suggests that the end-of-match handshake should only be done if both teams are still respectful of each other. The pre-game handshake policy starts at U11 and up for all boy's games.

## 6. Offenses



It is the responsibility of the Coaches and or Managers to inform and educate their players as to what constitutes a "Game ejection and/or Cautionable offense". Ignorance of the FIFA Laws will not protect a player. For clarification purposes they are listed below for reference purposes only.

### 6.1 The 10 Direct Free Kick Fouls

1. Kicks or attempt to kick an opponent
2. Trips or attempt to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent
7. Tackles an opponent
8. Holds an opponent
9. Spits at an opponent
10. Handles the deliberately

### 6.2 The 7- Send-Off (Red Card) Offences (U11 and U12 Only)

1. Serious foul play (when challenging for the ball when it is in play)
2. Violent conduct (when not challenging for the ball)
3. Spitting at an opponent or any other person
4. Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. Denying an obvious goal scoring opportunity moving towards the player's goal by an offence punishable by a free kick or a penalty kick



6. Using offensive, insulting or abusive language and/or gestures
7. Receiving a second caution in the same game

### 6.3 The 7- Cautions (Yellow Card) Offences (U11 and U12 Only)

1. Unsporting behavior
2. Dissent by word or action
3. Persistent infringement of the laws of the game
4. Delay the restart of play
5. Failure to respect the required distance when play is restarted with a corner kick, free kick or thrown-in
6. Entering or re-entering the field of play without the referee's permission
7. Deliberately leaving the field of play without the referee's permission



### 6.4 Caution and Send-Off for U9 and U10 games

1. yellow and red cards will **NOT** be used at this age group
2. any player committing a Cautionable Offence will be brought to the attention of the coaches for counseling
3. any player committing a Send-Off Offence (Game Ejection) will be told to return to the player's bench for counseling and he/she must sit out for the rest of the game .



## 7. Rules of Thumb

### 7.1 Cones for Goal Posts

When the ball touches any part of the goal post cones, it is considered as no goal and either a corner kick or goal kick must be given.

### 7.2 Virtual Cross Bar

As the virtual goal bar is 6 feet in height, it will be the referee's sole decision as to whether the ball goes above or below the virtual cross bar.

### 7.3 Virtual Field Markers

Wherever there is no physical line drawn on the field, such as touch lines, goal lines, penalty/goal area lines etc. it is the sole decision of the referee to call whether the ball is within the field of play or it is out of play.



## 8. Myths of the Game

### 8.1 Substitutions can only happen when your team has possession of the ball – FALSE

- The referee can accept a substitution request any time at his discretion
- FIFA Laws (2014/2015): Law 3, page 18, 65

### 8.2 A handball occurs whenever a player's hand (arm) touches the ball – FALSE

- A handball is only called when it is deemed intentional in the referee's eyes. Generally remember that handball is considered "Hand to ball" not "Ball to hand"
- FIFA Laws (2014/2015): Law 12, page 36, 119

### 8.3 If a defender is the "Last man Back" and commits a Penal foul on a player, he is Denying an Obvious Goal Scoring Opportunity (Red Card) – FALSE

- Four criteria must be considered:
  - ✓ Direction of play
  - ✓ Distance between offence and the goal
  - ✓ Location and number of defenders
  - ✓ Likelihood of keeping or gaining control of the ball
- FIFA Laws (2014/2015): Law 12, page 130

### 8.4 In a tackle, if a player touches the ball before the opponent, it is not a foul – FALSE

- If the player challenge in a careless, reckless or excessive manner regardless of touching the ball first or not, then it is punishable by a free kick, caution or red card
- FIFA Laws (2014/2015): Law 12, page 36, 117

### 8.5 A Referee should always call a foul as soon as he sees one – FALSE

- The referee is allowed to play the advantage, should one come up. If advantage does not play out, the referee can call the foul within a few seconds of the foul
- FIFA Laws (2014/2015): Law 5, page 72

### 8.6 Jewelry is allowed as long as it is taped - FALSE.

- No Jewelry is allowed for safety reasons, except for medical and or religious bracelets which must be taped.
- FIFA Laws (2014/2015): Law 4, page 21, 70

### 8.7 "That was a 50/50 ball ref!" – FALSE

- There is no mention in the FIFA laws about a 50/50 ball. The play is either fair or unfair as judged by the referee.



### **8.8 You can't play the ball while on the ground - FALSE**

- As long as a player on the ground does not trip or kick an opponent while playing the ball from the ground, there is no foul committed.
- No mention in the FIFA laws about not playing a ball while on the ground

### **8.9 Players must ask for yards otherwise the defending team can stand in front of the ball – FALSE-Remember different distances for the various age groups (U9-U10 – 8 metres; U11-U12 – 9 metres)**

- Players are required to give the yards and can be cautioned if they do not give the required distance. The attacking team does not have to wait for the required distance to be given before kicking the ball.
- FIFA Laws (2014/2015): Law 12, page 38

## 9. Technical Specifications



### 9.1 Field Sizes must conform to the table as set out below

| Age Group | Min Width | Max Width | Min Length | Max Length |
|-----------|-----------|-----------|------------|------------|
| U9 & U10  | 30 Meters | 36 Meters | 40 Meters  | 55 Meters  |
| U11 & U12 | 42 Meters | 55 Meters | 60 Meters  | 75 Meters  |

### 9.2 Goal sizes must conform to the table as set out below

| Age Group | Goal Length          | Goal Height        | Option |
|-----------|----------------------|--------------------|--------|
| U9 & U10  | 12 feet/3.657 Meters | 6 feet/1.83 Meters | none   |
| U11 & U12 | 18 feet/5.49 Meters  | 6 feet/1.83 Meters | none   |

### 9.3 Goal and Penalty Area sizes must conform to the table as set out below

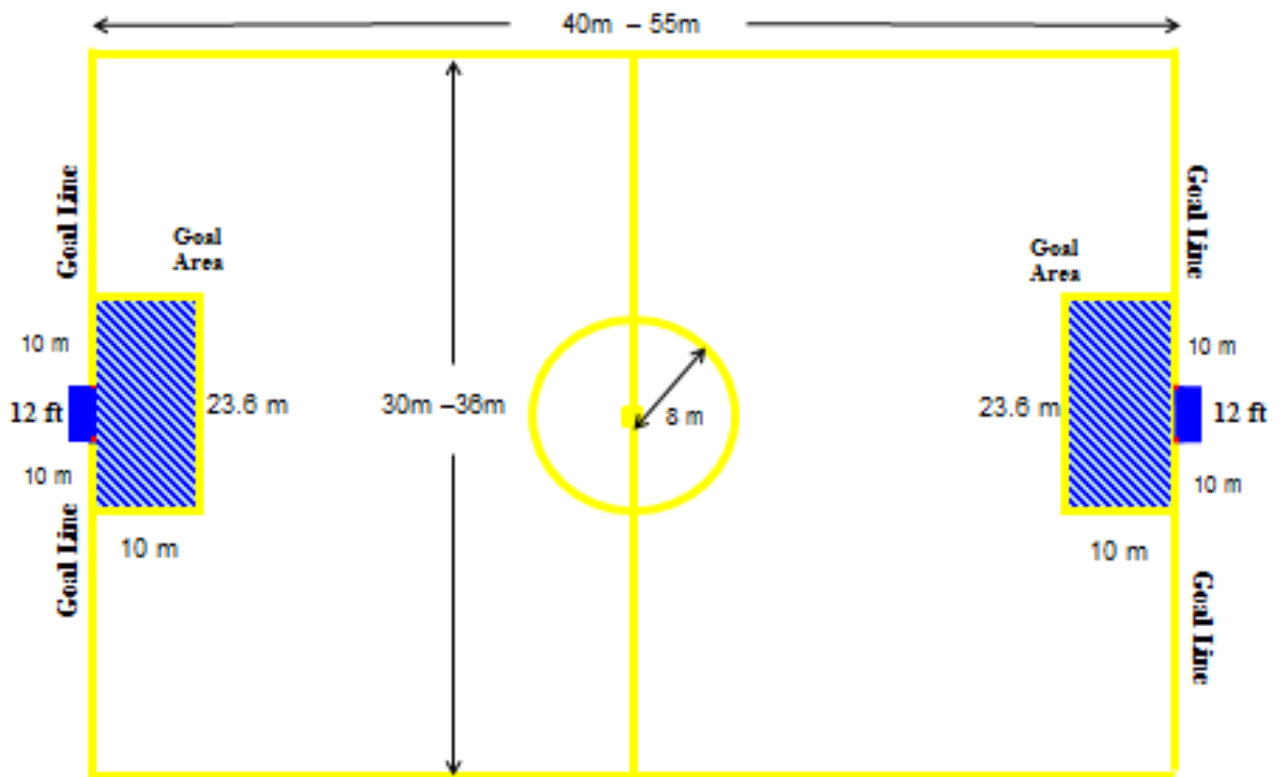
| Age Group | Area              | Goal Dimension   | Option |
|-----------|-------------------|------------------|--------|
| U9 & U10  | Goal Area Only    | 23.6 x 10 Meters | none   |
| U11 & U12 | Penalty Area Only | 25.6 x 11 Meters | none   |

### 9.4 Required Distances FROM Free Kick or Restart as set out below.

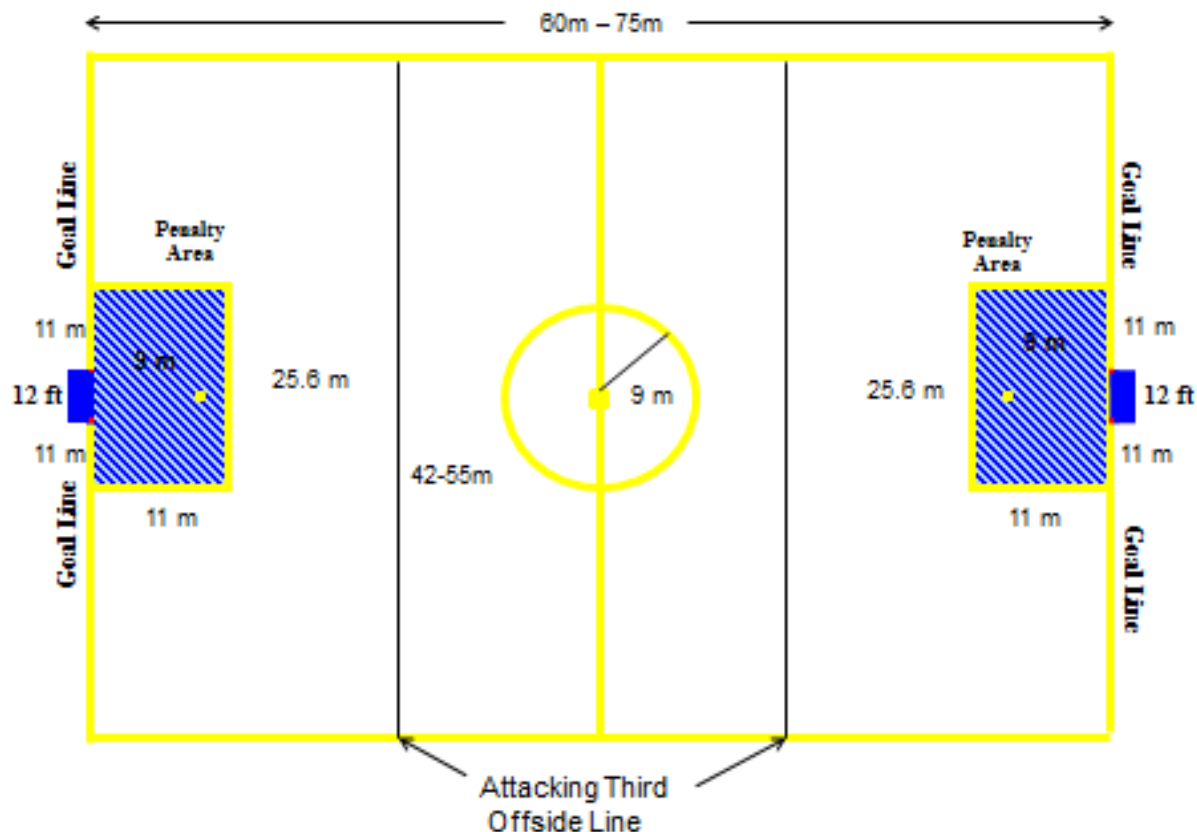
| Age Group | Distance on Kick-Off, Free Kick and Corner Kick |  |  |
|-----------|---|--|--|
| U9 & U10  | 8 meters  |  |  |
| U11 & U12 | 9 Meters  |  |  |



## U9-U10 FIELD DIMENSIONS



## U11-U12 FIELD DIMENSIONS



### Technical Area for all U11-U12 Games:

Starting 2004-2015, all grass and turf fields must have technical areas for all U11-U18 games. It is the responsibility of the home team coach to setup the technical area for both teams using cones. The technical area extends 1 m (1 yd) on either side of the designated seated area and extends forward up to a distance of 1 m (1 yd) from the touch line.