

RECREATION SOCCER HANDBOOK



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NCYSA

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Recreation

Thank you for your participation in NC Youth Soccer Recreation! With approximately two-thirds of the NCYSA membership being registered Recreation players, Recreation is the foundation of youth soccer in our state. Every player, parent, team official, coach, and club official matters in creating the right environment. We want to play a major role in developing the next generation of players and leaders within North Carolina.

We believe that NC Youth Soccer and its member associations have a responsibility to each child to increase his/her mental, physical, and social competency to produce the right tools to be successful beyond his/her soccer career. So, we ask that you join us on the journey to equip our youth with every means necessary to make a difference in their communities!

We hope that you find this Recreation Handbook helpful in accomplishing your goals within your Recreation association.

We look forward to serving you!

Rick Pierce

NCYSA VP of Recreation



NC Youth Soccer's Mission - Provide the ideal environment for all youth to grow and excel through soccer.

NC Youth Soccer's Purpose - Providing youth the skills to be successful in life.

NC Youth Soccer's Values - Integrity – Safety – Fun – Service – Respect - Commitment

NC Youth Soccer's Vision - Being the best youth soccer state association in the US, soccer will become the sport of choice for NC youth.

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Table of Contents

Cover Letter – Rick Pierce, VP of Recreation	1
A Few Benefits of NC Youth Soccer Membership	3
Recreation Soccer – An Overview.....	4-5
a. Introduction	
b. Philosophy	
c. Recreation Programming	
d. Recreation Council	
e. Recreation Liaison	
f. Dissemination of Information	
Risk Management.....	5-6
Registration.....	6-7
a. Certified Recreation Registrar	
b. Age Charts & Age Division	
c. Fees	
d. Player Insurance	
e. Liability Insurance	
Seasonal Year	7-8
a. Field Requirements	
b. Duration of Play and Ball Sizes	
Small Sided Games.....	8
a. The Basics of 3v3/4v4	
b. Why No Goalkeeper?	
c. Why 3v3/4v4	
d. What is developed?	
e. Rules of play for U6, U8, U10, U12	
Referees and Referee Assignors.....	9
a. Referee Fees	
Notification to Travel.....	9
Discipline and Appeals.....	9
Coaching Education.....	10
a. Intro into the DCC	
b. 4v4, 7v7, 9v9 and 11v11 online and in-person licenses	
c. Sideline Beacon	
NCYSA Office Contact Information	10
NCYSA Recreation Associations.....	10
a. Inter-Club Play	
Key Word Definitions	11



A FEW BENEFITS OF NCYSA MEMBERSHIP

1. A centralized communication center to handle information concerning all affiliated leagues, soccer happenings across the US and the world soccer events – the NCYSA State Office, with a staff that is more than willing to help our membership in all ways needed.
2. Membership gives players the opportunity to play at all levels.
3. Risk Management protects youth players by allowing them to participate in youth soccer in a safe environment. The following elements for player safety are included:
 - a. Background Checks for all coaches, team managers, volunteers, etc.
 - b. Concussion Policy
 - c. Goal Safety: properly anchored, stored, and movement
 - d. Travel Safety to and from games/tournaments
 - e. Hotel Safety during overnight stays for games
 - f. Weather Policy
 - g. Extreme Cold Statement for NCYSA: NC Youth Soccer and its Member Associations have the responsibility to be aware of environmental conditions that may pose hazards to its participants. These conditions would include but not limited to cold weather:
 - i. Cold temperatures increase the risk of injury – hypothermia – frostbite.
 - ii. Players should be permitted to wear **LAYERS** for their safety. Extra garments under their uniforms, knit hats and gloves, etc.)
 - iii. Associations may cancel games if the temperature/wind chill is cold enough to adversely affect the participants.
4. Sexual Abuse Training
 - a. **Sexual Abuse Awareness Training** is now **REQUIRED** in order to participate and receive your USYS Membership Card/Credential for the upcoming Fall season. Each NCYSA member association has an Abuse Prevention Liaison who is responsible for sending you the Training link and monitoring completion of the Training. Training involves watching a video and completing a quiz. The Training is good for two years.
5. Insurance
 - a. Certificates of insurance for playing sites
 - b. Liability Insurance
 - c. Secondary Medical Insurance for players and coaches
6. Support setting up educational clinics – courses – certifications for:
 - a. Player Development
 - b. Coaching Development and Certification
 - c. Topic Specific and Age Specific Courses
 - d. Referee Certification and Training
7. Administrative Support
 - a. League Development
 - b. Rules – Field Sizes – Age Divisions – Registration
8. Discipline and Appeals process that helps to enforce the rules the membership has established and gives all members due process.
9. Free Registrar Certification Training Workshops
10. Annual NC Soccer Symposium which allows your association to network with other associations, vendors, and attend topic specific workshops.
11. Having a consistency in the playing rules in league play as well as in tournament play throughout the US.

12. Educational Materials are available for educating an association's parents, players, coaches, and team officials. NCYSA members access our website for information an average of 5,000 times per week! Brochures, online documents, and other materials are available!
13. TOPSoccer- a community-based training and team placement program for young athletes with disabilities organized by youth soccer association volunteers.
14. Being a member of an organization of over 3,000,000 youth players in the USA.
15. *Crossing North Carolina* - the monthly, e-News publication of the North Carolina Youth Soccer Association is distributed to approximately 25,000 email addresses per month!
16. *Sideline Beacon* – the bi-monthly newsletter emailed to association officials and licensed coaches. This provides coaching session examples and important information to assist members in improving the overall quality of their coaching environments. To start receiving the Sideline Beacon, email Bill Furjanic at coach@ncsoccer.org

NC Youth Soccer is truly a service organization with a desire to help you reach your goals. We look forward to proving it to you!

RECREATION SOCCER – AN OVERVIEW

Introduction

NC Youth Soccer Association (NCYSA) defines a recreation team as one: that does not use tryouts, invitations, recruiting or any like process to roster players selectively to any team based on talent or ability. The system utilized for rostering the players must be a fair and balanced distribution of playing talent among all teams participating.

North Carolina Youth Soccer Association strives to promote an emphasis on PARTICIPATION, not COMPETITION. Help children understand this is the "Game for All Kids."

Philosophy

It is well known that a child's learning abilities varies with age. Thus, North Carolina Youth Soccer Association focuses on age-appropriate training, an important process in both the development of the player, as well as the team. Furthermore, North Carolina Youth Soccer Association emphasizes each recreation player must participate an equal amount of time during a full game.

Recreation Programming

- ❖ Publix Recreation Road Shows – A great way to kick off or celebrate the completion of a season! There are three different options for the Road Shows, see more information at [Road Show Application & Information](#).
- ❖ Recreation Regional Meetings – Are scheduled in 5 different locations across North Carolina and are conducted in the spring yearly. Our goals for these meetings are to have the chance to interact with you in an informal setting; to discuss topics that Associations have brought forward in past meetings; and, to hear areas of concern and/or support needed so we can provide helpful information on those topics. [Meetings Schedule & Agenda](#)
- ❖ Recreation Coaches Symposium – A yearly coach's special topic symposium surrounding the NC Youth Soccer Show held each year the third weekend in January. [Recreation Coaches Symposium](#)
- ❖ National Youth Soccer - September is National Youth Soccer Month, which is a celebration of US Youth Soccer & North Carolina Youth Soccer Association's thirteen years of educating the public of the joys, rewards and benefits of playing youth soccer. North Carolina Youth Soccer's goal is to celebrate Youth Soccer Month by providing Street Soccer at surrounding colleges or professional games. Street Soccer is structured "free play," where players of similar ages will play 3v3 or 4v4 mini soccer games. Street Soccer will be played before each game that is listed below.
- ❖ Password protected Recreation Website - We offer information and guidelines to help you with your organization. Please contact Bill Furjanic at coach@ncsoccer.org for password to [website!](#)

Recreation Council

The Recreation Council is the governing body for the NC Youth Soccer Recreation level of play. It is made up of representatives from member associations with registered recreation players. The Council will set policies that YOU will play by. Therefore, it is extremely important that you express your opinions on information/proposals sent out to your President and Recreation Representative, so they may vote their members' wishes at the Council Meeting. Council meets twice a year (spring and fall).

The NCYSA Vice President of Recreation, with the following guidelines, conducts Recreation Council Meetings:

- Develop an agenda of topics to be addressed that is sent out to the Presidents and Liaisons prior to the meeting.
- Establishment of a quorum – attendance must be 10% of the total number of currently registered North Carolina Youth Soccer Association Recreation Associations.
- Voting will be based on the number of registered Recreation Players from each association:

Number of Players	Number of Votes
1 - 2,000	1
2,001 – 4,000	2
4,001 – 6,000	3
6,001 – 8,000	4
8,001 – 10,000	5
10,001 – 12,000	6
12,001 +	7

A Recreation Council Representative may hold a maximum of four proxies from associations not in attendance. **(Four includes their own association)**

A President or Recreation Liaison may get a topic on the agenda by submitting a completed Motion Form more than 30 day prior to the Council meeting, [Motion Request Form](#). Items to be voted on will be distributed by email to the President and Recreation Liaison of each NCYSA association and are required to have a 30-day notice to the membership.

Recreation Liaison

It is imperative that North Carolina Youth Soccer Association have a Recreation Liaison contact for each association. That person must be identified with an address, a phone number (home, work, and/or cell phone) and an e-mail address is required. *(Most of communication is by email as voted upon by North Carolina Youth Soccer Association's Board of Directors in 2000)*. This person is required to be listed yearly on the Association renewal form completed by the Association President. Should contact information change for a recreation liaison, North Carolina Youth Soccer Association should be immediately notified and supplied with new contact information. Our ability to communicate regularly with liaisons is directly related to how well we can fulfill our mission of bringing the message and the opportunity of recreation soccer to every child in the state.

Dissemination of Information

The Recreation Liaison is the bridge between NC Youth Soccer and your players. The information that comes from NC Youth Soccer needs to be viewed by everyone in your association. It is North Carolina Youth Soccer's responsibility to get this information to your association, and your association's responsibility to get it to your members.

RISK MANAGEMENT

The primary purpose of the Risk Management program is to protect youth players by allowing them to participate in youth soccer in a safe environment.

The following are elements for player safety:

- Background checks- for all adults that will coach, team managers, volunteer, etc. that are 18 years and older
- Goal Safety- anchored securely on the field and while being stored off the field, NO players moving goals
- Concussion Policy- Players must receive clearance from a Physician before returning to play
- Weather Policy- Tornadoes, dangerous lightning, flooding, and other serious conditions are to be treated with great caution and good judgment. The decision to cancel a match lies with the referee and local association.
- Travel safety –to and from games/tournaments

- Hotel safety- during overnight stays for games

Recreation coaches/volunteers (including TOPSoccer Buddies) and any volunteer under the age of 18 must register with the NCYSA online Risk Management program every year they are participating. **EVERY** individual working with a Recreation team in any capacity is required to have an NCYSA ID card/ coach’s pass. During matches, each person working with the team and on the player’s, sideline must have their NCYSA ID card/coach’s pass.

This will be enforced by the referees at every game and if the association does not use referees, then it is a club official’s responsibility (President, Rec Liaison, DOC, etc.) to confirm/check NCYSA ID card/coach’s pass. If any individual does not have a pass, then they will be required to leave the bench area. If the team only has one team official and that individual does not have their pass with them, then they need to be replaced with an adult who has gone through NCYSA Risk Management and has their card on them. For more information click on [Risk Management](#).

REGISTRATION

Certified Recreation Registrar

A Recreation Registrar becomes certified by taking the Registrar’s certification class and a class for access to the NCYSA registration database. (*passed by Rec Council 4/1/07*). Contact the NC Youth Soccer State Office for more details. (*See “How to Contact North Youth Soccer Association.”*) This registrar is required to be listed on the Association Renewal form and approved by the association President.

Registration Policies:

- The primary purpose of registration is to identify a player or coach with a specific association or league.
- Another use of the annual registration is to identify players and coaches covered by insurance through North Carolina Youth Soccer Association.
- Registration becomes effective on September 1st of each seasonal year.
- Recreation player passes will be provided if requested by the Association. Coaches’ passes **are required** and are printed and sent to the association. Coaches should have their coach’s pass in possession at practice and games and abide by their association’s system for possessing them (lanyard, etc.). A coach must complete Risk Management and receive his/her pass before working with the players. A \$5.00 fee is charged for each team official pass.
- Deliberate falsification of US Youth Soccer/NC Youth Soccer player/coach pass will be grounds for disbarment from future participation and/or membership in US Youth Soccer.
- For all registration procedures, please check with your association’s registrar.

Player Registration

Players must register with their local association through their Certified Registrar. All registered players receive supplemental insurance coverage. The necessary claims forms may be obtained on the NCYSA web page or from your local registrar (see insurance section)

Medical Consent/Waiver of Liability and Release

- This form is to be filled out and given to your local association to provide medical history and insurance information. This waiver is signed by a registrant’s parent or legal guardian to declare their intent to allow the child to practice, train, play, and participate in all soccer related activities within NCYSA and its members. This waiver also releases the designated coaches of the team, US Youth Soccer, NC Youth Soccer, association and sponsors from all liability. All players are required to submit a Medical Consent/Waiver of Liability and Release form with their associations. If the association does not have an approved Recreation form the NC Youth Soccer form should be used: [Click Here!](#)

Age Charts and Age Division Information – [Click Here!](#)

North Carolina Youth Soccer Association Recreation Fees:

NCYSA offers a discount to those associations who register their recreation players by the deadline each fall and spring. (*passed by NCYSA Executive Board on 6/30/12. This is effective beginning with the Fall, 2012 registration.*)

FALL SEASON	<i>On or Before October 1</i>	<i>October 2 – October 31</i>	<i>On or After November 1</i>
Fee per player	\$8	\$9	\$10

SPRING SEASON	On or Before March 1	March 2 - 31	On or After April 1
Fees per player	\$8	\$9	\$10

*****IMPORTANT: Players must be registered with NCYSA AND PAID FOR to qualify for the discounted fees.**

NCYSA Interstate Release Form - If the player or guest player resides in another state but wishes to play on a team or recreation program in NC, the player must complete an Interstate Permission form. US Youth Soccer requires the player registers in the state in which he/she resides, completes that state's release form, and submits form to that state's State Organization. Both States must approve the Interstate Permission. *Please contact your local registrar for more information.*

PLAYER INSURANCE INFORMATION

Being members in good standing of the North Carolina Youth Soccer Association, NCYSA registered soccer players and coaches are covered by a statewide insurance policy. This coverage includes supplemental medical for the players and coaches, along with liability coverage. For more information click on [Insurance](#).

LIABILITY INSURANCE

The general liability insurance covers the fields you use for any sanctioned event including practice, playing, tournament games, etc. For each field that is listed with NCYSA, a certificate of liability is issued to the association. This certificate can be copied and given to the certificate holder upon request. The certificates of liability roll from year to year and are good for the seasonal year (September 1 – August 31). All certificates listed with each association are emailed in early to mid-August every year. They are emailed to the President, Field Coordinator and Executive Director. Any new fields added during the year should be listed with NCYSA. There is a [Request for Certificate of Liability](#) form on the NCYSA website and can be found under the insurance tab.

SEASONAL YEAR

US Youth Soccer Association/NC Youth Soccer Association Seasonal Year

The seasonal soccer year operates from September 1 to August 31 of each year. Player passes, team roster, and medical release forms are valid between these dates. Please refer to the registration section for process and deadlines.

US Soccer's Player Development Initiatives – [Click Here!](#)

Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

SMALL-SIDED GAMES

The Basics of 4v4

The priority in 4v4 is to motivate youngsters in an enjoyable environment that is conducive to learning. The more pleasure kids derive from their participation the more they wish to play and practice on their own. While the instinct to play is natural, their affection and appreciation for soccer must be cultivated.

The 4v4 game develops:

- The mental, physical, and social characteristics representative of these age groups.
- Players touching the one toy on the field frequently; the ball.
- Opportunities for players to score goals.
- Player possession of the ball as a productive and rewarding part of the game.
- Active participation and minimizes inactivity and boredom.
- The philosophy of player development expressed in state and national coaching schools.
- The game to be the teacher.

Why No Goalkeeper?

Goalkeeping, as it relates to the adult version of soccer, requires a combination of motor skills, athletic talent and decision-making. A goalkeeper is not utilized in the 4v4 game because:

- Goalkeepers must be field players first. Prior to specializing as goalkeepers, children must learn the broad parameters of “play”. This is difficult to do when they hide beneath the crossbar and between the posts.
- Goalkeepers must possess field-playing skill. This is particularly true since the laws governing the 11 a side game have been changed to prohibit the goalkeeper from using handling skills to receive balls passed by teammates.
- Psychological maturity is necessary to function as a goalkeeper.
- The peripheral vision and hand eye coordination at these ages is usually not developed to the point necessary to play goalkeeper.

Why 4v4?

Teaching soccer to children requires that the information provided to them be appropriate for their maturity level through some means (THE GAME) that makes sense to them. The environment for play must, essentially, meet the needs of the player.

Reducing the number of players to 4 per team allows for all the components of the game of soccer:

- The ball
- Teammates & opponents
- Realistic & Appropriate pressure
- Modified Rules
- Direction of play (attacking & defending)
- The combination of length and width in the game

What is developed?

- Skill that is realistic in relationship to the game of soccer
- Motor ability: balance, agility and coordination
- Perception: insight and awareness
- Problem solving: choices and decisions
- Physical fitness and Psychological Domain: fun and enjoyable
- Learning by discovering, trial and error: playing!

Rules of Play for U6 to U12 – [Click Here!](#)

REFEREES AND REFEREE ASSIGNOR

Associations are obligated to work with their certified assignors to provide their own certified referee pool. It is the responsibility of the association to secure a certified assignor and make sure they are certified yearly. This person must be listed on the Association Renewal form. The assignor classes are usually held in January and February at the North Carolina Youth Soccer State Office. Referee Assignor Certification is good for one year.

If your association has no referee program, then you are required to find a Certified Referee Assignor from another area that will book your home matches.

Referee Fees

No league or playing association may pay referee fees higher than the rates established by the North Carolina Youth Soccer Board of Directors. Associations may set referee fees lower than these fees listed but may not pay more. [Referee Fee's](#)

NOTIFICATION TO TRAVEL

Any team wishing to play outside of North Carolina in a **USYS sanctioned event** must complete Notification to Travel with NCYSA. Out of State play shall include, tournaments, scrimmages, friendlies, or league play in another state. *Only the North Carolina Youth Soccer Association State Office can approve Notification to Travel!*

All notification to travel information can be found at the following link – [Click Here!](#)

Present your approved [Notification to Travel Form](#) at the tournament registration

Any team wishing to play in a non USYS sanctioned tournament should submit a travel request for a non-sanctioned event. Instructions are listed at the following link – [Click Here!](#) A Team Information Page will be sent to you electronically. It will provide the player's name and birth date.

International Travel: (Playing outside of the 50 United States and the District of Columbia).

Forms are available on the [Notification to Travel](#). Forms should be submitted 90 days before you travel to avoid late fees with the United States Soccer Federation. Please contact Debbie Morton, debbie@ncsoccer.org with any questions

NCYSA DISCIPLINE AND APPEALS

North Carolina Youth Soccer Association publishes a [Discipline and Appeals Manual](#) yearly. This manual addresses the North Carolina Youth Soccer Association Code of Conduct, Appeals Procedures, Recruitment, and Suggested Discipline Actions. Most discipline actions involving Recreation teams, players, or coaches, are handled at the local level.

USSF/USYS/NCYSA requires that due process is given by a member association to all parties involved in a dispute. If you have any questions, contact Mark Moore at 336-856-7529 or via email at mark@ncsoccer.org

COACHING EDUCATION

NCYSA believes that continuing coaching education is a key component of a successful coach. Keeping current with the best practices in soccer coaching methods is an important element to enhance the players' training and game experiences. NC Youth Soccer Coaching Education Program's responsibility is to deliver the coaching curriculum of US Soccer and USYS within NCYSA's framework to anyone wishing to learn more about coaching soccer.

A goal of the NC Youth Soccer Coaching Education Program is to prepare our coaches who wish to pursue advanced national licenses with the knowledge and skills necessary to be successful. Our focus is to ensure that those that wish to move up the coaching education ladder will have the tools to meet that goal.

The following list comprises NCYSA's coaching course offerings:

As we are all aware the F course and E course will no longer be conducted through US Soccer. They have replaced those licenses with the following:

On-line: 4v4, 7v7, 9v9 and 11v11 - Licenses
In-person: 4v4, 7v7, 9v9 and 11v11 – Licenses

Each of the above courses are a stand-alone license – meaning that you do not need to take both pieces to complete the license – just one. On-line is 45 to 60 minutes and the in-person being 4 hours.

In order, for a candidate to move from the above courses to the D course the following requirements need to be met:

- 1. E license – can attend the D course**
- 2. F License and 11v11* in-person License – can attend the D course**
- 3. 1 on-line License and 2 in-person License (mandatory 11v11* in-person License) – can attend the D course**

The courses will be available through the [DCC](#) (Digital Coaching Center) thru the US Soccer platform.

[National D License](#) – for coaches working with U13 players or older at the Challenge & Classic Levels; pre-requisite is the "E" License. No exceptions.

C, B & A License – [US Soccer Coaching Education](#)

Other NC Youth Soccer Coaching Education offerings:

[Goalkeeper Certificate](#) – recommended for all coaches.

[TOPSoccer Certificate](#) – recommended for all coaches that will be working with the TOPSoccer athlete.

For more Coaching Education information – [Click Here!](#)

NCYSA CONTACT INFORMATION – [Click Here!](#)

NCYSA RECREATION ASSOCIATIONS – [Click Here!](#)

Inter-Club Play: If your association desires to play recreation teams from another association, you may use the chart above to find the contact information from everyone's website. You may contact NC Youth Soccer for further assistance in coordinating such events.

KEY WORD DEFINITIONS

Recreation: a level of play within NC Youth Soccer which focuses on development and enjoyment of the game for all ages. Try-outs are NOT utilized at this level.

Recreation Association: An organization affiliated with NC Youth Soccer and authorized to register recreation players and coaches

Recreation Council: The Recreation Council is made up of representatives from associations with Recreation Teams. The Council sets policies that each NC Youth Soccer Recreation member plays by.

Board of Directors: The NCYSA Board of Directors is made up of representatives of each member association. Board meetings are held twice yearly: The Annual General Meeting (AGM) held during in the winter (January/February), and the Mid-Year Meeting held in June.

Executive Board: Elected by Board of Directors to administer and operate all matters of NCYSA between NCYSA Board of Directors meetings.

Seasonal Year: The seasonal year of the NCYSA shall begin on September 1st and end on August 31st of the next year. Insurance coverage shall be for the same period.

Risk Management: A program that evaluates potential registrants to determine whether their participation poses a risk to the safety of other participants in the Organization Members activities.

Team: A group of soccer players playing on the same side in soccer games.

Team Information Page: A team that wishes to travel to a non-US Youth Sanctioned event can request a Team Information Page. This form is needed if the event is in North Carolina or outside of North Carolina

League: A structured group of 4 or more teams joined for providing play under a common set of administrative and competition rules.

Notification to Travel: Any team wishing to play outside of NC in a USYS sanctioned event, must fill out a Notification to Travel form and submit it to NCYSA for approval.

Tournament: A series of games between NCYSA member associations who compete for an overall prize.

Festival: A series of games between NCYSA member associations without an overall winner being determined. A Round-Robin style game format.

USYSA: United States Youth Soccer Association, Inc.

Laws of the Game: the “Laws of the Game” as authorized by FIFA will apply to soccer games unless otherwise stated in these rules

NCSRA: North Carolina Soccer Referee Association

NCASA: North Carolina Adult Soccer Association



“Recreation is our Foundation”