

## **PHYSC CLUB RULES 2024**

### **1. OVERVIEW:**

**1.1** PHYSC will review and update, if needed, each year before the start of the current season.

**1.2** These rules apply to PHYSC and are in compliance with US Club. Games outside PHYSC clubs may have other specific rules and each team should check with the home team when playing.

**1.3** These rules are based on recreational soccer standards with age levels U6 to U19.

### **2. DISCIPLINE:** The following information is based on PHYSC Bylaws & Constitution

**2.1** PHYSC adheres to US Club Conduct and Discipline policies along with additional discipline as identified.

**2.2** PHYSC may only discipline players, coaches, parents and board members who are in their own club.

**2.3** A three-tiered discipline approach is utilized by PHYSC:

**2.3.1 Tier 1** - Education. This includes investigation, discussion, right conduct and behavior, remediation and communication with affected parties. Intervention may include written notification or discussion with “known” party at a Board meeting.

**2.3.2 Tier 2** - Restriction. Includes Tier 1 approach and conduct or behavior that willfully stands in contrast to the PHYSC discipline policies. Intervention may include a written behavior agreement or ‘silent Saturday’.

**2.3.3 Tier 3** - Suspension. Includes Tiers 1 and 2 and conduct or behavior that is egregious and stands in contrast to the PHYSC discipline policies. Intervention may include revocation of parent and/or child from the League, or legal action.

**2.4** Depending on the nature of the incident the PHYSC reserves the right to determine right Tiered discipline on a case-by-case basis.

**2.5** Failing to comply with the discipline delivered by the PHYSC will result in escalation to another Tier, as appropriate in each case, and potentially being permanently removed from the League.

**2.6** A party serving Tier 1 or 2 discipline may attend team activities as long as remediation steps are followed.

**2.7** A party serving Tier 3 will serve that suspension away from the team and team activities. This includes practice, friendly games, scrimmages, and official games.

**2.8** It is understood that discipline may be required immediately during the course of team activities. As such, the following rules apply:

**2.8.1** A coach or assistant coach who has been “sent off” during a team activity must leave the ‘activity’ area.

**2.8.2** A player who has been “sent off” may remain on the sideline or leave with permission from the coach as long as they are accompanied by a parent or guardian.

**2.8.3** A spectator who is sent off must leave the ‘activity’ area.

**2.9** All games and practices must be under the direction of the coach or assistant coach of record. If neither the coach or assistant coach is available, and an authorized PHYSC member is unavailable to oversee, the practice or game shall be terminated. This may be a result of the coach or assistant coach not attending the practice or game, having to leave suddenly, or having both been ejected from the game.

**2.10** A coach may be disciplined for intentionally not providing pertinent information about a spectator who has violated PHYSC rules or policy if it is reasonable that the coach should know that spectator. The same holds true for a team parent who does not divulge a child's name to the referee when the child has violated rules or policy. It is not reasonable for the coach to know spectators who are not members of their team.

**2.11** Parents/guardians are not allowed to confront a coach, team, player, board member, or league official to discuss any "negative" game or practice situation(s) until at least 24 hours has passed from the completion of the game or practice.

**2.11.1** A confrontation shall consist of any conversation, which is elevated from a normal speaking tone and demeanor to one which involves yelling, profanity, or derogatory comments toward said coach, team, player, board member or official.

**2.11.2** Violation of the 24 hour rule policy will result in said parent being suspended for 7 calendar days. Difficult parent/player situations shall be brought up to the PHYSC, who will support coaches with any parent/player discipline as needed.

**3. COACH/TEAM OFFICIAL REQUIREMENTS AND APPROVALS:** The following information is based on PHYSC Bylaws & Constitution

**3.1** All PHYSC coaches/team officials shall pass a background check.

**3.2** Review of the Live Scan reports shall be by the US Club.

**3.3** Live Scan report information is confidential, therefore US Club will only report to the Board of Directors that a coach has passed/failed the Live Scan.

**3.4** Coaches that have failed the Live Scan can appeal to the Board of Directors, but they must be willing to divulge and disclose the confidential information from the Live Scan with the Board of Directors. The Live Scan appeal will be held in closed session with the appealing coach/team official.

**3.5** The decision of the Board of Directors shall be final, with no additional appeal rights to District VI or US Club.

**3.6** It is the Coaches' responsibility as a representative of PHYSC to require players to wear all appropriate safety equipment (i.e.: shin guards) during all games and practices. In addition, the coach will not allow a player to play with any equipment not sanctioned for use during games (i.e.: no toe cleats). This also includes but is not limited to casts of any kind, piercings, and any brace that contains metal. Failure to enforce these requirements will be a cause for immediate removal from the team as coach.

**3.7 UNDERAGE STAFF INSTRUCTIONS:** The minimum age for a coach is 16. Any youth (age 16 or 17) serving in the capacity of coach needs to complete the following qualifications: Submit Disqualification-Suspension Review, complete and sync SafeSport Training (17-year-old only), supply written parental permission letter, and provide a headshot/profile photo. Please submit a Zendesk ticket with the parental approval letter.

In the body of the ticket, advise this is for underage staff. Be sure to include the members' name and club name.

4. **GUEST PLAYERS:** The following information is based on PHYSC Bylaws & Constitution
  - 4.1 The use of guest players from other PHYSC teams is allowable, under the following conditions:
  - 4.2 The player must be a currently registered player.
  - 4.3 Guest players may not be used in inter-league games with Placer Alliance Soccer League or during any post league play.
  - 4.4 The guest player must have the current medical release form at the game.
  - 4.5 Use of guest players must be brought to the attention of the referee and opposing coach.
  - 4.6 Guest players must be from the same age & gender group of play (no younger players playing up an age group or older players playing down an age group).
  - 4.7 By adding guest players to a team, the total number of players on that team must not exceed the total number of players on the opposing team or cause the team to go over the allowed player amount for that age group. For example, if the opposing team only has ten players and the team adding guest players has eight regular team players and three guests, only two of the guests can be added.
  - 4.8 Use of guest players is limited to half of the team's league games.
  
5. **OVERALL GAME RULES:**
  - 5.1 All individuals attending a PHYSC game will comply with **PHYSC Parent Code of Conduct**, as well as, **US Youth Soccer's Code of Conduct Policy** (both of these documents are available in the Downloads section of our website (<https://placerhillssoccer.org/downloads>))
  - 5.2 **NO TOBACCO/ALCOHOL POLICY:** It is PHYSC's policy that the use of tobacco and/or alcohol is not allowed by anyone on or near playing fields during games or practices.
  - 5.3 **The referee's judgment shall not be challenged.** Coaches, Players, Parents and Spectators shall not approach the referee without permission. The referee has absolute authority to eject any player, coach, or spectator from the field vicinity. Threatening or assaulting a licensed referee is a Federal Felony. Complaints and/or comments shall be forwarded to the Clubs Referee Liaison - [physcrefs@placerhillssoccer.org](mailto:physcrefs@placerhillssoccer.org).
  - 5.4 Slide Tackling is not allowed for U12 or younger players
  - 5.5 A player down and kicking at the ball is considered dangerous play and will be carded
  - 5.6 **Ejections (Red Cards):** require the offender to immediately leave the field vicinity and not return. Said player will be automatically suspended for a minimum of one club game and subject to a disciplinary hearing. Additional suspensions may be applied.
  
6. **COACHES:**

**6.1** Coaches are responsible for promoting good sportsmanship and the behavior of their players, assistants, parents and spectators. Cautions and ejections resulting from the conduct of these members will be given to the team coach.

**6.2** Coaching from the sidelines is permitted by the team's approved coaches only and is limited to directing one's own team on points of strategy and position. The tone of the coaches must be informative and they can not use any derogatory language or profanities.

**6.3** Coaches and players must always remain in the team's box or bench area. The bench area is defined as the space located one yard from the touchline, and extends 10 yards (side to side) from the half line. Spectators may not sit in the team's box or directly along the line, and **MUST** sit 10+ feet back from the touchline for safety purposes.

## **7. REFEREES:**

**7.1** All PHYSC referees will be overseen by the Club's Referee Liaison.

**7.2** The referee will conduct a pregame meeting with both coaches prior to starting the game.

**7.3** The referee will gather game cards from each team and verify the players, coaches, assistant coaches and parent helper can be on the field.

**7.4** The referee will verify that all players are prepared to play and comply with the uniform/equipment standards.

## **8. PLAYERS:**

**8.1 ALL** players must wear shin guards that are fully covered by socks.

**8.2** Players with eyeglasses must have them secured

**8.3** Players may **NOT** play with:

- Hard casts of any kind

- Jewelry of any kind

- Medical alert bracelets may be worn but must be taped completely

- If players have earrings they can not remove they must be taped completely

**8.4** A player who is cautioned must leave the field of play for a minimum of five minutes but may be substituted for if one is available.

**8.5 Player Cards:** are required for all Super Rec players only. Official Club medical releases for all players must be present at all practices and games

**8.6 ALL** players must play at least 50% of each game unless the referee and opposing coach are notified in advance. Penalty is game forfeit. Except when a player(s) are not practicing good sportsmanship based on the Clubs code of conduct.

## **9. THE START OF THE GAME:**

**5.1** The home team will change the color of their jersey, if they need to, to avoid conflicting with the visiting team. This can be done by wearing a penny.

**5.2 Game Cards:** Before every game the home team will be responsible for providing a game card with their entire roster written to the referee. After the game the coaches must

sign the game card and it is at this time that the coaches may write down any comments regarding the game. The comments will be kept and filed by the referee liaison and they will act upon them as necessary. Using the game card, the referees must verify the players, coaches, assistant coaches and parent helpers eligible to be on the field during the game.

**5.3 Game Ball:** The home team will provide the appropriate size game ball.

**5.4** After the teams have been checked by the referees, the referee will ask for each team's captain(s) and one coach to come to the center of the field for a coin toss.

**5.5 Kick-Off Procedure:** The team that wins the toss of a coin decides which goal it will attack in the first half or kick-off. Their opponents take the kick-off or choose sides.

**5.5.1** The team that doesn't kick off the first half will kick-off to start the second half.

**5.5.2** For the second half, the teams will change ends and attack the opposite goal.

**5.5.3** After a team scores a goal, the kick-off is taken by their opponents.

**5.5.4** For every kick-off all players, except the player taking the kick-off, must be in their own half of the field of play.

**5.5.5** The opponents of the team taking the kick-off must be at least 10 feet to 10 yards from the ball until it is in play (depending on the age group).

**5.5.6** The ball must be stationary on the center mark and when the referee gives a signal. The ball is in play when it is kicked and clearly moves.

**5.5.7** The kick can go in any direction (360 degrees)

**5.6 Infringements and Sanctions:** If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick, or for deliberate handball a direct free kick, is awarded (depending on age group).

## **6. Substitutions:**

**6.1** For U6-U12 substitutions are unlimited and can occur at any stoppage of play after receiving the referee's permission:

**6.1.1** Prior to a throw-in

**6.1.2** Prior to a goal kick by either team

**6.1.3** After a goal by either team

**6.1.4** After an injury, when the referee stops the play by either team

**6.1.5** At half time or a hydration break

**6.1.6** When the referee stops the play to caution a player, only the cautioned player may be substituted prior to the restart of the game

**6.2** Substitutions will occur at the mid-field line.

## **7. Heading Policy:**

**7.1** In accordance with US Soccer guidelines the following policy for heading in games and practices is in effect

**7.2** Heading is prohibited in U12 and younger during practices and games

**7.3** All players age eleven (11) years old and younger, who are playing up in 13U and older games, are prohibited from heading, and must clearly be identifiable to the match official. (i.e. armband)

**7.4** When a player, who is eleven (11) years old and younger, deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

**7.5** All players age eleven (11) years old and younger, who participate in a sanctioned event with their player pass, must adhere to the heading policy and are prohibited from heading.

**7.6** It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, that are heading in practice be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week. In addition, it is recommended that standard coaching methods are given to instruct on how to properly head the ball based on instituted Affiliates. Affiliates, as needed, in teaching coaches the proper heading techniques as such to reduce the risk of possible concussion.

**7.7 Concussion Initiative:** Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made at that moment. The player with the suspected head injury may not return to the game unless a Healthcare Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game

## **8. Rainouts/ Field Conditions:**

**8.1** Rain is a concern because of the potential damage to the fields when they are soaked. If there is a question in regards to field condition, please contact the Field Coordinator, [fields@placerhillssoccer.org](mailto:fields@placerhillssoccer.org). You may also refer to the ARD field condition website, <https://auburnrec.com/facilities/field-conditions/>.

**8.2** When a game is rained out it is the coaches responsibility to inform their team in a timely manner.

**8.3** If the fields are closed due to wet conditions, and the weather is appropriate, coaches can hold optional practice in an approved area. If the coach has a question about what is an appropriate option they must contact the Coach Coordinator, [coaches@placerhillssoccer.org](mailto:coaches@placerhillssoccer.org).

## **9. Air Quality:**

**9.1** If teams are aware of a potential air quality issue they must notify their team as soon as they become aware of the issue. Teams are to use [www.AIRNOW.gov](http://www.AIRNOW.gov) to determine AQI in the area. AQI is to be read 1 hour prior to teams starting warmups/practice.

## **10. Heat Policy:**

**10.1** PHYSC will follow U.S. Soccer Heat Guidelines listed on our website and provided to all coaches.

**10.2** Please refer to the Heat Guidelines Chart when determining if it is safe to play and or practice.

**10.3** It is recommended to include scheduled hydration breaks when the WBGT reaches 89.6°F. Provide hydration breaks of four minutes for each 30 minutes of continuous play. In a regulation 90-minute match, this would schedule the hydration break at minute 30 and 75.

**11. U6 & U8 Age Group:**

**11.1** Registered and certified referees are not needed at this level, but are encouraged.

**11.2** One coach from each team is allowed on each field, but may not physically move players.

**11.3** Games will use an “official” which can be a game manager, coordinator, approved parent, coach to assist in FIFA laws of the game.

**11.4** Heading is **NOT** allowed. If a player heads the ball in a game, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense

**11.5 Standards of Play:**

- Field -25-35 yards (length) by 15-25 yards (width)
- Goals should be no larger than 4 feet (height) x 6 feet (width)
- Corner flags are preferred but not needed

**11.6** All players will get one re-throw on illegal throw ins

**11.7** Fouls will be indirect free kicks only. Free kick clearance will be 10 ft

**11.8** There will be no penalty kicks

**4v4 Standards of Play**



## Standards of Play

- Games
  - Size 3 ball
  - 4 quarters
  - 4v4 (no goalkeepers)
  - No more than 10 minute quarters
  - Shin guards are required
  - 5 minute breaks between quarters
  - Substitutions are unlimited and can occur at any time
  - Playing times can be less than 10 minutes when managed by the coaches and parents

## 4v4 Standards of Play



### Standards of Play

- Games

- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Kick-ins and/or dribble-ins are also acceptable as restarts when the ball has gone out over the sidelines
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside

## **12. U10 Age Group:**

**12.1** Registered and certified referees are required.

**12.2** Heading is **NOT** allowed. If a player heads the ball in a game, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

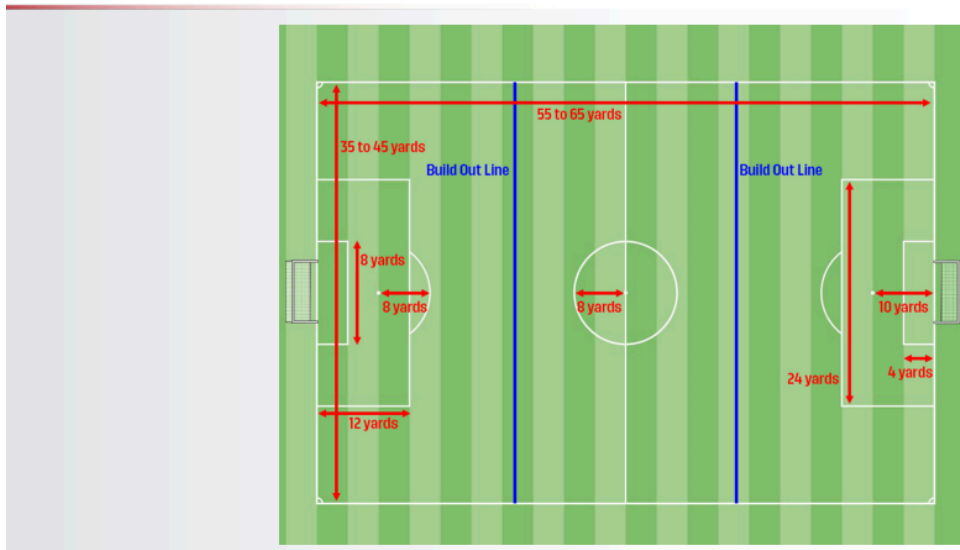
### **12.3 Standards of Play:**

- Field of Play - 55-65 yards (length) by 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width) a 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of the players
- Goal area should be 4x8 yards
- Diagram contains recommended field markings and dimensions. Build out lines should be equally between the penalty area line and halfway line.





## 7v7 Standards of Play



### 12.4 Build Out Line for 7v7 only:

- The build out line promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper has the ball in their hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (**punts and drop kicks are NOT allowed**).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called.
- Players **cannot** be penalized for an offside offense between the halfway line and the build out line. Players **can** be penalized for an offside offense between the build out line and goal line
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner

but he or she does so accepting the positioning of the opponents and the consequences of how play resumes

**12.5 Offside calls:** yes

**12.6 Fouls:** can be indirect and direct free kicks Free Kick Clearance will be 8 yards

**12.7 Penalty Kicks:** taken at 10 yards and penalty area will be 12x24 yards

**12.8** Cannot score a goal on a kickoff. Restart in an indirect kick for the other team at the midline.

## 7v7 Standards of Play



### Modified Laws of the Game

- Law 2 - Ball
  - Size 4
- Law 3 - Players
  - 7v7 (6 field players and 1 goalkeeper)
  - Game may not start or continue if there are less than 5 players on a team
  - Substitutions are unlimited and can occur at any stoppage

## 7v7 Standards of Play



### Modified Laws of the Game

- Law 7 - Duration of the Match
  - 2 halves
  - 25 minutes halves
  - 10 minute halftime
  - No added time

**13. U12 Age Group:**

**13.1** Registered and certified referees are required.

**13.2** Heading is **NOT** allowed in 9v9 games in U11 play. If a player heads the ball in U11 play, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

**13.3 Standards of Play:**

- Field of Play -70-80 yards (length) by 45-55 yards (width)
- Goals should be no larger than 7 feet (height) x 21 feet (width) a 6.5 feet (height) x 18.5 feet (width) goal is recommended based on the age and ability of the players
- Goal area should be 5x16 yards
- Diagram contains recommended field markings and dimensions

**13.4 Offside calls:** yes

**13.5 Fouls:** can be indirect and direct free kicks Free Kick Clearance will be 8 yards

**13.6 Penalty Kicks:** taken at 10 yards and penalty area will be 14x36 yards

**13.7** Changing the goalkeeper shall not be permitted at any time when he/she is within his/her goal area.

**9v9 Standards of Play****Modified Laws of the Game**

- Law 2 - Ball
  - Size 4
- Law 3 - Number of Players
  - 9v9 (8 field players and 1 goalkeeper)
  - Game may not start or continue if there are less than 6 players on a team
  - Substitutions are unlimited and can occur at any stoppage

## 9v9 Standards of Play



### Modified Laws of the Game

- Law 7 - Duration of the Match
  - 2 halves
  - 30 minutes halves
  - 10 minute halftime
  - No added time

## 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 Standards & Older Recreational Guidelines

	U6	U7	U8	U9	U10	U11	U12	U13-19
Max Field Size (yds)	25/35 L 15/25 W	25/35 L 15/25 W	25/35 L 15/25 W	55/65 L 35/45 W	55/65 L 35/45 W	70/80 L 45/55 W	70/80 L 45/55 W	112x75
Number of Players	4v4	4v4	4v4	7V7	7v7	9v9	9v9	11v11
Goal Keeper	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Time	4x8	4x10	4x10	2x25	2x25	2x30	2x30	2x35/40/45
Ball Size	3	3	3	4	4	4	4	5
Goal Mouth Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	7x21	7x21	8x24
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes
Substitutes	Injuries & Quarters	Injuries & Quarters	Injuries & Quarters	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves
Fouls (type of kick)	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks
Free Kick clearance	10 ft	10 ft	10 ft	8 yd	8 yd	8 yd	8 yd	10 yd
Throw-in	1 Rethrow	1 Rethrow	1 Rethrow	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	None	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	None	None	None	12x24	12x24	14x36	14x36	18 x 44
Goal Area (yards)	Optional 3x8	3x8	3x8	4x8	4x8	5x16	5x16	6 x 20
Heading	None	None	None	None	None	None	None	per Laws/Rules

#### **14. Resources:**

-Placer Hills Youth Soccer Club: Bylaws & Constitution

[https://www.placerhillssoccer.org/common/\\_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGIUVugf7PimyslxHR9BLf64%3d](https://www.placerhillssoccer.org/common/_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGIUVugf7PimyslxHR9BLf64%3d)

-US Soccer: Heat Guidelines

[https://www.placerhillssoccer.org/common/\\_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEg5O6gAK5V43A%3d](https://www.placerhillssoccer.org/common/_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEg5O6gAK5V43A%3d)

-US Youth Soccer: Code of Conduct Policy

[https://www.placerhillssoccer.org/common/\\_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEgdJ4XoeOSeFU%3d](https://www.placerhillssoccer.org/common/_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEgdJ4XoeOSeFU%3d)

-Placer Hills Youth Soccer Club: Parent Code of Conduct Policy

[https://www.placerhillssoccer.org/common/\\_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEgKIORlx7rVg%3d](https://www.placerhillssoccer.org/common/_GetDownload.aspx?d=88ucH90ZpjRdNvsdCCKxGsyqNxHVXzEgKIORlx7rVg%3d)

-US Soccer: Air Quality Index Guidelines

<https://www.recognizetorecover.org/environmental#heat-guidelines>

-US Soccer: Player Development Initiatives

[https://static.ussdcc.com/users/148963/897090\\_eng-october2017pdi.pdf](https://static.ussdcc.com/users/148963/897090_eng-october2017pdi.pdf)

-US Soccer: Small Sided Game Chart

<https://www.ussoccer.com/stories/2017/08/five-things-to-know-how-smallsided-standards-will-change-youth-soccer>

-FIFA: Law of the Game

<https://downloads.theifab.com/downloads/laws-of-the-game-2024-25?l=en>