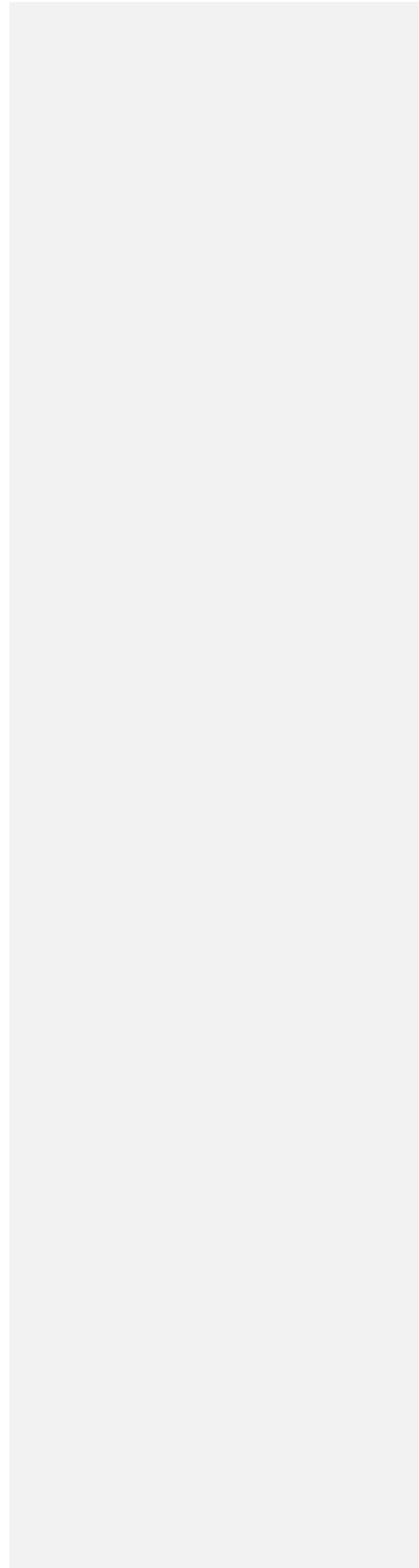




**T.Y.S.L.**

**REFEREE'S INFORMATION**



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**COACH'S CONTACT LIST**

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TYSL phone number is available for Parents/Coaches/Referees/Other Interested People to call to find out game cancellation information or to contact league Officers and Coordinators.

**WEBSITE:** www.timberlaneyouthsoccer.org  
**E-MAIL:** nhtysl@timberlaneyouthsoccer.org  
**PHONE:** 603-382-3344

**OFFICERS:**

**PRESIDENT:** Kara Johnson  
**VICE PRESIDENT:** BRIAN MAWN

**COORDINATORS:**

**U6 COORDINATOR:** Stacey West  
**U8 COORDINATOR:** JOHN JOHNSON  
**U10 COORDINATOR:** John Johnson  
**U12, U14/ U16 COORDINATOR:** Tatiana Carvajal

**VOLUNTEERS:**

**REFEREE COORDINATOR:** Laura Parker  
Home: 603-887-6730 cell (978) 273-5950  
Email: psycle36@yahoo.com

## PARENTAL SUPPORT - THE KEY TO PEAK PERFORMANCE

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **LET THE COACHES COACH:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
2. **SUPPORT THE PROGRAM:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program.
3. **BE YOUR CHILD'S BEST FAN:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **SUPPORT AND ROOT FOR ALL PLAYERS ON BOTH TEAMS:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **DO NOT BRIBE OR OFFER INCENTIVES:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **ENCOURAGE YOUR CHILD TO TALK WITH THE COACHES:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for, as well as, playing the game.
7. **UNDERSTAND AND DISPLAY APPROPRIATE GAME BEHAVIOR:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
8. **MONITOR YOUR CHILD'S STRESS LEVEL AT HOME:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
9. **MONITOR EATING AND SLEEPING HABITS:** Be sure your child is eating the proper foods and getting adequate rest.
10. **HELP YOUR CHILD KEEP HIS PRIORITIES STRAIGHT:** Help your child maintain a focus on schoolwork, relationships and the other things in life besides soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.
11. **REALITY TEST:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
12. **KEEP SOCCER IN ITS PROPER PERSPECTIVE:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
13. **HAVE FUN:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

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### Timberlane Youth Soccer League (TYSL)

P.O. Box 3427, East Hampstead, NH 03826  
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[www.timberlaneyouthsoccer.org](http://www.timberlaneyouthsoccer.org)

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## REFEREE CODE OF ETHICS

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In any organized type of athletic contest, it is the official who controls the conduct of the game and to a great degree, the temperament of the crowd. In addition, to enforcing the rules of the contest, the official is charged with the responsibility of maintaining order and minimizing the possibility of injury to the individual participants.

Referees are required to attend a referee training session to obtain F.I.F.A. certification. This certification must be renewed yearly.

The ideal official is the one "who notices everything, but is seldom noticed himself". The following Code of Ethics and behavior has been drawn up to exemplify this ideal referee.

### A GOOD REFEREE SHOULD:

1. Know the rules, rule changes, and mechanics of officiating.
2. Be on time for the game. Allow enough time for a pre-game conference with each coach. Cover all game duties properly.
3. Look like a referee. Be proud of the appearance that you make on the field. Be well equipped. Whistle, watch, and rulebook are absolute necessities.
4. Be prepared to be physically in the game and mentally alert. Stay on top of the play, but out of the way.
5. Do not use abusive language or profanity at any time.
6. Address all players by their number and coaches by their title: "Coach", "Sir", or etc. Avoid using first names while performing as a referee.
7. Do not hesitate to explain rules and calls.
8. Do not use a dictatorial approach. Respect the players and inform them that you expect the same conduct in return. Be courteous and considerate without sacrificing firmness.
9. Always deal with actions that could result in injury to a player. Maintain control of the game through good officiating.
10. Be pleasant but firm and alert. Maintain poise and calmness at all times. You cannot afford to "lose your head". Knowing the rules and mechanics of refereeing can help, but this must be applied with common sense.

**Maintain your "cool" with an irate coach. Do not argue. You cannot win. Remember, "when emotion takes over, reason flies out the window".**

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### COACH'S CODE OF CONDUCT

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- Promote teamwork, learning and fun.
  - Coaches will only conduct practices on times approved by TYSL coordinators.
  - Recognize that player's physical and emotional well-being takes precedent over the desire to win.
  - Coaches are there for both teams on the field.
  - Coaches will maintain equitable playing time as is possible considering the number of players on the team.
  - Coaches will promote and demonstrate respect and good-sportsmanship to all players, coaches, officials and parents.
  - Coaches will make themselves knowledgeable in the game of soccer for the level that they coach.
  - Coaches will remember that competition should be healthy and enjoyable for all.
  - Coaches will maintain open communication with parents, players and other coaches.
  - Coaches will keep in mind that players may have individual needs.
  - Coaches will respect the official's decision.
  - Coaches will bring any issues they have to their coordinators.
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### MEDICAL INFORMATION POLICY

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TYSL wants to insure the well being of all players/referees. A parent/guardian of each player/referee needs to sign the Medical Signature Report provided by the Coordinator. By the parent/guardian signing this report, it provides authorization to seek medical or dental help for the player in case of an accident in the event the parent/guardian is unable to be contacted. This care may be given under whatever conditions are deemed necessary to preserve life, limb or well being.

The Medical Signature Report also attests to the fact that, to the best of the parent's/guardian's knowledge that the child does not have any condition which prohibits or severely restricts his/her participation in soccer and that the parent/guardian has been advised that he/she should refrain from participating in the type of activity associated with the sport of soccer.

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### PICTURE RELEASE POLICY

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TYSL is interested in promoting soccer in the local area. At the beginning of the season, a parent/guardian will be asked to sign a photo release form to give permission to TYSL to use a portrait, picture, photograph, and/or video of the player for the sake of publicizing for TYSL.

\*\*\* UNDER NO CIRCUMSTANCES WILL THE PLAYER'S NAME AND ADDRESS BE POSTED OR PROVIDED. \*\*\*

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## RAIN CANCELLATION POLICY

**\*\*\*Rain cancellations apply to ALL divisions. Do not assume that because one division is cancelled another division will be also.** For example, U6 may be cancelled and U8, U10, U8G/U10G, U12 and U14/U16 may not be. **\*\*\***

A TYSL Representative will assess the weather and field conditions for safety for each division by 7:15AM on Saturday morning that games are scheduled. A decision will be made whether to cancel the games for the day or in two hour increments.

**IF GAMES ARE CANCELLED FOR THE DAY, THE FOLLOWING STEPS WILL BE TAKEN:**

1. All coaches who have games scheduled for 8:00AM will be notified by their Coordinator no later than 7:15AM via telephone and e-mail.

\*\*\* All other games scheduled after 8:00AM will be notified solely through e-mail and/or they have the option to call the voice mail and listen to see if there has been a rain cancellation for the respective division. TYSL will make every effort to update the website with rain cancellation information throughout the morning. \*\*\*

**IF GAMES ARE CANCELLED IN TWO HOUR INCREMENTS, THE FOLLOWING STEPS WILL BE TAKEN:**

1. All coaches who have games scheduled for 8:00AM and 9:00AM will be notified by their Coordinator no later than 7:15AM via telephone and e-mail.
2. All coaches who have games scheduled for 10:00AM and 11:00AM should call the TYSL voicemail to check whether the games will be played. A TYSL Representative will update the voice mail no later than 9:00AM.
3. All coaches who have games scheduled for 12:00PM and 1:00PM should call the TYSL voicemail to check whether the games will be played. A TYSL Representative will update the voicemail no later than 11:00AM.

***WHAT GOES ON BEHIND THE SCENES; INFORMATIONAL PURPOSES ONLY FOR THE COACH:***

- a. A TYSL Representative will call the TYSL message line to update the message informing members of the game cancellation for each of the time periods, as indicated above.
- b. Coordinators will notify, by phone or e-mail, the President, Vice President and Registrar of the game cancellations for each of the time periods, as indicated above.
- c. A TYSL Representative will place appropriate cancellation message on website Home Page ([www.timberlaneyouthsoccer.org](http://www.timberlaneyouthsoccer.org)) for each of the time periods, as indicated above.
- d. A TYSL Representative will remove ALL cancellation notices prior to the next two hour interval or no later than Monday morning at 9:00AM weather dependent for each of the time periods, as indicated above.

**LOCATIONS TO OBTAIN RAIN CANCELLATION INFORMATION:**

**WEBSITE:** [www.timberlaneyouthsoccer.org](http://www.timberlaneyouthsoccer.org)

**PHONE:** 603-382-3344

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**RULES U8 - 4 v 4**

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**NUMBER OF PLAYERS****ON FIELD:** 4 per team (4 players, **NO** goalie)**POSITIONS:** Suggested: 2 Forwards, 2 Defenders - All players should have equal playing time regardless of how many practices they have attended. Each player should play the assigned position. Rotation of position is suggested.**DURATION OF GAME:** 4 Quarters / 12 minutes long, 2 Minutes between quarters**BALL SIZE:** Size 3**FIELD SIZE:** TO BE DETERMINED**SCORING:** Goals can be scored from anywhere on the field, goals may be scored directly from a kick off. Each goal will result in a standard game restart (kickoff) by the team that was just scored on. **No record of scoring may be maintained.****FIELD MARKINGS:** Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. A circle with a radius of 8 yards is marked around it.**GOAL AREA:** TO BE DETERMINED**PENALTY AREA:** N/A**PENALTIES AND MISCONDUCT:**Offside is **NOT** called.

Penalty kicks are called in small sided games. For serious infractions, (including tripping, violent play, handling the ball, and sliding), the whistle may be blown at the referee's discretion and then a brief explanation may be given to the players.

**GOAL SIZE:** 4' X 8' \*\*\* Make sure each goal is staked down securely before each game. \*\*\***THROW-INS:** When the ball goes out of play over the sideline, the game is restarted by a throw-in taken by a player of the team opposing the player who last touched the ball while still in play. If the player does not do an appropriate throw in (two feet on the ground and ball thrown from over the head) the referee will blow the whistle and give them one chance to repeat the throw in. If they do not do the throw in correctly the **second** time, the opposing team will gain possession of the ball.**FOULS:** Fouls will result in a *Direct or Indirect* kick. Players must stand back at least 6 yards.**CORNER & GOAL KICKS:** Allowed, see below for details.**SUBSTITUTIONS:** Substitutes are allowed during stoppage of play (out of bounds, goal kick, etc.) The referee must recognize that you need a substitution and call the players onto the field. Players waiting to go onto the field need to wait at the center line until called.**OTHER IMPORTANT RULES:**

- **HAVE FUN!!!**
- **NO** jewelry. Earrings must be removed, **NOT** covered with a band-aid.
- Soccer cleats or sneakers only. (See TYSL website under FAQ for examples of acceptable cleats.)
- Coaches will line up players before the game so referee can check equipment.
- **NO** coaches are allowed on the field.
- **NO ONE** shall coach or stand behind the goalie or end line (goal line). This includes coaches and spectators.
- **ONLY** players and coaches/assistants are allowed in the bench area.
- **NO** hats.
- **NO** hooded sweatshirts
- Foul Language is **NOT** permitted on the field or bench at any time. This will result in removal from the game.

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**RULES U10 & U8G/U10G - 6 v 6**

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**NUMBER OF PLAYERS****ON FIELD:** 8 per team (7 players + 1 goalie)**POSITIONS:** Suggested: 3 Forwards, 2 Midfield and 2 Defenders (plus goalie). All players should have equal playing time regardless of how many practices they have attended. Each player should play the assigned position. Rotation of position is suggested.**DURATION OF GAME:** Coaches Option: A) 4 Quarters / 12 minutes long, 2 Minutes between quarters or B) 2 Halves / 25 minutes long, 5 minutes between half.**BALL SIZE:** Size 4**FIELD SIZE:** 60 yards long x 45 yards wide**SCORING:** Goals can be scored from anywhere on the field, goals may be scored directly from a kick off. Each goal will result in a standard game restart (kickoff) by the team that was just scored on. **No record of scoring may be maintained.****FIELD MARKINGS:** Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. A circle with a radius of 8 yards is marked around it.**GOAL AREA:** 6 yard center circle, 6 yard goal kick area, 12 yard penalty area**PENALTY AREA:** A penalty area is defined at each end of the field as follows: two lines are drawn at right angles to the goal line, 10 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 10 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of circle with a radius of 8 yard from each penalty mark is drawn outside the penalty area.**PENALTIES AND****MISCONDUCT:**Offside are **NOT** called.

Penalty kicks are called in small sided games. For serious infractions, (including tripping, violent play, handling the ball, and sliding), the whistle may be blown at the referee's discretion and then a brief explanation may be given to the players.

**GOAL SIZE:** 6' X 18' \*\*\*Make sure each goal is staked down securely before each game. \*\*\***FOULS:** Fouls will result in a *Direct or Indirect* kick. Players must stand back at least 8 yards.**PENALTY KICK:** Will be taken 8 yards away. (See U8 for definitions)**CORNER KICKS:** Players must be at least 8 yards away. (See U8 for definitions)**SUBSTITUTIONS:** Substitutes are allowed during the game.**OTHER IMPORTANT RULES:**

- **HAVE FUN!!!**
- **NO** jewelry. Earrings must be removed, NOT covered with a band-aid.
- Soccer cleats or sneakers only. (See TYSL website under FAQ for examples of acceptable cleats.)
- Coaches will line up players before the game so referee can check equipment.
- **NO** coaches are allowed on the field.
- **NO ONE** shall coach or stand behind the goalie or end line (goal line). This includes coaches and spectators.
- **NO** slide tackling.
- **ONLY** players and coaches/assistants are allowed in the bench area.
- **NO** hats.
- **NO** hooded sweatshirts
- Foul Language is **NOT** permitted on the field or bench at any time. This will result in removal from the game.
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**RULES U12 & U14/U16 - 11 v 11**


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**NUMBER OF PLAYERS****ON FIELD:** 11 per team (10 players + 1 goalie)**POSITIONS:** Suggested: 3 Forwards, 4 Halfbacks, 3 Defenders (plus goalie). All players should have equal playing time regardless of how many practices they have attended. Each player should play the assigned position. Rotation of position is suggested.**DURATION OF GAME:** Coaches Option: A) 4 Quarters / 12 minutes long, 2 Minutes between quarters or B) 2 Halves / 25 minutes long, 5 minutes between half.**BALL SIZE:** Size 5**FIELD SIZE:** Field Regulation Size**SCORING:** Goals can be scored from anywhere on the field, goals may be scored directly from a kick off. Each goal will result in a standard game restart (kickoff) by the team that was just scored on. **No record of scoring may be maintained.****FIELD MARKINGS:** Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. A circle with a radius of 8 yards is marked around it.**GOAL AREA:** 6 yard center circle, 6 yard goal kick area, 12 yard penalty area**PENALTY AREA:** A penalty area is defined at each end of the field as follows: two lines are drawn at right angles to the goal line, 10 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 10 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of circle with a radius of 8 yard from each penalty mark is drawn outside the penalty area.**PENALTIES AND MISCONDUCT:**

Offside is called.

Penalty kicks are called. For serious infractions, (including tripping, violent play, handling the ball, and sliding), the whistle may be blown at the referee's discretion and then a brief explanation may be given to the players.

**GOAL SIZE:** 6 feet x 24 feet **\*\*\*Make sure each goal is staked down securely before each game. \*\*\*****FOULS:** Fouls will result in a **Direct or Indirect** kick. Players must stand back at least 8 yards.**PENALTY KICK:** Will be taken 8 yards away. (See U8 for definitions)**CORNER KICKS:** Players must be at least 8 yards away. (See U8 for definitions)**SUBSTITUTIONS:** Substitutes are allowed during stoppage of play (out of bounds, goal kick, etc.) The referee must recognize that you need a substitution and call the players onto the field. Players ready to go onto the field must wait at the center line until called.**OTHER IMPORTANT RULES:**

- **HAVE FUN!!!**
- **NO** jewelry. Earrings must be removed, NOT covered with a band-aid.
- Soccer cleats or sneakers only. (See TYSL website under FAQ for examples of acceptable cleats.)
- Coaches will line up players before the game so referee can check equipment.
- **NO** coaches are allowed on the field.
- **NO ONE** should coach or stand behind the goalie or end line (goal line). This includes coaches and spectators
- **NO** slide tackling.
- **ONLY** players and coaches/assistants are allowed in the bench area.
- **NO** brimmed hats.
- **NO** hooded sweatshirts
- Foul Language is **NOT** permitted on the field or bench at any time. This will result in removal from the game.

- **FIELD LOCATIONS**

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**DIVISIONS**

U6  
 U8  
 U8G/U10G  
 U10  
 U12  
 U14/U16

**GAME FIELD**

Sandlots Sports, Sandown, NH  
 Sandlots Sports, Sandown, NH  
 Pope Field – Small Field, Atkinson, NH  
 Pope Field – Small Field, Atkinson, NH  
 Pope Field – Large Field, Atkinson, NH  
 Pope Field – Large Field, Atkinson, NH

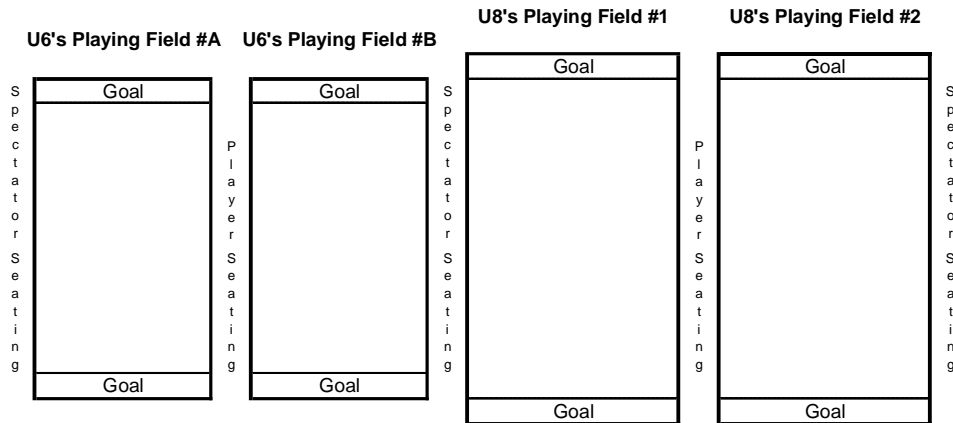
**DIRECTIONS TO SANDLOTS SPORTS FIELDS**

FROM THE SOUTH:

- Travel 121A North (cross over Route 111, go past Sandown Central School on right, then go past Sandown Center of Town)
- Take sharp right onto North Road
- After one mile take left into parking lot of Sandlot Sports
- Address is 56 North Road, Sandown, NH 03811.

**\*\*\* Handicap access is available. \*\*\***

**PLAYING FIELD LAYOUT – SANDLOT SPORTS – U6 & U8**



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FIELD LOCATIONS – CONTINUED

DIRECTIONS TO POPE ROAD FIELDS

FROM THE WEST:

- Travel Route 111 East
- Right onto Island Pond Road (after Freshwater Farms)
- Right onto West Side Drive
- Left onto Pope Road

FROM THE NORTH:

- Travel Route 121 South from Route 111
- Right onto Island Pond Road (after Village Pizza)
- Left onto West Side Drive
- Left onto Pope Road

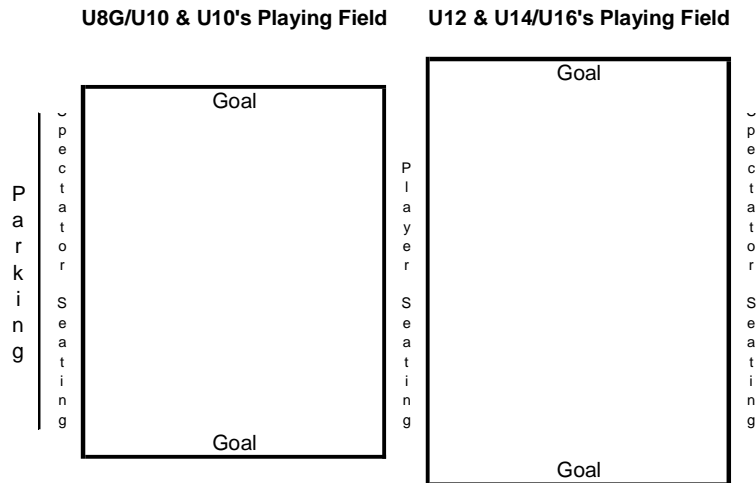
FROM THE EAST:

- Travel Route 111 West
- Left onto Route 121 (Main Street) (at lights)
- Right onto Island Pond Road (after Village Pizza)
- Left onto West Side Drive
- Left onto Pope Road

FROM THE SOUTH:

- Travel Route 121 North from Route 125, Interstate 495
- Left onto Island Pond Road (past Kenney's Garage on right)
- Left onto West Side Drive
- Left onto Pope Road

PLAYING FIELD LAYOUT - POPE FIELD - U8G/U10G, U10, U12 & U14/U16



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