

AYSO Region 112 La Verne / San Dimas
Guidelines for Upper Division Play (Boys and Girls U16/U19)

- This is a non-competitive division – no scores or standings are kept.
- Games are 90 minutes long; two 45 minute halves
- Substitution is free on any stoppage in play, but requires the approval of the referee. Players to be substituted in must be next to their coach and ready to play when the coach requests a substitute.
- Eleven players a side, including a goalie.
- Each player must play half the game. The coach must designate a person to properly fill out a substitution sheet. The substitution sheet and game card must be given to the referee at the end of the match.
- No more than 5 boys will be allowed to play on the field at any one time; except a sixth may play as goalie.
- All players must wear shin guards under their socks
- Cleats are not required, however closed toed shoes are required.
- This division follow the Laws of the Game and is officiated appropriately.
 - Both direct and indirect free kicks are taken.
 - Penalty kicks are allowed
 - Offside is enforced.
- Referees should not officiate their own child's games.
- Referees for this division are scheduled by the Regional Referee Administrator
- Coaches must stay within the technical area (10 yards of the half line) on their side of the field.
- All coaches, assistant coaches and referees must be Safe Haven certified.
- Parents are strongly encouraged to cheer and to provide support. Parents are not allowed to coach.
- Parents and spectators are not allowed behind the goals.
- Teams are formed by draft.
- Coaches are strongly encouraged to not “blow out” their opponents. Region 112 will abide by a “Three Goal” rule for upper division matches. Experienced coaches use various approaches to “pull back” their team. The following are a few suggested approaches for coaches:
 - Play weaker players longer and rest stronger players.
 - Players are asked to score with weak foot.
 - Players can pass the ball ten times prior to a shot on goal.
 - Players are asked to score with head balls.
- Coaches and parents are strongly encouraged to enjoy watching their kids participate in the wonderful sport of soccer and are empowered to make this an incredibly fun season for all the participants.