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Serving North Fort Worth  
Park Glen, Summerfields  
Fossil Creek, and areas of the  
Alliance Corridor since 1979

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## **NFWASA Parent's and Coaches Guide**

Welcome to the Parent's and Coaches Guide that is intended to aid all parents and coaches of the North Fort Worth Alliance Soccer Association (NFWASA). This guide should help answer many questions regarding the soccer experience at NFWASA. The purpose is to outline the basics of soccer, the organization of our Association, and expectations of parent's and coaches conduct at games and training.

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### **Mission Statement of the North Fort Worth Alliance Soccer Association**

NFWASA is a recreational youth soccer organization established to provide opportunities for all children in our area to enjoy, learn and experience the game of soccer. Emphasis is placed on promoting good sportsmanship, trust, honesty and loyalty through organized athletic activities. We also strive to provide technical skill development in an environment that is challenging and educational for the children. All persons involved in NFWASA shall strive to encourage fair play among the youth as the primary objective, while placing winning only as of secondary importance.

### **Basic Information about NFWASA**

#### **What are our goals?**

- \* To provide a safe and fun environment
- \* To provide opportunities for our children and parents to learn and love the game
- \* To create opportunities for players to develop strong technical skills
- \* To foster an environment that generates competitiveness and respect in all

#### **Who Governs the Association?**

A Board of elected volunteers (Board of Directors) governs the NFWASA. There are a set of By Laws established that are approved and amended by the members of the association at the direction of the board of directors. The NFWASA is a member of the North Texas State Soccer Association (NTSSA) and is required to abide by NTSSA By Laws as well. NFWASA operations include but are not limited to, player registration, team formation, scheduling of games, and maintaining the financial stability of the Association.

#### **When can we register?**

Registration for the fall season begins in late July and early August and for the spring begins in late December and early January. All members can check the web site for exact dates and times. Website address: [www.nfwasa.org](http://www.nfwasa.org)

## **What is needed for registration?**

- \* An official birth certificate from state or municipal office (Not a Hospital Certificate)
- \* NFWASA registration form completed and signed
- \* Registration fees paid (cost varies by age)

## **When does the season begin and end?**

The fall Season normally begins in late August or early September and ends in early to mid November. The spring Season normally begins in late February or early March and ends in early May. Many teams also elect to attend both pre-season and post-season tournaments for both the fall and spring seasons.

## **Where does the money go?**

Registration fees cover the costs for operating a soccer association, including, but not limited to: NTSSA fees, field maintenance and improvements, uniforms, nets and flags, referee fees, awards and educational clinics for coaching licenses.

## **Do you keep scores and standings?**

Official scores and standings are not kept for players participating in the U5-U9 age groups for games played against other NFWASA teams. All players for these ages will receive participation awards at the end of the season. Teams U9 and above playing in the Northern Mid-Cities Soccer League (NMCSL) will keep scores and standings. Teams must place first or second in their division or win at least 70% of their games to be eligible for awards if they play in the NMCSL. The only exception is U9 teams participating in NMCSL will be eligible for participation awards if they do not qualify for a placement award.

## **What is the Northern Mid-Cities Soccer League (NMCSL)?**

The Northern Mid-Cities Soccer League is a group of local soccer associations that have organized to form a playing league to offer a greater variety of competition for youth ages U9 and older. All NFWASA teams U10 and older will play in NMCSL, it is at the discretion of the association for U9 teams depending on structure and make up of the NFWASA teams in that the U9 age divisions each season.

## **What does it mean when you say U6, U9, etc.?**

The term U9 stands for Under 9 age division. The age groups are determined strictly by the age of the child as of July 31<sup>st</sup> of the preceding annual soccer-playing year. The annual soccer year begins August 1<sup>st</sup> of the current year and extends to July 31<sup>st</sup> of the following year. For example; a child who is 8 years old on July 31<sup>st</sup> of 2005 is considered Under 9 for the playing year that begins August 1<sup>st</sup> 2005 and ends July 31<sup>st</sup> 2006.

## **What should my child expect from playing soccer at NFWASA?**

- \* To enjoy playing soccer
- \* To make new friends
- \* To learn responsibility, trust, honesty, courage, and good sportsmanship
- \* To learn skills and knowledge of the game

## **What does NFWASA expect of parents during games and training sessions?**

There are very high expectations of players, parents, fans, and coaches involved with NFWASA. We expect everyone involved with NFWASA to respect other players, coaches and spectators and especially the referees and their decisions at all times. We do not want our young players learning to display disrespect for others or the referees who are the only voice of authority during games. Listed below are some of our expectations.

- \* Do not question or yell at a referee or linesman
- \* Do not yell at a coach or player
- \* Treat all players (including your child) the same whether they win or lose
- \* Promote sportsmanship
- \* Do not degrade the other team.
- \* Refrain from the use of all foul or derogatory language
- \* In competition someone always loses. If you lose do not become negative.
- \* Please also refer to the “Zero Tolerance Policy” on our website at:

[www.nfwasa.org](http://www.nfwasa.org)

## **Is it okay to be Competitive?**

It is natural for players, parents, coaches, and fans to be competitive. Competition is good and healthy for everyone. However, we must ensure that we are teaching our young players how to appropriately handle competitive play. NFWASA is a recreational association and does not keep scores or standings for the U5-U9 teams playing within the association league. These players will all receive participation awards for their efforts. Players competing in the NMCSL for ages U9-U19 are more competitive as scores and standings are maintained. Again, it is acceptable to be competitive as long as we all remember what age group we are supporting and ensure our behavior is something we would want to see modeled for our children and others.

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## **Games**

### **What day do we play our games?**

Most games are scheduled for Saturday throughout the day, with only one game to be played on any specific day. However, each player should be prepared to play some games during the week and on Sunday as well. Inclement weather as well as an increase in players will make it necessary to schedule games during the week and on Sunday. Your coach will provide you with your games schedule.

Game schedules are posted at the beginning of the season on our website at: [www.nfwasa.org](http://www.nfwasa.org). However, it is always a good idea to confirm a website posted game with the coach as the schedule the coach has is the official schedule and the website schedules might not always be the most current.

### **Where are the games played?**

The location of the games will vary depending upon availability of field space and age of the players. All U8 and younger games will be played locally at the Chisholm complex on Summerfields Blvd. All U9 and older games are played within NMCSL and may be played throughout the Mid-Cities area with at least 4 home games to be played locally at the North Park complex on N. Beach St. and Shiver Road. The coach will provide this information prior to the first game of each season.

### **What is the length of the games?**

Reference NFWASA By-Laws chapters 3 and 3.14 through 3.19.

### **What should I not do during a game?**

- \* Do not run the length of the field. Sit back and enjoy the game.
- \* Remain 5 feet back behind the sideline
- \* Do not stand behind the goal and provide directions
- \* Parents are NOT allowed on the field, only the coach with referee permission.
- \* No one is allowed from the edge of the penalty area to the flag during a game.
- \* Parents should not instruct or coach as this may conflict with the Coach.
- \* Coaches are asked to refrain from “over coaching” during a game.

### **Can anyone be ejected from a game?**

Yes!! The referee has control of the game and at times may remove a coach, a parent or a player from the playing area if their behavior is found to be detrimental to the game. The coach is ultimately responsible for the behavior of the parents and players and may be removed for failing to control any inappropriate behavior. If a coach or parent is ejected from a game, the association will gather information and investigate the incident. Corrective action will be communicated after the investigation and can include suspension or expulsion depending on the severity of the incident. All actions will be determined in accordance with the “Zero Tolerance Policy” and the NFWASA and NTSSA By Laws. If the coach or parent ejected does not leave the area then the referee may abandon the game. .

### **What if the referee assigned to our game does not show?**

Games for ages U8 and younger will be played regardless of the absence of a referee. Coaches should agree on a referee or split the duties. The person or persons refereeing the game may be paid the normal referee fees for their efforts. No game for ages U8 and younger will be reschedule for a referee absence. Games for ages U9 and older are required to have the appropriate head referee. These games may be played without linesman or with linesman as determined by the head. If a head referee is not available, the game will be rescheduled and the coaches are responsible for notifying the appropriate age group Commissioner.

### **What should we do after the game?**

NFWASA strongly encourages and recommends that opposing coaches and players shake hands with each other after each game. In addition, players and coaches are encouraged to shake hands with the referee(s) to demonstrate good sportsmanship. Some teams enjoy making a tunnel for the kids to run through, this is acceptable and a lot of fun. Please allow both teams at this age to run through your tunnel. Teams are also encouraged to provide snacks for the children for after the game.

### **What if my child is injured during the game?**

If a child is injured during a game, it is the referee's judgment as to whether to stop the game or continue playing. If, in his/her opinion, a player is seriously injured, the referee will stop the game, have the player removed from the field, and resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play at the discretion of the referee. It is important that coaches not run onto the field of play until the referee has given permission to do so. Once permission is granted, only the coach may enter the field of play.

### **What if I can't make a game or a training session?**

**Call your coach!!** If you know in advance that your child cannot play in an upcoming game or training session give your coach the courtesy of a call. This will allow your coach to properly plan their training session or to prepare for a game.

### **What if we don't have enough players to play a game?**

Expected absences due to school or church functions should be communicated to your age group Commissioner with an appropriate amount of time. Most planned events at church and school allow at least a weeks notice prior to the event. Please provide your Commissioner with the same courtesy to be considered. Reschedules are not guaranteed but will be reviewed with the best interest of the players in mind. Parents should not contact the Commissioner, as only the coach should do this.

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## **Tournaments**

### **Can a team participate in tournaments, where are they, how do I find out?**

There are numerous tournaments being held throughout North Texas and even the surrounding states. NFWASA strongly encourages teams of all ages to try and participate in tournaments throughout the year to further enhance the soccer experience for the children, meet other teams from surrounding areas, and even give the parents and players more of an opportunity to bond as a team. Information about local tournaments can be found in the local soccer newspaper The Pitch or on the NTSSA website at: [www.ntxsoccer.org](http://www.ntxsoccer.org).

### **What about tournaments for NFWASA?**

Each May NFWASA hosts a tournament, FossilFest, for U12 and younger teams during the first weekend in May after Mother's Day weekend attracting over 110 teams from all over North Texas. The tournament has been a great success from the first year hosting it in May 2001.

### **What is required to enter a tournament?**

Each tournament has an application that must be completed and submitted with the tournament fee and a team roster, typically 30-45 days prior to the tournament date. The coach can obtain a copy of the team roster by contacting the NFWASA registrar.

### **What player forms are required?**

Most tournaments require a signed AND notarized copy of a medical release form for each player. This form is available at the NFWASA and NTSSA websites and once completed and signed, can be maintained for as long as the player is a member of the team.

### **What about guest players?**

A "guest player" is a player from another team who is permitted to play for your team, provided their team is not playing in a tournament on the specific dates in question. A guest player release form is required to be completed by the player's coach, the NFWASA registrar, and the parent of the player in question. This player is not permitted to be placed on the team roster the following season.

## **Indoor**

### **Is there indoor soccer in the area?**

Yes, indoor soccer is available at several locations in our area, with the closest arena in Euless – Arena Athletics. NFWASA does encourage teams to participate in indoor soccer to provide the children an opportunity to further enhance their skills in between seasons.

### **Can anyone play indoor?**

Any child is permitted to play indoor soccer, with the same age restrictions as for outdoor soccer. You are not required to maintain the original outdoor roster, but a player that plays indoor with your team that was not on the outdoor roster, cannot be invited to be placed on the outdoor roster the following season.

## **Training Sessions**

### **Can our team train on the game fields?**

NFWASA has specific rules about practice sessions and scrimmages on game fields. This should be discussed directly with your age group Commissioner, as many of the game fields are open only for scheduled games.

### **Where can we train?**

Your age group Commissioner can provide several possible locations for your team to practice. Be sure to ask if you have any questions about locations.

### **Are parents also expected to attend all practices?**

Yes, if at all possible for a variety of reasons. Your child will appreciate your attention to their accomplishments during games and training. You may, if not experienced with soccer, learn more about the game and appreciate that your coach volunteers their time. Also, your coach will appreciate having you available if needed. If there is an emergency with your child you will be there to assist with your child's needs and the coach may return and stay focused with the team training or game.

### **Can we scrimmage other teams before or during the season?**

Yes!!! Scrimmages are one of the best methods to give players playing experience while in a training session and are encouraged by NFWASA. As with training sessions, scrimmages on game fields are only at the permission of NFWASA and any scheduling or field questions should be communicated through your age group Commissioner.

### **Anything else I should know about training?**

- \* Players are required to wear shin guards at ALL NFWASA sponsored activities, including practices, scrimmages and games (in accordance with NFWASA and NTSSA By-Laws)
  - \* Avoid "lines" that keep children inactive, try to maintain movement and ball "touches"
  - \* All players should bring the proper size ball to each session
  - \* U5-U8 size 3, U9-U12 size 4, and U13 and older size 5
  - \* Teach players responsibility teamwork and discipline and do not yell at them
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## **Equipment**

### **What equipment does my child need?**

- \* Players are required to wear shin guards at ALL NFWASA sponsored activities, including practices, scrimmages and games (in accordance with NFWASA and NTSSA By Laws)
- \* Shin-guards must be worn inside of the socks for all games
- \* Soft-cleated shoes are permitted, but not required.
- \* Football or baseball cleats are NOT permitted at any time
- \* No jewelry or watches or wristbands are allowed at any time
- \* Water should be brought to all training sessions and games
- \* All players should bring the proper ball that is properly filled with air

### **Do I need a first aid kit?**

All coaches should have a designated person on the team that brings a first aid kit to all training sessions and games. Parents are also encouraged to have small first aid kits available as well.

### **What size ball?**

U5-U8 size # 3, U9-U12 size # 4, and U13 and older size # 5

### **Does my child need eyeglasses or a mouth guard?**

It is recommended that players wearing glasses get sports goggles or consult their personal eye doctors about other alternatives. Mouth guards are optional.

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## **Teams**

### **What age level does my child belong in?**

The age groups are determined strictly by the age of the child as of July 31<sup>st</sup> of the preceding annual soccer-playing year. The annual soccer year begins August 1<sup>st</sup> of the current year and extends to July 31<sup>st</sup> of the following year. For example; a child who is 8 years old on July 31<sup>st</sup> of 2005 is considered Under 9 for the playing year that begins August 1<sup>st</sup> 2005 and ends July 31<sup>st</sup> 2006. Children may play in an older age group only with permission from the NFWASA Board of Directors.

### **How many on a team and how many players on the field?**

Reference NFWASA By Laws chapters 3 and 3.14 through 3.19.

### **How much playing time will each player be allowed?**

Recreational rules allow for each player to receive a minimum of 50% playing time in each game. However, team rules that are violated which include both behavior and attendance may result in players receiving less than 50% playing time or no playing time at the discretion of the coach. NFWASA encourages coaches to provide and discuss team rules prior to the start of the season and are required to discuss any disciplinary requirements and/or actions with the parents and players. It is highly recommended to provide any specific team rules in writing in addition to any discussions that may take place with the parents or team. In addition to team rules players that receive yellow or red cards during game play may lose playing time in accordance with NFWASA and NTSSA rules.

### **How are teams formed?**

Teams are formed from a pool process in accordance with NFWASA and NTSSA By Laws. Only U5 and U6 players may request to be placed on the same team according to the “buddy” rule that states “A player may request one friend to be placed on their team provided they have not previously played soccer on another team in any recognized soccer association.” These requests are acceptable and will be reviewed, but are not guaranteed to be granted.

### **Who makes the Schedules?**

The NFWASA Scheduler is responsible for making all team schedules for ages U8 and younger and U9 for games within the NFWASA playing league. For all games played within NMCSL (U9 and older), there is a scheduled meeting that takes place at the beginning of each season for all of the NMCSL association Schedulers to schedule games collectively. Special requests may be made and will be reviewed, but are not guaranteed to be granted.

### **Why can't my 3-year-old play?**

NTSSA only permits children to play in the fall season if they are 4 years old as of August 1<sup>st</sup> of the specified playing year. Children are permitted to play in the spring season if they turn 4 by December 31<sup>st</sup> of the previous year. For example: A child who turns 4 on Dec. 20, 2005 may play in the Spring 2006 season at the permission of the NFWASA Board of Directors.

### **Do boys and girls play together?**

Separate boy and girl teams are formed if there are enough players in that age group. Any team that has at least one male player is considered a boy's teams. Girls may play on a boy's team but should request this at the time of registration.

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## Coaches

### When should I hear from my coach?

Because of the many steps involved in the registration process, some time may pass between when you submit your child's registration papers and a coach contacts you. However, you should hear from your child's coach within 3-4 weeks from the date of registration. If you have not heard from a coach by this time please contact the NFWASA Registrar by leaving a message at 817-421-1847.

### What are the requirements for being a coach?

A willingness to volunteer and passing a background check are the initial requirements. NTSSA requires that all coaches have a "G" level license after you begin coaching. NFWASA will pay the fees for the G and F license and pay half the fees for the E license. If you have any questions about coaching contact the Coaching Director at mail to: [coaching\\_director@nfwasa.org](mailto:coaching_director@nfwasa.org).

### Are there coaching clinics?

Yes!! There are several sessions offered each season throughout our local area. For more information regarding coaching clinics contact the Coaching Director or log on to the NTSSA web site at: [www.ntxsoccer.org](http://www.ntxsoccer.org)

### Are coaches responsible for the conduct of the parents?

Yes!!!! A coach is responsible for the behavior of their players and the spectators on their side of the field. If problems occur, the coach will be cautioned by the referee to control the sideline. If, after receiving a caution, the player(s) and/or spectator(s) persists in abusive language, threatens the referee, uses foul language, displays un-sportsmanlike conduct, or conducts themselves in any other manner considered detrimental to the health of the game, the referee may choose to dismiss the coach, player or spectator in question. The referee may also elect to abandon the game that ends the game at that point. If the referee abandons a game the coach/player/spectator may be called to a special meeting for disciplinary action.

### What about safety?

The coach is responsible for the health and safety of their players. You should have a first aid kit and a copy of the players' registration forms with you at every game and training session in case of injury. NFWASA recommends that all players who wear glasses utilize sports goggles. This will help reduce the chance of injury to both the player who wears glasses and to others. Make sure all of your players have appropriate shoes that fit properly, shin guards, and water. **Never let your players or any other child climb the goals.** Even though our goals are anchored to the ground, goals at other fields may not be. Severe injury may result if a goal falls over.

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## **Weather**

### **Do you play soccer in the rain?**

Yes, we may play in the any inclement weather in accordance with NFWASA By Laws. However, lightning may result in the delay or cancellation of a game or practice. Consult with the referee as they may ask participants to wait in their cars for a designated amount of time before resuming play. The referee and/or a NFWASA Board Member have the authority to determine any actions related to continuation of a game for weather.

### **Why are games cancelled?**

In the case of inclement weather a game or practice may be cancelled for one of two reasons. One is the condition of the fields. If the area has had a large amount of rain and the fields are not in playing shape, the games will be cancelled as early as possible. The second reason is the weather at or during game or practice time. If there is lightning in the area, only the head referee or a NFWASA Board Member is permitted to cancel the game immediately or postpone the game with a delay in action.

### **When are games practices cancelled, how can I find out?**

All decisions related to the cancellation or delay of game or practice activities will be made as early as possible. The NFWASA information line (817-421-1847) will be updated as soon as this decision is reached. It is highly recommended to check the line at least 1 hour prior to a game or practice to ensure that NFWASA By Laws are being followed.

### **Can I cancel a game?**

No, only the head referee or a NFWASA Board Member has this authority.

### **Will cancelled games be rescheduled?**

If possible all cancelled games will be rescheduled. Your age group Commissioner will be in touch with the coach about reschedules. Games cancelled before the 2<sup>nd</sup> half will be rescheduled, but if the game is cancelled after the 2<sup>nd</sup> half it is considered complete.

### **What about the heat?**

Games are not cancelled due to heat but we should all be prepared. Know the signs of heat exhaustion and heat stroke. Have plenty of water on hand and utilize wet towels to cool players down. It is recommended for players to utilize proper sun block to protect their skin.

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## **Referees**

### **What is the league's policy about referees?**

Our league strives to provide quality referees at each game. We desire to have fair, referees for all teams at all games. This applies to all age levels. However, the younger age divisions frequently will have less experienced referees so be patient and respectful towards them **AT ALL TIMES**.

### **Can we yell at the referees?**

**NEVER, NEVER, EVER YELL AT THE REFEREE!!!!!!** Booing the referee is not part of the sport we teach or tolerate at NFWASA. Our young referees are in training. They are young and as sensitive as your children are. If a questionable call occurs during a game, the coach may politely ask the referee for an explanation of the call at half time or after the game, but may not argue it and is never permitted to be derogatory. If you have a problem with a referee please contact your age group Commissioner who will in turn contact the Referee Director. Your complaint should be in writing and provided the day of the game or within 48 hours. If a referee demonstrates questionable behavior with the children, notify a NFWASA Board Member. On a very serious note, verbal abuse of a referee will result in disciplinary actions against the coach and/or spectator. Any referee abuse will be consideration for serious disciplinary actions as serious as expulsion of that person from all NFWASA related activities. Physical assault of a referee will result in indefinite suspension and possible criminal charges.

### **What will the referee do when an infraction occurs?**

The referee will explain all infractions to the offending player. A player may first be warned of an infraction. A second occurrence of a serious foul (sometimes first occurrence especially an intentional foul) may result in a yellow card or red card. Red cards result in the immediate ejection of that player, with his/her team unable to substitute for him/her. A red card also results in the player having to "sit out" their next scheduled game.

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## **Rules of Soccer**

### **When can the coach substitute?**

The coach may substitute players on the team's throw-in, after either team has scored a goal, on either team's goal kick, or if a player is injured. The referee may allow a team to substitute at other times in special situations such as when the temperature is high. Coaches may not substitute at any time without first getting the referees permission.

### **When can the goalie use his/her hands?**

In essence, the goalie is like any other field player, with the exception that they are permitted to use their hands while inside the goal area. The association does not have goalies at the U5 age level. All other ages utilize goalies. A goalie must be within their box when utilizing their hands. Once outside the box the goalie must utilize their feet, head, or chest like any other field player.

### **My team is U5 and the other team is using a Goalie, I think?**

As long as the other team does not use their hands they are not using a goalie. If the other team is placing a defender in the goal, this is perfectly legal as long as they use their feet, head and chest to defend the goal. In other words they are still a field player and they cannot use their hands.

### **What are the rules about kick-offs?**

Opponents must be 3-10 yards (depending upon field size) from the center mark while the kick-off is in progress. The center circle is the defining distance. The ball must be kicked into the opponent's half of the field and must move noticeably before it can be kicked again. The initial kicker may not kick the ball a second time until it has been touched by another player of either team.

### **When is the ball in and out of play?**

The ball is in play until it entirely crosses the touch line or goal line or until the referee stops play by blowing a whistle.

### **When is a goal scored?**

The entire ball must cross the goal line between the goal posts and under the cross bar.

### **How are throw-ins supposed to be done?**

Both feet must touch the ground during the entire throw-in and be behind the touch line. Both hands must be used to throw the ball in. The ball must start from behind the player's head and pass over it. The player throwing the ball in cannot play the ball until it has been played or touched by another player of either team.

### **What are indirect kicks?**

The kicker cannot touch the ball a second time until someone else touches it. A goal may not be scored from an indirect kick until the ball has been played or touched by a second player of either team. No free kicks shall be taken by the attacking team within the defending team's goal box. All free kicks in the U5 to U8 divisions are indirect kicks.

### **What is a goal kick?**

A goal kick restarts the game after the ball entirely crosses the goal line (outside the goal posts) and is last touched by an attacker. The goal kick may be taken from inside the goal area on the side that the ball went out of bounds. Opponents must be 3-5 yards away from the ball at the younger ages (10 yards at the older ages). The kicker may not kick the ball a second time until another player of either team has touched it.

### **What is a corner kick?**

A corner kick restarts the game after the ball entirely crosses the goal line (outside the goal posts) and is last touched by a defender. The ball must be placed inside the corner arc. The kicker may not kick the ball a second time until another player of either team has touched it.

### **Can a player kick the ball to his/her goalie?**

A goalie is not allowed to use his/her hands when a teammate kicks the ball to him/her. The goalie is allowed to kick the ball if it is kicked back to him/her. The goalie may use his/her hands if the ball was passed with some other body part other than the foot.

### **What are the fouls and what type of kick is given for them?**

Indirect Kick: Dangerous play, obstruction, charging away from the ball, charging the goalie.

Direct Kick: Pushing, holding, striking opponent, handling ball, charging opponent from behind, violent charges, kicking or tripping opponent

Penalty Kick: Direct kick inside penalty box after a foul inside the penalty box

### **What are linesmen?**

Linesmen are actually referred to as Assistant Referees (AR's) and are used for games for ages U9 and older. The AR's assist the head referee by indicating when the ball crosses the touch line, signaling what team last touched the ball, signaling when a foul has been committed and calling offside.

### **What are yellow and red cards?**

Yellow cards are cautions to players that they have committed a serious infraction or persist in committing an infraction. A player who receives two yellow cards is automatically ejected from the game. An accumulation of 3 yellow cards results in the player being suspended from the next scheduled game. A red card is given for violent conduct, serious fouls, or abusive language or gestures. A red card results in an ejection from the game and a suspension from the next scheduled game.

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## **Learning more about Soccer!!!**

A great way to learn more about soccer is to attend games. We are very lucky in our area that we have a professional soccer team close by: FC Dallas who play outdoor soccer at the Frisco Soccer & Entertainment Center. We also have a very good local high school team that field 2-3 teams for boys and girls soccer – Fossil Ridge High School and Central High School. NFWASA fully supports Fossil Ridge and Central soccer and has many players that either began or continue to play with NFWASA and the high school. In addition you will find many games on Fox Sports World. Take the opportunity to watch games with your children. Both you and they will learn a lot.

### **What about a clinic or skills class?**

There are many opportunities for skills and clinics. Contact your Coach, Commissioner or the Coaching Director. If you're interested in skills we can help you get these set up as well!!

### **What are some good soccer web sites?**

There are many, many sites. You could spend hours looking them all up. A great place to start is your NFWASA web site. From there you can begin to link to other sites. Log on to:

[www.nfwasa.org](http://www.nfwasa.org)

You may also visit the NTSSA web site ([www.ntxsoccer.org](http://www.ntxsoccer.org)).