

City of Fredericksburg  
Department of Parks, Recreation & Public Facilities  
408 Canal Street, Fredericksburg, Virginia 22401

YOUTH SOCCER RULES & REGULATIONS  
(Fall 2006)

*The Youth Soccer League sponsored by this department will operate under the rules of the National Federation of State High School Associations, unless stated otherwise herein.*

I. AGE DIVISIONS

Novice	Ages 6-7
Rookie	Ages 8-9
Junior	Ages 10-11
Senior	Ages 12-15

II. PURPOSE

- A. To teach and stress the fundamentals of the game of soccer.
- B. To develop good sportsmanship, teamwork, and fair play.
- C. To provide the opportunity for fun and enjoyment in a healthy activity.

III. COACHES' DUTIES

- A. Each team is allowed three coaches (one (1) head coach and two (2) assistants). All head and assistant coaches must be approved by the Parks and Recreation Department. All coaches must have a current background check before beginning practice.
- B. To safeguard and maintain all equipment issued by the department and be responsible for the return of that equipment in a timely manner at the end of each practice.
- C. To maintain proper conduct among team members, assistants and team followers.
- D. To conduct parents' meeting at first practice.
- E. To notify all team members of scheduled and make-up games, play-offs, and practices.
- F. To abide by all rules and regulations as set forth by the League.
- G. To insure that each and every team member participates in **at least half of each game**. If a coach does not play a player the required amount of time, a warning will be issued, followed by a forfeit for subsequent violations.
- H. To aid the department in finding a business or organization to sponsor their team (see attached Team Sponsor sheet).

IV. RULES & REGULATIONS.

- A. A game may begin with less than eleven (11) players in Junior and Senior play, eight (8) in Rookie play, and six (6) in Novice play. All players must play at least half of each game unless injured or sick. If a team has less than eight (8) players in Junior or Senior play, and six (6) in Rookie play, a forfeit will be constituted. For the novice division, discretion will be left with the coach of the affected team.
- B. All participants will be required to wear shin guards and **mouth guards**. Anyone not wearing **shin guards and a mouth guard** will not be allowed to participate in his/her game. **Anyone wearing glasses must secure them with an eyeglass strap.**
- C. No jewelry or earrings shall be worn. Long hair should be secured with rubber bands or soft fabric head bands. Plastic headbands or barrettes should not be worn.
- D. Players cannot participate while wearing casts or finger splints of any kind.
- E. All coaches and parents must remain off the field during the game. Coaches must stay within the designated coaching area (which will be marked).
- F. **The use of tobacco products on school property is prohibited by Fredericksburg City School policy. Fans, parents and coaches are prohibited from smoking or using any tobacco products at any soccer games or practices.**
- G. If an ineligible player is used, the game in question will be declared a forfeit.
- H. **Either team may substitute:**
  - 1) Between periods.
  - 2) On a goal kick.
  - 3) When a goal has been scored.
  - 4) When play is stopped to attend to an injured player on the field.
  - 5) When a player or coach is cautioned.
  - 6) When a player has been disqualified; the disqualified player may be replaced.
- I. **Head balls will not be allowed in the Novice or Rookie divisions.** A head ball will be considered a dangerous play and the player will be penalized by the opposing team being given an indirect free kick.
- J. **Slide tackling will not be permitted in any division.** A slide tackle will be considered a dangerous play and the player will be penalized by the opposing team being given an indirect free kick.

**V. OVERTIME PLAY (ONLY DURING PLAY-OFFS)**

- A. If the score is tied at the end of regulation play, two (2) five-minute overtime periods will be played. The referee will toss a coin. The winner of the toss will select whether to kick-off or which end they would like to defend. The teams will change ends of the field at the end of the first five-minute period, and play will be resumed by a kick-off. There will be a two-minute interval between periods.

If the score is still tied at the end of the second five-minute period, there will be a penalty kick shootout. Each coach will select five (5) players from on or off the field. The referee will toss a coin. The winner of the toss will select whether to kick or to defend first. Each of the five (5) players from each team will attempt a penalty kick – alternately – one from team A and one from team B.

If the score is still tied, each coach will select five (5) more players, and the penalty kick procedure will be repeated except that it will be a SUDDEN DEATH shoot out (i.e., if team A scored, team B will have a chance to shoot; if team B scores, the procedure continues. If team B does not score, the game is over and team A wins).

If each of the second group of five players from each team has had a turn and the score is still tied, the first five players return. Each team continues to shoot alternately until the tie is broken in a SUDDEN DEATH shoot out.

**VI. DIVISION SPECIFICS**

	BALL SIZE	GAME LENGTH	SCORE KEPT	PLAYOFF	# ON FIELD
Novice	3	8-minute quarters	NO	NO	6
Rookie	4	10-minute quarters	YES	YES	8
Junior	5	10-minute quarters	YES	YES	11
Senior	5	24-minute halves	YES	YES	11

**VII. INCLEMENT WEATHER**

- A. Postponements will be announced over WBQB/WFVA, Thunder 104.1, and WFLS radio stations or call the Parks and Recreation cancellation line. Please listen for the announcement. You can also check the Parks and Recreation website at [www.Fredericksburgva.gov](http://www.Fredericksburgva.gov) or at [www.Fredericksburg.com](http://www.Fredericksburg.com). **DO NOT CALL THE RADIO STATIONS.** If weather conditions are questionable and you do not hear a cancellation announcement, you should report for your game.
- B. The Recreation Department reserves the right to arrange postponed games at its convenience in order to catch up with the schedule. The Department also reserves the right to cancel games, if necessary, due to conditions beyond our control. In the event of misunderstanding or error, coaches are urged to contact the Department at 372-1086.