

YOUTH SOCCER RULES & REGULATIONS

The Youth Soccer League sponsored by this department will operate under the rules of the United States Soccer Federation Rules & Regulations, unless stated otherwise herein.

I. AGE DIVISIONS

Novice	Ages 6-7
Rookie	Ages 8-9
Junior	Ages 10-12
Senior	Ages 13-16

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 encouraged to wear **mouth guards** and are required to wear shin guards. Anyone not wearing **shin guards** will not be allowed to participate in his/her game. **Anyone wearing glasses must secure them with an eyeglass strap**. If undergarments are worn, they must be a solid color, and of similar length to the uniform top.
- 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. All hard casts or splints must be padded with closed cell, slow recovery foam at least ½ inch thick, facemasks must be molded to the face, and that a copy of the medical release form, signed by the physician treating the child, must be provided to the Parks, Recreation and Events Department and be at the practice and game site. Ankle braces of metal must be worn inside the stocking – non-metal may be worn outside the stocking. Soft headbands and non-dangerous head coverings are permitted. The referee/official/umpire of the game will make the final determination of whether the player's cast, splint or facemask is considered dangerous or not.
- E. Coaches and parents must remain off the field during the game. Novice division coaches may be on the field and behind the goal within restrictions set by the referee. Coaches and players will be on one side of the field, while parents will sit on the other side of the field.
- F. **The use of tobacco products is prohibited within a 100ft of Fredericksburg PR&E games and 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.
 - 7) Upon the direction of the referee
- I. A substituted player may re-enter the game at any time, with permission of the official.
- J. *****Head balls will not be allowed in the Novice, Rookie, or Junior 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.
- K. Goalkeeper jerseys may be any color except their team's main uniform color.
- L. *****For Novice leagues: on a goal kick, the opposing team must retreat back past mid-field prior to the ball being kicked into play. Once the ball is kicked, the defensive team may cross the mid-field line to defend.**

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	4	10-minute quarters	YES	YES	11
Senior	5	24-minute halves	YES	YES	11

VII. INCLEMENT WEATHER

- A. Postponements or cancellations will be announced through the Fredericksburg Alert Notification System. 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 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.

**FREDERICKSBURG PARKS & RECREATION
YOUTH SOCCER
USSF RULE DIFFERENTIATIONS**

Rule Type	NHSF Description	USSF Description	FPR Description
Captains	Team Representative may request interpretation or essential information.	No similar rule	Coaches and Team Captains, at the discretion of the official, may ask for info but are not guaranteed it will be given.
Substitutions	Can sub during: Goal Kicks, own corner kicks, goals, halftime, own throw-in	Can sub during: Goal kicks, own throw-in goal, injury, halftime	FPR rules will outline additional substitution opportunities. If it is not listed here or in FPR rules, you cannot sub at that time.
Substitutions (Referee Permission)	Official permission not required after a goal, at the beginning of a period, or for an injury.	Referee permission is always required before entering the field.	Will observe USSF rule
Substitutions (Injury & Play Stopped)	Injury can be treated on the field. Player must leave field if medical attention is needed. The player may re-enter once given permission at the next stoppage.	Injury cannot be treated on the field unless life threatening or dangerous. Injured player must leave the field if medical attention is needed. The player may re-enter at the direction of the official.	Injuries can be treated on the field. The player is not required to leave the field.
Substitutions (Returning to the field)	Substituted players may return to the field.	Regular: Once removed, the player cannot return. Youth: Can return to the field.	Will observe NHSF rule (See Section IV, Item I)
Cautions: (Second Caution/Yellow Card)	Player can be replaced.	Player cannot be replaced.	Will observe NHSF rule (See Section IV, Item H, Article 6)
Cautions: (Mechanics of 2 nd caution)	Yellow/Red cards displayed in same hand to players; Yellow card displayed, put away and red card displayed to others.	Yellow card displayed, put away and red card displayed to players & others.	Will observe USSF rule
Cautions: (Ejections)	Official required to notify coach, scorer, and officials as to reason	No similar requirement	Will observe USSF rule
Misconduct: (by other than players)	Coaches may be cautioned or ejected and shown the yellow or red card for their own conduct, for illegally equipped players, for team misconduct, or for bench misconduct that cannot be attributed to a specific person.	No one other than a player or substitute on roster can receive a red or yellow card. Coaches and other team officials can be required to leave the field and surrounding area under threat of game termination for Irresponsible behavior.	Will observe USSF rule
Equipment: (Casts)	Illegal unless covered by padding	Illegal if considered by official to be dangerous, or becomes dangerous during play.	Casts are prohibited, even with padding. (See Section IV, Item D)
Equipment: (Visible Under-garments)	Must be similar length and a solid color	Must be same main color as the jersey	Will observe NHSF rule (See Section IV, Item B)
Equipment: (Goalkeeper Jerseys)	May be the same as the other team or Official	May be the same as the other team but not the Official	Will observe NHSF rule (See Section IV, Item K)
Equipment: (Braces)	Illegal if altered from original design	Illegal if considered by official to be dangerous, or becomes dangerous during play.	Will observe USSF rule

Rule Type	NHSF Description	USSF Description	FPR Description
Official Responsibility: (Pre-game)	Address coaches and captains regarding sportsmanship	No similar requirement	Will observe NHSF rule
Official Responsibility: (Coin Flip)	Head coaches required to attend; Winner chooses goal to defend or kick first.	No similar requirement for coaches; Winner chooses goal to attack, other team kicks first.	Will observe USSF rule
Timing	Stops for goal, penalty kick, caution, ejection, injury, or as ordered by Official. Restarts when ball is in play.	Official keeps time, takes into account time lost but amount is discretionary & only excessive stoppages are be counted.	Will observe USSF rule
Foul: (Contact by hand following reflexive movement to protect self)	Direct Free Kick awarded for handling, if hand or arm move after ball is in motion.	Official's judgment observed, no action unless official feels the contact was Intended/purposeful.	Will observe USSF rule
Foul: (by defense to prevent goal)	Send off whether successful or not.	Send off ONLY if successful on the immediate play. (Official's discretion)	Will observe USSF rule
Foul Signals:	Signals to illustrate fouls and resulting kick (direct or indirect)	No similar requirement	Will observe USSF rule
Dangerous Play	Any act considered by official likely to cause injury to any player (including self) but requires another player to be within playing distance	Any act considered by the official to be dangerous AND which causes opponent to lose opportunity for challenge (requires opponent to be within play distance)	Will observe USSF rule
Penalty Kicks: (Eligible participants)	Any person on the roster is eligible, unless disqualified earlier(ejected).	Only players on the field at the END OF THE GAME can participate	Will observe NHSF rule (See Section V, Item A)
Throw-ins	Must enter the field of play or ball is awarded to opponent.	No similar requirement. Throw-in is retaken.	Will observe USSF rule