

# 2020 Local League Soccer Rules

All Roanoke County Parks, Recreation and Tourism Youth Soccer Games will play in accordance with the FIFA rules except for the local league rules listed below. It is recommended that each coach download a rule book from FIFA at [www.fifa.com](http://www.fifa.com).

Practice and game schedules can be found by visiting [www.roanokecountyparks.com/youthathletics](http://www.roanokecountyparks.com/youthathletics). Game reschedule notifications will be done via email to the head coach or his designee. It is the coach's responsibility to check their email as well as the website for up to date information.

**Age** – Program available to boys and girls born between 10/1/2002 and 9/30/2014

| <b>Divisions</b>        | <b>Players Born In</b> |   |
|-------------------------|------------------------|---|
| Under 8 Co-Ed           | 2013 or 2014*          | *Players must be born prior to 9/30/2014 to ensure a minimum age of 6 |
| Under 10 Boys and Girls | 2011 or 2012           |   |
| Under 12 Boys and Girls | 2009 or 2010           |   |
| Under 14 Boys and Girls | 2007 or 2008           |   |
| Under 17 Boys and Girls | 2004, 2005 or 2006     |   |
| Under 19 Boys and Girls | 2002* or 2003          | *Players must be born after 9/30/2002 to ensure a maximum age of 18   |

## 1. Team Formation Regulations

- 1.1. Teams should be formed using a fair and equitable draft procedure.
- 1.2. Teams must feature at least 2 subs and it is recommended they carry more as Roanoke County Parks and Recreation does not reschedule games due to the inability to field a team. Any deviation of this rule requires Departmental approval.
- 1.3. **Team rosters must be filed with the Youth Athletics office by 8:00 AM on Wednesday, August 12<sup>th</sup>.** Rosters must include the player's name, home address (street, city and zip), telephone number, date of birth and the school the player attends. **Non-residents of Roanoke County that are eligible based on school attendance must purchase a Non-resident Participation Pass from the RoCo PRT office prior to the start of the season.**
- 1.4. Players born in the last year of an age division may play up in the next division if the coordinator believes the player has the skills to compete in the upper age group. The moving up of players is only for those rare cases in which the player would not benefit by staying in his normal age group because of their exceptional skill. Moving up for convenience or to have enough players to form a team is not allowed.
- 1.5. If a player has been moved up in an age division, he or she is not eligible to return to the lower division during the season.
- 1.6. Recreation Clubs may choose to disallow the playing up of players as they see fit.
- 1.7. Players on each team's roster must meet the eligibility guidelines set forth by the Club's hosting Recreation Department. Each Recreation Club is responsible for verifying the information on their club's

rosters. If players are found playing on an incorrect team based on the eligibility guidelines set forth by the Club's hosting Recreation Department, the player will be removed from the team. Please note that the team may be required to forfeit the games played with an ineligible player if the Club's hosting Recreation Department determines that the Club, Coach or Player intentionally attempted to fraud the program.

- 1.8. No player is allowed to participate in more than one (1) Roanoke County sponsored sport within the same season
- 1.9. No players can be added after the first regular season game unless permission is granted by the Club's hosting Department.

## 2. Equipment Regulations

- 2.1. Uniforms must include matching jerseys with a number on the back, matching shorts and matching socks. Sweat pants may be worn if the matching shorts are worn over the sweat pants.
- 2.2. Shin guards must be worn for all practices and games. Shin guards must be high enough to give adequate amount of protection. If the referee deems shin guards inadequate that player will not be allowed to play.
- 2.3. The home coach is responsible for making sure goals are secured and netted properly. No game will begin until goals are safely secured.
- 2.4. Ball Sizes will be as follows by division
  - U8 Division                      Size 3
  - U10 Division                     Size 4
  - U12 Division                     Size 4
  - U14 Division                     Size 5
  - U17 Division                     Size 5
  - U19 Division                     Size 5

## 3. Practice Regulations

- 3.1. In an effort of fairness, Recreation Clubs are responsible for ensuring that all teams within its organization follow the practice guidelines set below. Failure to meet any of guidelines set below will result in the Head Coaches suspension from 1 (first offense) or 2 (second offense) games and the loss of one (first offense) or two (second offense) practice privileges the following week. No warnings will be given.
- 3.2. Team practice schedules can be found at [www.roanokecountyparks.com/youthathletics](http://www.roanokecountyparks.com/youthathletics).
- 3.3. Any deviation from the posted schedule is not permitted.
- 3.4. Teams may not practice longer than 75 minutes per session.
- 3.5. Practices are tentatively planned to begin on or after August 15<sup>th</sup>.
- 3.6. Teams may not practice more than once in a 24-hour period.
- 3.7. Teams may not practice when the temperature is 100\* or more.
- 3.8. Only screened youth coaches are permitted to lead practices and games.
- 3.9. Coaches are required to wear their ID badge at all team practices and games.

## 4. Game Regulations

Throw-ins are replaced with indirect kicks.

## Field Dimensions and Goal Sizes

| <b>4.1.1. Division</b> | <b>Field Size</b> | <b>Goal Size</b> | <b>Format</b> |
|------------------------|-------------------|------------------|---------------|
| U8 Division            | 30 x 20 yards     | 4 x 6'           | 4 v 4         |
| U10 Division           | 47 x 30 yards     | 6 x 18'          | 7 v 7         |
| U12 Division           | 75 x 47 yards     | 6 x 18'          | 9 v 9         |
| U14 Division           | 75 x 47 yards     | 6 x 18'          | 7 v 7         |
| U17 Division           | 120 x 75 yards *  | 8 x 24'          | 11 v 11       |
| U19 Division           | 120 x 75 yards *  | 8 x 24'          | 9 v 9#        |

\*Fields may be a minimum of 100 x 60 yards when limitations prevent regulation fields

# Teams may elect to play traditional 11 v 11 should both teams have sufficient numbers

## 4.2. Pregame Information

4.2.1. No game is to start prior to the scheduled game time unless both coaches agree.

4.2.2. The home team is to provide a game ball.

4.2.3. Head coaches are responsible for the actions of his coaches, parents, and players.

4.2.4. Head coaches must submit numbered roster to head official prior to game.

4.2.5. Field Set-up for players and parents. Teams will be on opposite sidelines. Spectators will be allowed to spread out along their own sideline and the endlines.

4.2.6.

4.3. All Play/All Sit Rule - All teams are required to follow the minimum play & sit times listed below. Teams which fail to abide by the below rules may be required to forfeit the game. In addition, the coach may face additional penalties including suspension from future games.

4.3.1. U8 Divisions

4.3.1.1. All Players are required to play a minimum of  $\frac{3}{4}$  of the game

4.3.2. U10 Divisions

4.3.2.1. Teams with 9 or less players are required to play each player  $\frac{3}{4}$  of the game

4.3.2.2. Teams with 10 or more players are required to play each player  $\frac{1}{2}$  of the game and have each player sit for  $\frac{1}{4}$  of the game

4.3.3. U12 Divisions

4.3.3.1. Teams of 12 players or less will be required to play each player  $\frac{3}{4}$  of the game.

4.3.3.2. Teams of 13 players or more will be required to play each player  $\frac{1}{2}$  of the game and have each player sit for  $\frac{1}{4}$  of the game

4.3.4. U14 Divisions

4.3.4.1. Teams with 9 or less players are required to play each player  $\frac{3}{4}$  of the game

4.3.4.2. Teams with 10 or more players are required to play each player  $\frac{1}{2}$  of the game and have each player sit for  $\frac{1}{4}$  of the game

## 4.4. Game Clock

4.4.1. Length of games

|              |                         |
|--------------|-------------------------|
| U8 Division  | Four 8-minute quarters  |
| U10 Division | Four 10-minute quarters |
| U12 Division | Two 25-minute halves    |
| U14 Division | Two 25-minute halves    |
| U17 Division | Two 25-minute halves    |
| U19 Division | Two 25 minute halves    |

4.4.2. Game Breaks

|              |                               |
|--------------|-------------------------------|
| U8 Division  | Four minutes between quarters |
| U10 Division | Four minutes between quarters |
| U12 Division | Eight minutes at half time    |
| U14 Division | Eight minutes at half time    |
| U17 Division | Eight minutes at half time    |
| U19 Division | Eight minutes at half time    |

4.5. Substitutions

4.5.1. U12, U14, U17 and U19 divisions may substitute according to the USYSA rulebook.

4.5.2. U8 and U10 divisions may only substitute during breaks between quarters unless:

4.5.2.1. The player is injured

4.5.2.2. The player receives multiple fouls and is deemed out of control by officials or coaches

4.5.2.3.

4.6. Heading – **U12 and under players cannot engage in heading the ball.** Violation of the rule will result in an indirect kick if intentional and a drop ball if unintentional.

4.7. Goalies – **No goalie will be used in U8 and under divisions.**

4.8. Carded Fouls

4.8.1. If a player receives a Yellow Card for unsportsmanlike conduct, the player is required to sit for five minutes of the game clock if a legal substitute is available. A player's time out for a yellow card counts towards their play time requirement.

4.8.2. If a player receives a Red or Yellow/Red Card the player is required to sit out for the remainder of the game and based on the severity of the action, may face further disciplinary action based on their conduct.

4.8.3. If a coach is sent off, they are required to leave the game area and based on the severity of the action, may face further disciplinary action based on their conduct.

4.8.4. Coaches are required to report yellow and red cards to the department within 24 hours of game completion.

4.9. Overtime

4.9.1.1. Games which are tied at the end of regulation will be considered final.

4.10. Officials

4.10.1. Authority - Youth Sports Officials have the authority to remove any coach, player or spectator from Roanoke County property.

4.10.2. Lack of Game Officials –

4.10.2.1. If no Officials Crew is present, the game will be canceled and rescheduled. Teams may choose to use the time for scrimmage if they choose. No self-officiated games are permitted.

4.10.2.2. If a partial Officials Crew is present (more than half of regular crew) the game will be played as scheduled.

4.10.3. Question Callings – No questioning of judgment calls is permitted by any coach, player or spectator. If a rule interpretation is disagreed on, please call a time out to discuss the rule with the official.

#### 4.11. Protests

4.11.1. Protests of FIFA rules are not permitted in accordance with FIFA Laws

4.11.2. Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the Parks and Recreation Office as soon as possible.

4.11.3. Protests of player eligibility are permitted. Eligibility would include non-rostered players, age, residency or other factors which makes the player eligible when they should not be.

##### 4.11.3.1. How to protest

4.11.3.1.1. Protest must be done during the game.

4.11.3.1.2. As soon as the player in question participates, call timeout and inform head official that you are protesting an opposing player due to ineligibility. Ask the official to notify the opposing coach. Please note that the game will continue as normal and the player is permitted to play.

4.11.3.1.3. Within 24 hours of game completion, an email must be submitted to the Athletics Division which should include game date, time, location, opponent, player protesting, and justification of protest (reason and knowledge why).

##### 4.11.3.2. Protest Review

4.11.3.2.1. The Athletics Division will work with the appropriate recreation clubs to investigate and determine if the player is ineligible.

##### 4.11.3.3. Protest Findings

4.11.3.3.1. If a team is found to be using an ineligible player, the team may be required to forfeit the games in which the player played.

4.11.3.3.2. If a team is found to knowingly using an ineligible player, the Head Coach may face additional punishments.

4.11.3.3.3. The decisions of the Athletics Division will be final. No appeals will be heard.

## 5. Inclement Weather

5.1. Inclement Weather Prior to Game or Practice - When possible, cancellations will be made on Roanoke County's Cancellation Line (540-387-6455 extension 6) for events hosted at Roanoke County facilities. For games in other jurisdictions, please check the cancellation line of the host organization.

5.2. In the event adverse weather conditions develop while an activity is in progress and a representative from Roanoke County Parks, Recreation, and Tourism is not present, it is the responsibility of the club representative, coach, teacher, or the scheduled official to determine whether or not conditions that exist will endanger the safety of the participants and whether or not the activity will have a serious adverse effect on field conditions. If a club fails to cancel field use during inclement weather and such use causes extensive field damage, the club will be responsible for any repair costs.

5.3. Lightning Policy - If thunder is heard, be aware and keep a look out for lightning. If thunder lightning is seen, all players and spectators shall be moved to a sheltered area or to their cars. Wait at least **30** minutes from the last streak of lightning to resume play or practice.

5.4. Extreme Heat Policy – Games or practices will be canceled under the following conditions.

5.4.1. Actual Temperature 100\* or above - All games and practices cancelled.

5.4.2. Heat Index of 100\* or above - All games cancelled.

## 6. Concussion Management Practices

- 6.1 It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.
- 6.2 No athlete should return to play or practice on the same day of a suspected concussion.
- 6.3 The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
- 6.4 Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional to their home Recreation Club prior to returning to practice or competition. Recreation Clubs must disallow players from participating until this document is produced.
- 6.5 Each youth sport coach should take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at:  
<https://www.cdc.gov/headsup/youthsports/index.html>

**7. VA Mandated Reporting of Child Abuse and Neglect**

- 7.1 We recommend coaches take the online course that lets you know what to look for and how to report child abuse and neglect. Here is the web address for the online training:  
[http://www.dss.virginia.gov/family/cps/mandated\\_reporters/cws5692/index.html](http://www.dss.virginia.gov/family/cps/mandated_reporters/cws5692/index.html)

