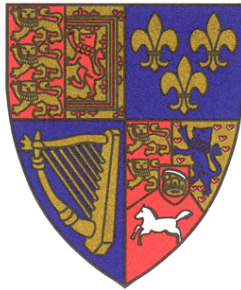


# King George County, Virginia



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## KING GEORGE PARKS AND RECREATION YOUTH SOCCER RULES GENERAL RULES AND REGULATIONS (revised 09 Mar 09)

### ORGANIZATION

The King George County Department of Parks and Recreation shall be the sponsoring agent of the Youth Soccer Program. The Athletic Supervisor or his/her designated representatives shall be the executor of this program.

### THE PHILOSOPHY & THE PURPOSE OF THE LEAGUE

The Youth Soccer League is purely a recreational league stressing participation, sportsmanship, fun and the development of skills. It will be the responsibility of each coach to substitute freely and play every child every game. The Recreation Department and The Recreation Advisory Committee is committed to maximum participation of all children involved in our programs.

- To develop good sportsmanship, teamwork and fair play.
- To teach and or stress the fundamentals of the game of soccer.
- To provide the opportunity for fun and enjoyment in a soccer activity.
- To encourage children to be involved in a variety of activities while recognizing that the home, church, school and other social experiences are all a part of a child's growth.

### RECREATION AGE DIVISIONS

Tiny Tots	5-6 Year Olds	Coed
Pee-Wees	7-8 Year Olds	Coed
Midgets	9-11 Year Olds	Coed
Juniors	12-15 Year Olds	Coed
Seniors	15-18 Year Olds	Coed

## EQUIPMENT

Uniforms will consist of jersey, shorts and socks provided by the parks and recreation department. Only uniforms supplied by the department can be worn. Players must wear the game jersey issued by their county parks and recreation department. Game jerseys may not be torn or cut. Lost or damaged jerseys may be re-ordered for an additional fee. The only shoes worn will be rubber molded soccer cleats, multipurpose cleats or tennis shoes. No shoes with toe cleats will be allowed.

Shin guards are mandatory. **All shin guards have to be completely cover by sock or stocking.** A player without shin guards will not be allowed to play. NO EXCEPTIONS will be made. Participants wearing glasses must secure them with eyeglass strap. Hard casts or hard splints of any material are considered illegal equipment. **Exception: Casts, splints or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass unless covered on all exterior surfaces with no less than ½ inch thick, high density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury. A medical release for the injured player signed by a licensed medical physician shall be available at the game site. (Games in Caroline, casts are illegal equipment).**

All coaches will have a first aid kit for emergency first aid treatment at all practice sessions and regularly scheduled games. No jewelry will be worn.

## PLAYING RULES

Divisions			
Tiny Tots	5 & 6 Year. Olds	Played with 5 players	Game Ball #3
Pee Wees	7 & 8 Year olds	Played with 7 players	Game Ball #3
Midgets	9 & 11 Year olds	Played with 9 players	Game Ball #4
Juniors	12 & 15 Year olds	Played with 11 players	Game Ball #5
Senior	15-18 Year olds	Played with 11 players	Game Ball #5

Note: If program follows ages, age is determined by each respective park and recreation agency.

### Field Size

Tiny Tots	20' x 40'
Pee Wee	60' x 40'
Midgets	80' x 50'
Juniors & Seniors	Regulation

Play will be according to the FIFA rules with the following exceptions noted.

### Age Groups:

Tiny Tots	5 & 6 year olds	4/eight minute quarters
Pee Wees	7 & 8 year olds	4/ten minute quarters
Midgets	9 to 11 year olds	4/twelve minute quarters
Juniors	12 to 15 year olds	2/thirty minute halves
Seniors	15 to 18 year olds	2/forty five minute halves (High School rules)

- Players are obligated to participate in a minimum of one practice per week.
- If a player misses practices or games without notifying the coach, or is being disciplined by a coach because of behavioral problems playing time can be limited to playing only half the recommended times.
- No practices will run longer than 9 PM.
- No slide tackling allowed (Except 15-18 yr olds).
- Teams are not allowed to call time out.
- Grace period will be ten minutes for the first game of the day only. All other games will start at scheduled time or be forfeited.
- The referee is the authority on the field and his/her interpretation of the rules will be upheld. If a referee does not show up, the game will be rescheduled for a later date.
- In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more has been played. If less than one half of the game has been played, the game may be rescheduled.
- If an ineligible player is used, the game in question will be declared a forfeit.
- **Mercy Rule: Any team having a lead of 4 goals must take a player off the field. If leading team scores again (5 goal differential), they must remove another player. Repeat each time leading team scores.**
- **If losing team scores, leading team may add a player. Repeat each time losing team scores until back to full strength.**
- **Minimum number of players requirement is waived as mercy rule is applied.**
- The parks and recreation department will reschedule rain out games when possible.
- Teams may play shorthanded. The coach of the shorthanded team has the option to play shorthanded or forfeit. If the coach decides to forfeit, players will divide into even teams and play a practice game.
- Substitutes must report to midfield touch line and be recognized by the referee prior to entering the field.
  - Kickoffs and Goal kicks: Either team may substitute;
  - Throw-in: Attacking team can substitute. If attacking team is substituting, then defending team may substitute.
- Injury: If match is stopped for an injury, player must leave the field. A replacement player may substitute in. If substituting for the injured player, the other team may substitute one player as well.

## FIELD CONDUCT

1. All coaches, parents and spectators must remain off the field during the game. **The referee will give permission to persons entering the field.**
2. Parents and spectators must stay behind the spectator's line, which is located 5 yards off the field of play opposite the team.
3. Coaches must coach from the sideline and may not go beyond the mid field line. (Exemption Pee-Wee Division)
4. No one is allowed to stand behind the goal or behind the end line while the game is in progress.
5. All parents/spectators must sit opposite of teams playing.

## PROTESTS

Protests are not allowed in the Youth Soccer League Program unless there is a question of player eligibility. Any coach who makes a protest must make it known to the official that he is protesting. He must report the player's number and team name to the official.

No overtime will be played during regular season. Games may end in a tie.

Teams may play shorthanded. A minimum of seven players per team (4 players for 5-6 yr olds, 5 players for 7-8 yr olds) is needed for any game to take place. The coach of the

shorthanded team has the option to play shorthanded or forfeit. If the coach decides to forfeit, players that are present may divide into even teams and play a practice game.

Coaches may not add players to their team, however they can refer anyone interested to their parks and recreation department for final permission and appropriate administrative action.

### COACH'S DUTIES

1. Each team is allowed three (3) coaches, one (1) head coach and two (2) assistants. All coaches must be approved by the parks and recreation department of the respective locality.
2. Insure that all equipment issued to him/her by the parks and recreation department is safeguarded and maintained, and that he/she is directly responsible for the return of all equipment to the department.
3. Insure that proper conduct is maintained among the team at all time.
4. Have a minimum of one team/parents meeting to explain rules, philosophies, bylaws and parental expectations.
5. A soccer coach shall be sure his/her behavior sets a good example for the players on the team. The coach shall not criticize players in front of spectators, but reserve constructive criticism for private or in the presence of the team so all may benefit.
6. Accept the decision of the officials on the field as being fair and called to the best of their ability.
7. Do not criticize the opposing team, its coaches or fans by word, gesture or by encouraging fans to do so.
8. Do not allow a player to re-enter any game if injured.
9. Abide by the doctor's decision in all matters of a player's health and injuries. If a player is injured in a game or practice, they must give their coaches a doctor's excuse before playing or practicing again.
10. Make sure that proper practices are conducted and that a minimum of one and a maximum of three per week are conducted.
11. Coaches must report any injuries to the parks and recreation department immediately upon his or her awareness of the injury.
12. We stress that you encourage maximum participation by letting participants experience a variety of positions and involving them in making decisions.
13. All head coaches and assistant coaches must be certified by the National Youth Sports Coaches Association.
14. Coaches must apply proper principles of conditioning and nutrition.
15. Coaches must demonstrate sportsmanship and not allow excessive score domination.
16. All coaches must pledge their commitment to provide an enjoyable, healthy youth sports experience by signing a Coaches Code of Ethics.
17. If a player misses practices or games without notifying the coach or is being disciplined by a coach because of behavioral problems playing time can be limited to playing only half the recommended time.
18. If a coach is ejected from a game, he/she must leave the premises at once and will be immediately suspended from coaching until reinstated by the parks and recreation department in the locality he represents.
19. All coaches must fill out a criminal history application before coaching.

20. All coaches must abide by all rules, regulations and bylaws as set forth by the parks and recreation department and those not covered by the league that are officially published by the FIFA Soccer Rules.

#### UNSPORTSMAN AND UNACCEPTABLE BEHAVIOR

1. The Director, Athletic Supervisor, Program Supervisor and the Game Officials have the authority to eject any player, coach or spectator from the premises for unsportsmanlike conduct. Any player or coach ejected is prohibited from further participation until he/she is reinstated by the department.
2. Parents must be a positive role model exhibiting sportsmanlike behavior at games and practices.
3. The use of alcohol, tobacco and other illegal substances by coaches, players or spectators will not be tolerated at games or practices. Anyone under the influence of alcohol or illegal substances will be ejected from the premises by the program supervisor.
4. Any player, coach or spectator guilty of striking an official in any manner during or after a game shall automatically be suspended indefinitely from participation in all leagues.
5. If a coach is ejected from a game he/she must leave the premises at once and will be immediately suspended indefinitely from coaching until reinstated. If a coach does not leave, the game will be forfeited.
6. If a player is ejected from a game he/she must remain on the bench under strict supervision of the coach or assistant coach. The player will be suspended for the next game.
7. A coach, player, substitute, or team follower shall not commit an unsportsmanlike foul. These fouls are listed.
  - Disrespectfully addressing an official.
  - Attempt to influence the official's decision.
  - Use of profanity.
  - Disrespectfully addressing and taunting an opponent.
  - Object to an official's decision by rising from the bench and using gestures.
  - Incite undesirable crowd reactions.
  - Go on the field of play during the game.
8. The penalty for violating any part of Rule #7 shall be removal from the premises.
9. Only authorized coaches and assistants may occupy the player bench area in addition to the uniformed players.
10. Any participant who is suspended or expelled from school will not be allowed to participate until readmitted to school.

#### INCLEMENT WEATHER

1. Cancellations due to inclement weather will be announced over WBQB (101.5 FM) and WFLS (93.3) radio stations or KG Alert. Please listen for the announcement. DO Not call the radio stations. If weather conditions are questionable and you do not hear a cancellation announcement or get a call from your coach, you should report for your game.
2. Coaches will be notified when cancellations occur and they will call you.
3. The Department of Parks and Recreation reserves the right to arrange postponed games at its convenience. The department also reserves the right to cancel games if necessary due to conditions beyond our control.

## TIES FOR TOURNAMENT PLAY

If the score is tied at the end of regulation play, two (2) five minute overtime periods will be played. At the end of the first five minute period, play will stop, the teams will change ends of the field and play will be resumed by a kickoff. There will be a two (2) 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 shoot-out. Each coach will select five players from his/her team. The referee will select which goal will be used. The referee will toss a coin. The winner of the toss will select whether to kick or defend first. Each of the five players from each team will attempt a penalty kick, alternately one from team A and one from team B.

If the game is still tied each coach will select five more players and the penalty kick procedure will be repeated except that it will be a Sudden Death (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 and all ten from each team continue to shoot alternately until the tie is broken.

Tiny-Tots  
5-6 year olds

King George County, Department of Parks and Recreation  
Teaching Philosophy

First and Second Graders Teaching Program: Encourage movement through soccer related children's games (e.g. playing tag passing with a soccer ball). A player's first soccer experience should be positive. Having fun should be emphasized. Competitive pressures should be discouraged.

Teaching Emphasis: To increase feeling and experience of movement and to challenge eagerness of learning. The use of smaller sided games is recommended (1v1, 2v2, etc) in introducing basic soccer techniques. The emphasis will now change to more enjoyment through better play.

**Sports Psychologist:**

"It is my contention that our first step in motivating children in sports must be to modify the games as played by the pros to meet the specific needs of those children."

Terry Orlich

**Studies:**

"Players touched the ball significantly more times when playing in the modified games; they were also in possession of the ball for a significantly longer period of time and there was no significant difference in the distance traveled when comparing movement on the regulation field and the modified field..." Ike Mackay

Number of Players 5 v 5 (Benefits of this format)

- More time with the coach
- More practical space to operate in
- Increase contact with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- While learning both offense and defense, a player will become more complete and will understand more readily the roles of teammates
- Total running distance is basically the same for large and small fields
- The work rate and involvement of a player stays consistent

## Equipment

Uniforms: Tee Shirts will be provided by Parks and Recreation Department. Only uniforms supplied by the department can be worn.

Shoes: Only rubber molded soccer cleats, multipurpose cleats or tennis shoes will be permitted. No toe cleats allowed.

Shin Guards: Mandatory

Participants wearing glasses must secure them with eyeglass strap

Playing Rules – Same as 7-15 yr old groups with the following exceptions:

All free kicks due to a foul are indirect with the opponent at least five (5) yards away from the ball

Throw-ins are repeated by the same player until performed correctly.

No penalty kicks

No sliding

No offsides

One coach from each team is allowed on the field

No goalkeepers. Players are not to stand within the goal area unless play is within 10 yds of that area.

Mandatory player ejection for “denying a goal scoring opportunity by handling” will not be enforced. If a player is guilty of this infraction, player must sit out one minute. A substitute may replace this player. Restart is an indirect free kick for the attacking team at the top edge of the penalty area.