

# Southern Virginia Futbol League (SVFL)

## Youth Soccer Rules

Unless otherwise noted, the League will abide by USYS rules. The goal of recreational soccer is developmental, and all decisions should be based on what best supports this goal for the players of both teams.

### A. Age Groups / Game Periods / Ball Size / Player Equipment

- 1) The playing age of each player will be determined using the current USYS age matrix.
  - a) U6 & U8 – 4 ten (10) minute quarters – 5-minute halftime. Use #3 ball.
  - b) U10 – 2 twenty-five (25) minute halves – 5-minute halftime. Use #4 ball
  - c) U12 – 2 thirty (30) minute halves – 5-minute halftime. Use #4 ball.
  - d) U14 & Above – 2 thirty-five (35) minute halves – 10-minute halftime. Use #5 ball
- 2) Shin guards are required in all ages and must be covered by socks and be size appropriate.
- 3) All casts must be padded and approved by the head referee.

### B. Number of players / Participation / Field Size

- 1) All team rosters will be shared with league representatives prior to the first game of the season and be available upon request. The roster should show first and last name of players, jersey number, and birth date for each player. The team's club registrar shall ensure rosters contain accurate information.
- 2) No player may play in two different age groups. No player may play on two teams within the Southern Virginia Futbol League unless the second team is approved by the SVFL Leadership.
- 3) All players dressed to play and on the bench must play as close to half of the game as possible and play in both halves of the game. Any protest may be brought forward to the SVFL Leadership's attention on the day of the violation by the Head Coach or SVFL Club representative. The protest will be reviewed and administrative actions, including forfeit of game, may be taken to discourage this offense.
- 4) Build-out lines will be utilized in the U8 and U10 age groups. The build out lines will be marked either with paint of different color or style. Cones right outside of the touchline may be used for U10 instead.  
\*see build-out lines addendum\*
- 5) All effort should be made to play games scheduled. There are times that a forfeit must be called. After a forfeit had been called, the game should still be played as a friendly by exchanging players or playing down as needed.
  - a) **U6:** 5V5 No goalie. Field: Min 30 X 20 yards – Max 40 X 25 yards. No forfeit will be called.
  - b) **U8:** 4V4 No goalie. Field: Min 30 X 25 yards – Max 40 X 35 yards. A team w/ 2 or less players will forfeit the game. 3 players per side are needed for an official game. 8 player maximum on team roster.
  - c) **U10:** 7V7 Includes goalie. Field: Min 60 X 40 yards – Max 80 X 45 yards. A team w/ 4 or less players will forfeit the game. 5 players per side are needed for an official game. 14 player maximum on team roster.
  - d) **U12:** 9V9 Includes goalie. Field: Min 70 X 50 yards – Max 80 X 60 yards. A team w/ 5 or less players will forfeit the game. 6 players per side are needed for an official game. 18 player maximum on team roster.
  - e) **U14 & Above:** 11V11 Includes goalie. Field: Min 80 X 50 yards – Max 115 X 70 yards. A team w/ 7 or less players will forfeit the game. 8 players per side are needed for an official game. 22 player maximum on team roster.

### C. Coaches / Field Access

- 1) Each team is limited to three (3) coaches (including team manager) on their respective sideline. Each team must have at least one (1) coach with the bench. Team benches should be limited to active team players and coaches which the referee has identified at the beginning of the game. Head coach shall be responsible for managing everyone around the bench and may be given a yellow card for allowing others to join the bench.
- 2) Parents and fans must be on the opposite side of the field as players and coaches, within the area between penalty boxes. Parents should not be sitting behind the goal. Coaches shall be responsible for the fan behavior and may be given a card based on fan behavior. If the inappropriate fan(s) cannot be determined,

both coaches may receive cards. It is advisable for parents to be opposite of their players (on the same side of the midfield line).

- 3) Only the Head coach may address questions respectfully to the referee.
- 4) Coaches may be on the field to assist in the following situations
  - a) Head coach from both teams and referee must meet before inspecting equipment to address any questions, review rules, and shake hands. Head coaches should confirm score with referee at the end of game.
  - b) U6 & U8: Set up players and for all kick-offs.
  - c) U10 – U19: Only to assist injured players after the referee has called the coach onto the field.
  - d) If a coach enters the field to assist an injured player, that player must be removed from the field.

#### **D. Substitutions**

- 1) Substitute players must be at the center of the field on the team sideline prior to a dead ball situation and recognized by the referee before entering field.
- 2) Substitutions may only be done with the referee's permission and during the following dead ball situations:
  - a) After a goal has been scored
  - b) Team's own Corner Kick and/or during opponents corner kick in if the other team is also substituting players.
  - c) Either Team's Goal Kick
  - d) During own team's throw in and/or during opponents throw in if the other team is also substituting players.
  - e) An injured player/s (Note: the opposing team may substitute equal number of player/s)
  - f) Changing the goalie is a substitute and may only be done in one of the above stated times.

#### **E. U6, U8, and U10 restarts**

- 1) For U6 & U8, all fouls are indirect, except penalty kicks. All indirect free kicks must restart with a pass. If the foul restart is a shot instead of a pass, it will be treated as a foul and possession changes to the other team.
- 2) Penalty kick for U8 will be awarded at center of the build-out line with all other players (defending and attacking teams) being on the midfield line. No double touch from the kicker is allowed.
- 3) No Penalty or goal areas will be used for the U6 and U8 groups. U6 and U8 will use a 6' arc centered on goal.
  - i) If the Defender touches ball inside of or on arc, award penalty kick.
  - ii) If an Attacker touches ball inside of or on arc, award goal kick.
  - iii) If dead ball inside of or on arc without player touching the ball, award goal kick.
- 4) U6 & U8 goal kick will take place on the goal line within 6' from the goal arc. U10 goal kick will be taken from the goal box. For U8 & U10 goal kicks, the defending players shall return to build-out line and wait at or behind the build-out line until the ball is "in play".
- 5) The ball from a goal kick or goalie possession will be "in play" after 1-touch possession of another player or if the ball travels past the build-out line.
- 6) U8 players shall only be allowed to score if all team players are at or above the defensive build-out line before the shot is taken. If the attacking team shoots the ball into the net with a team player between the goal line and defensive build-out line, then a goal kick is awarded instead of a goal. No defensive player should be a 'pseudo-goalie' or 'camp out' in front of the goal if he/she is not defending an opposition player or during a 'set piece' play.
- 7) U6 & U8 players will receive **two** chances to execute a throw in correctly.

#### **F. Off Sides**

- 1) Off sides will not be called in the U6 - U8 age groups.
- 2) Off sides will be called for U10 - U19 age groups.

## **G. Slide Tackles**

- 1) Slide tackling is not allowed in the U12 and below age groups. Slide tackling is when a defender slides on the ground and attempts to kick the ball away from the ball handler or within playing distance of another player.
  - a) 1<sup>st</sup> offense – Yellow card (player must leave field until next substitution situation)
  - b) 2<sup>nd</sup> offense – Red card

## **H. Heading Guidelines**

- 1) No heading is allowed in age groups U12 & below.
  - a) Unintentional headers should be dealt w/ by referee by using a dropped ball. Advantage may be called if the ball just “grazes” the player’s head without force.
  - b) Intentional headers should be called as a foul with an indirect kick at the point of infraction (outside the goal area) or on the line of the goal area closest to infraction (within the goal area).

## **I. Concussion Guidelines**

- 1) Each member team shall abide by its own club’s adopted & filed VYSA concussion policy.
- 2) If in the opinion of the referee, coach, or the player that the player may have a concussion, that player should be removed from the field to be inspected for symptoms of concussion.
- 3) After inspection, and if the player, parents, coach, and referee agree, then the player may return to playing. If player shows symptoms of concussion, that player must be removed from play.
- 4) The referee can remove a player from play if a player shows symptoms of concussion.

## **J. Sportsmanship Rule / Disciplinary / Penalties**

- 1) At any point during a game that a team falls behind by 5 goals, that team may add an additional player to play. After 6 goals behind, that team may add a second additional player to play. Removing the additional players would follow the same process in reverse. After 7 goals or if the team behind does not have any additional players to add, then the team ahead may no longer take any shots on goal inside the penalty area. Offensive and defensive players may play in the box, but offense cannot attempt to score from inside the box. Goals scored while inside the penalty area do not count, but an indirect free kick where the infraction occurred will be awarded to the defending team.
- 2) Any penalty kick awarded to a team ahead 5 goals will be an indirect free kick at the top of the penalty area with the defending team allowed to defend.
- 3) Teams not adhering to this sportsmanship rule are subject to players and/or coaches receiving a Yellow and/or Red Card for unsporting behavior.
- 4) Fouls / Cards for all Age Groups
  - a) Player Yellow Card: Player sent off until next substitution situation. If a team does not have any subs, that team will play short a player until next substitution situation.
    - i) Player and Coach Yellow Cards shall be cumulative. After 4 Yellow Cards in a season, the player or coach shall complete a NFHS sportsmanship course or have a 1 game suspension.
  - b) Player Red Card: Player sent off the rest of the game and disqualified for the remainder of the game. Player may stay on the sidelines, unless unsportsmanlike action continues, then player must leave the premises.
  - c) Player 2 Red Cards in a season: 1 game suspension.
  - d) Player 3 Red Cards in a season: Player disqualified for remainder of season pending an investigation by league board.
  - e) Coach Red Card: Coach disqualified from game and must leave team side of field. Continued unsporting behavior, the coach must leave the premises. Any Administrative Red Card given by the League after a game will be a game suspension applied to the next game.
  - f) Coach 2 Red Cards in a season: Coach disqualified for remainder of season pending an investigation by league board.

## **K. Regular Season Play / Cancellations**

- 1) The league shall decide the official start and end dates for the season at a planning meeting before the start of the season.
- 2) Season ending tournament will be held shortly after the end of the season, determined by the league board.
- 3) Game cancellations will be announced by 7:00 AM on the day of the game.
- 4) Makeup games may be scheduled by league, at the discretion of the league board.
- 5) Tie games during the regular season will remain a tie.

## **L. Tournament Rules / Bracket Play**

- 1) All games in bracket play will be played until a winner is decided.
- 2) In the event of a tie at the end of regulation time, the teams will be given a 5-minute rest and then one 5-minute overtime period will be played. If still tied at the end of the overtime period, another 5-minute overtime period will be played. If still tied after the two overtime periods are completed, the winner will be decided by using the FIFA penalty kick procedure. If the game goes to penalty kicks in the U8 age bracket, kicks will be taken from the build-out line centered on the net with no goalkeeper.
- 3) All regulation halftime periods will last 5 minutes, overtime halftime periods will last 2 minutes.
- 4) All tournament matches will be played in accordance with the laws of the game as issued by FIFA except as modified in these tournament / league rules.
- 5) All decisions of the referee are final and binding. The tournament committee reserves the right to decide on all matters relative to the tournament and its decisions are final.
- 6) The referee will start the clock at the beginning of each half and run it continuously until the conclusion of that half. There will be no time allowance for substitutions, injuries or other compensating time. The only time the referee will stop his/her clock is for an injury that is severe enough to significantly affect the length of the game.
- 7) In semifinal or final matches, if the game has been stopped for a serious injury, the referee will resume the game at the point where the match was stopped and finish out the match in its entirety. No semifinal or final match will be shortened due to a serious injury, daylight permitting.

## **M. Tournament Rules / Round Robin Point System**

- 1) Round Robin games may end in a tie.
- 2) All games will be played according to the above stated rules with the following additions.
- 3) Age division winners will be decided based on tournament points
  - a) Win = 3 points
  - b) Loss = 0 points
  - c) Tie = 1 point
  - d) Shut Out = 1 point
- 4) When tournament points are equal after all games, the following procedure will be used to determine the winner:
  - a) Result of Head-to-Head competition with teams that are tied. When three teams are tied, head-to-head competition will not be used. When three teams are tied, begin with tiebreaker (b).
  - b) Goals ALLOWED in ALL matches (maximum of 5 goals per game).
  - c) Goals SCORED in ALL matches (maximum 5 goals per game).
  - d) Most shut outs.
  - e) If still tied the game will be decided by a coin toss.

# Build-Out Lines Addendum

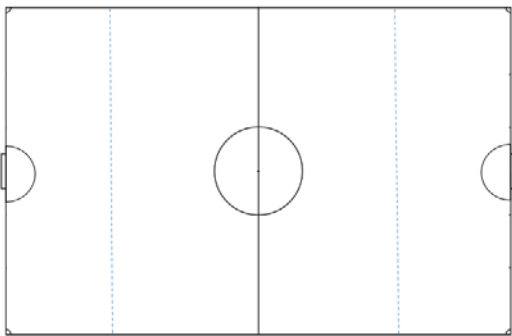
The purpose of the build-out line (BOL) is to

- Allow goalkeepers and their teammates more time to control the ball before being pressured from opposing players so teams can 'build play from the back';
- Eliminate the constant punting from goalkeepers and the heading from punts;
- Teach goalkeepers proper distribution techniques in throwing and rolling the ball;
- Allowing “whole team” attacking (where the defensive line are the start of an attack);
- Teach roles and responsibilities to opposing team for cover and balance in getting ready for an attack.

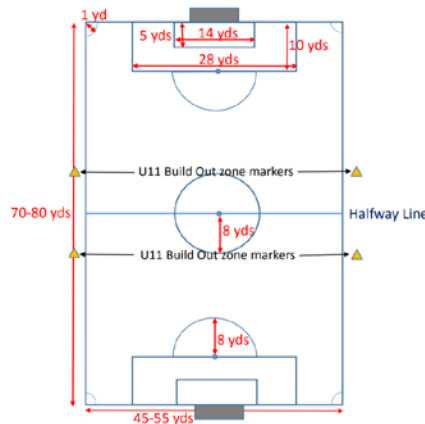
Coaches (NOT OFFICIALS) should address players who are slow to retreat. Referee can issue misconduct, if necessary, for any intentional delays being caused by players not retreating in a timely manner. Yellow card for Unsporting Behavior (USB).

## Field Markings:

- For U8: The build-out line is drawn, using either dashed lines or paint of a different color, on the field parallel to the goal line. The line will be halfway between the goal line and the midfield line.
- For U10: The build-out line will be parallel to the goal line at the “bottom” of the center circle. At the start of the season, these lines will be drawn, using either dashed lines or paint of a different color, for player recognition and be allowed to fade to be replaced with cones placed 1 yard outside of the field.



U8:



U10:

Players for the team without possession must move behind the build-out line for goal kicks or when the goalkeeper has possession. Ideally, the attacking team will wait to put the ball into play once all opponents are past the build out line. However, the attacking player can put the ball into play sooner but he/she does so accepting the positioning of the opponents and the consequences of how play resumes.

If Defensive player is behind the BOL and then crosses BOL prior to “in play”, an Indirect Free Kick is given on BOL where the opponent crossed the BOL.

The referee should position themselves on or very close to the build-out line and ask the players to stay behind until the ball is released.

## Build Out Line Applications for U10

- Goalkeepers are not permitted to punt or drop kick the ball. Goalies can pass on the ground, throw, or roll the ball. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- Referees should be flexible when enforcing the 6 second rule and counting time of possession should only begin when all opponents have moved behind the build out line.