

Soccer Rules and Information

for the Northern Valley Youth Soccer League (NVYSL)

The NVYSL is a Recreational League, designed to further the players' enjoyment and skills to play this beautiful game.

The laws of the game as set down by FIFA (International Soccer Federation) will apply except as modified below:

1. **COACHES RESPONSIBILITIES**

- The coach of each team is responsible for the team players, and for their own actions on the field and those of the team parents and spectators.
- The coach is responsible for providing a safe, fun environment for the players and spectators.
- This includes maximizing the players' playing time!
- Set a good example for your players and parents.
- Do not yell at or abuse your players, the referees, the other teams' players or coaches.
- Any profane or abusive language, other unsporting conduct, violations of the laws of the game, or coach's/spectator's presence on the field without referee permission will result in an immediate warning to the coach and possible ejection from the game at the discretion of the referee.

2. **CONCERNS**

All concerns by coaches, referees, parents and/or players should be immediately brought to the attention of the league through your club contact and/or via game reports.

3. **REFEREES**

The League will provide referees based on the published game schedule. Referees for the Under 8 through Under 10 age groups must be at least 14 years old. Referees for Under 12 age group must be at least 16 years old. All referees for Under 14 and older teams will be FIFA certified. All referees must have completed a league-sponsored referee training session or its equivalent. The referee shall have total control of the playing field and all adjacent areas, as well as keeping accurate time of the game. Only coaches and team captains may communicate with the referees prior to the start of the game, half time and at the end of the game. Coaches are encouraged to meet with the referee before the game to clarify any questions or rules. All decisions on the field are final. Any opposing views should ONLY be expressed to the League through your club contact.

In other words, respect and encourage the referee's authority.

4. **REFEREE NO-SHOWS**

If the referee does not show up for your game, please email refs@nvysl.com. Please also include this information in your Game Report.

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5. REFEREE FEES AND PAYMENTS

Coaches must pay the referee PRIOR to the start of the game, in the correct amount and in cash. Do not expect the referee to give change. If the other team does not show up to play, you do not need to pay the referee your half of the referee fee. It will be the responsibility of the non-showing team to cover the total cost of the referee at a later date.

If the League is playing, but after arriving at the field, it is determined the field is un-playable, you, the other coach and the referee may cancel the game; however, you and the other coach still must pay the referee. If the game is re-scheduled, you will need to pay the normal referee fee again.

For FIFA officiated games, if the League is playing, but after arriving at the field, it is determined the field is un-playable, you, the other coach and the referee may cancel the game; however, you and the other coach still must pay the referee an amount equal to one-half of the normal cost to officiate the game. Once the game is officially rescheduled, the FIFA certified referee, shall be paid the normal game fee amount by both coaches prior to the start of the game.

REFEREE FEES

Please see Fines and Fees document under About Us on the NVYSL website

6. WEATHER CANCELLATIONS

Coaches, referees, parents and players should check the website prior to every game to determine the leagues' status of play, especially in the event of questionable weather. Decisions on whether or not the fields will be open will be posted on the homepage of the website by 7:30 AM on Saturdays, and 10:00 AM on Sundays. Clubs are responsible for closing their own fields and notifying the league by email fields@nvysl.com or text to 610-972-1761. If the League cancels play due to multiple field closures or obvious weather issues, games are NOT to be played. These games are not rescheduled by the League. If the League is playing, but after arriving at the field and it is raining or the field is un-playable, you, the other coach and the referee may cancel the game, but you still must pay the referee and notify the league by emailing fields@nvysl.com or texting 610-972-1761 . If the game is re-scheduled, you will need to pay the referee fee again.

For FIFA officiated games, if the League is playing, but after arriving at the field and it is raining or the field is un-playable, you, the other coach and the referee may cancel the game, but you still must pay the referee an amount equal to one-half of the cost to officiate the game. Once the game is officially rescheduled, the FIFA certified referee shall be paid a full game fee amount by both coaches at the beginning of the game.

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7. **GAME SCHEDULES**

Game schedules will be posted, and updated accordingly, only on the NVYSL's website. Coaches are strongly encouraged to check the website on game day, prior to each game, to determine if there have been any changes made to the game schedule.

8. **GAME CANCELLATIONS**

Clubs will have one week after schedules are posted to reschedule thru proper channels without penalty or fine. If a game needs to be rescheduled within this time period – the following steps must be taken. If these steps are not followed, the game may not get to the correct individuals involved in rescheduling the game.

- Contact your NVYSL Club Rep or Coordinator and explain the reason for the request. Make every attempt to find another coach to fill in.
- Contact opposing coach and let him know you need to reschedule the game – and why. (opposing coach does not have to agree to reschedule)
- Coaches then need to find an available field and time slot to play.
- Contact your NVYSL Club Rep or Coordinator and explain the schedule change and new time and venue.
- Have NVYSL Rep or Coordinator contact league with the following information on game change:
 - ❖ Original Game number (from NVYSL Website)
 - ❖ Both teams and coaches clubs, names and contact information
 - ❖ New Game Time and Venue
 - ❖ Reason for game move
- Email rescheduled game(s) reschedule@nvysl.com

9. **FIELD INFORMATION**

Information about the playing fields, along with driving directions, is posted on the website. Some fields even have maps. Click the "Fields and Directions" tab to find information about a field.

10. **FIELD and GOAL DIMENSIONS**

These are the recommended field and goal sizes for the various age groupings:

- U-8 35 yards wide by 50 yards long 6 feet high by 12 feet wide
- U-10 40 yards wide by 60 yards long 7 feet high by 18 feet wide
- U-12 50 yards wide by 70 yards long 7 feet high by 18 feet wide
- U-14 and up 60 yards wide by 100 yards long 8 feet high by 24 feet wide.

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11. THE BALL

The ball size shall be as follows:

Level	Ball Size
U-8	#3
U-10 & U-12	#4
U-14, U-16 & U-19	#5

The home team as listed on the game schedule is responsible for providing the ball used for the game and wear pinnies in cases of like colored uniforms

12. NUMBER OF PLAYERS ON THE FIELD (including goalkeeper)

Level	# Players on Field	Level	# Players on Field
U-8	6 vs. 6	U-14	11 vs. 11
U-10	8 vs. 8	U-16	11 vs. 11
U-12	9 vs. 9	U-19	11 vs. 11

Equal Playing Time: Coaches will play all players **at least half of the game**. There is no exception to this rule. Players should not be slotted to play only one position on the field, especially at the younger age groupings. Coaches are encouraged to adjust field strength to match the opposing team. For example, if one team can only field six players, the opposing team should only field six players. If a team is short players, coaches are strongly encouraged to share players and play a 'friendly' game.

13. ROSTERS

Maximum number of players on a roster: Recommended number of players on a roster:

Age Group	Maximum # rostered players	Age Group	Recommended # rostered players
U-8	12 players	U-14	22 players
U-10	16 players	U-16	22 players
U-12	16 players	U-19	22 players

Important Notes: Each coach must exchange line-ups **with player's jersey #s** with the opposing coach prior to the start of the game. You must also provide a line-up to the referee. Line-up must include the club's name, age grouping, boys or girls, the coaches' name and phone number, and the name of each player along with their jersey number and EPYSA number. Coaches may only play players that are officially registered with the NVYSL (those that have completed an RG-6 form). Travel players (any player currently holding an active

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travel card) and in-season high school players (any player on a high school team roster) are not allowed to play in this League. A Travel Player may play only upon completion of a PS-1 form and surrender his/her travel card, the club must have a copy of

this document. Teams found to be in violation of this rule will be fines according to the fines and fees document found on the NVYSL website.

14. AGE GROUPINGS

The NVYSL uses birth year, as does Eastern Pennsylvania Youth Soccer Association's (EPYSA), to determine the player's age grouping. For example, a player must be younger than 12 years old prior to December 31st of same year for that fall season to play on a U-12 team. The player will continue to play in that age group the following spring season.

15. Substitutions

In the U-8 divisions, game substitutions shall be made only at the end of a quarter. There is no limit on the number of players teams may substitute during a game for U-10 and older teams. Substitutions may be made **ONLY** after receiving permission from the referee, and only at the following times:

- a. On a throw-in with possession.
- b. On a goal kick, by either team.
- c. After the score of a goal, by either team.
- d. At the end of any period.
- e. During an injury stoppage, for the injured player only. Note that the coach, and only the coach, may enter the field of play to check on the player. And that this should only be done at the direction of the referee after he/she has stopped play.
- f. Whenever the other team substitutes for an injury, but only with a like number of players at the same time.
- g. Substitutions are **never** made on corner kicks, direct or indirect kicks

Although players may be substituted any time the above conditions present themselves, be mindful of the fact that experiencing the flow of the game is an important element in a player's development. This is why the league opts to only allow substitutions at the end of quarters for its Under 8 teams, giving those players a chance to feel the game's rhythm.

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16. GAME TIMES and LENGTH

All teams must be at the field ready to play as games will begin promptly at their scheduled times. If a game extends beyond its scheduled time slot, and there are other teams waiting to begin play, the game in progress will be halted and the teams running late must leave the field.

Level	Game Duration
U-8	40-minute game broken into 10-minute quarters
U-10	48-minute game broken into 12-minute quarters
U-12	50-minute game broken into 25-minute halves
U-14	70 minute game broken into 35-minute halves
U-16	80 minute game broken into 40-minute halves
U-19	90 minute game broken into 45-minute halves

Half time is five (5) minutes long, with three (3) minutes between the other quarters. Teams will be called back to the field a minute before this so the next quarter or half can start on time.

17. GAME or FIELD INCIDENTS

If you need to report a game or field incident, such as a player gets hurt, a team runs up the score, a parent or coach abuses the referee, the field is not lined, etc., please include this information on your Game Report found at www.nvysl.com

18. LOP-SIDED GAMES (5-7-9 Rule)

If a team achieves a four (4) goal lead, the coach of the team with the lead must make a SERIOUS ATTEMPT to restrain from any further run up of the score. This can be done in a number of ways, including but not limited to:

- Moving players into unfamiliar positions
- Instructing players to shoot with their non-dominant leg OR
- Directing the players to complete a specific number of passes before attacking the goal.

If these measures are unsuccessful, the following steps should be taken:

5 Goal lead – the winning team Must remove one (1) player from the field OR the opposing team MAY add (1) player. This decision to add/remove players is the Losing team's coach only.

7 Goal lead – the winning team Must remove a second player from the field OR the opposing team MAY add second player. This decision to add/remove players is the Losing team's coach only.

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9 Goal lead – the winning team Must remove a third player from the field OR the opposing team MAY add third player. This decision to add/remove players is the Losing team's coach only. Furthermore, if a team with a lead were to go up by nine (9) goals the game will continue, but the coach of the higher-scoring team will also be issued a written warning from the League. Should this occur in a SECOND match during the same season, the offending coach will receive a one (1) game suspension from the League.

Note: In an 11v11 formatted game – the team down goals cannot add a player to the field of play as 11 players maximum is allowed on the field – the only time a player could be added is if the team started the game less than 11 players on the field.

COACHES SHOULD NOTE THIS INFORMATION IN THEIR GAME REPORT IF THIS RULE IS NOT FOLLOWED.

19. CONCLUSION OF GAME

At the conclusion of each game, all players and coaches should immediately:

- a. Acknowledge and thank the referee, and
- b. Acknowledge the other team by lining up at mid-field and shaking hands.
 - Coaches must make sure this is done without incident.

20. PLAYER'S EQUIPMENT / SAFETY

Coaches shall confirm that all players are dress appropriately.

Uniforms

All players shall have a numbered jersey as their top garment. Jerseys must have uniform colors for each team. All goalkeepers must be dressed in a different colored jersey. The goalkeeper's jersey does not need to be numbered. One team may use pull over vestments of a different color in the event two teams with similar colored jerseys play each other. These vestments

do not need to be numbered and will be worn over the teams numbered jerseys.

Safety

- Coaches must inspect the field for any unsafe conditions prior to the start of practice and/or play.
- If, after arriving at the field and the field is not playable, for whatever reason; you, the other coach, and the referee may cancel the game. If lightning is evident, everyone must leave the field immediately.
- Slide tackling, tackling from behind, and running the goalkeeper are **strictly forbidden in this league.**
- All players must wear shin guards. Shin guards are to be worn with socks over the shin guard, not underneath, and then folded over the top. Players will not be permitted to play without shin guards
- Jewelry, except for medical alerts, may not be worn during a game. This includes, but is not limited to such items as: earrings, bracelets, necklaces, watches, rings, etc.

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- Taping of the jewelry, such as newly pierced earrings, is not acceptable. They must be removed in order to play.
- No hooded sweatshirts are to be worn.
- Baseball/Softball type cleats -- ones that have toe cleats -- may **NOT** be worn. Metal cleats of any type are strictly forbidden.
- The wearing of additional protective equipment such as a mouth guard, protective head gear or safety eye guards is highly encouraged.
- A bleeding player will be immediately asked to leave the field of play. This player may be immediately substituted. The injured player may return to the field of play once the bleeding has stopped, per normal substitution rules.
- Players wearing splints or hard casts will not be permitted to play. This is to prevent re-injury to the player, as well as injury to others.

21. **WHERE TO SIT and STAND**

Each team's Coach, players and parents shall set-up on opposite sides of the field. The only exception to this is if there is not enough room on one of the sidelines. In this case, each team including their coach, players and parents should take no more than ½ of the sideline area. Parents are also to stay on the same side as their team. No one may be behind the end line (i.e., behind the goalkeeper) during play.

Parents and other spectators must sit a minimum of 2 yards back from the sidelines. This is for the safety of the players. No parents, or coaches, will be allowed to run up and down the sidelines.

Coaches, parents and/or spectators are not allowed on the field at any time unless given permission by the referee.

22. **LINESMEN**

Two linesmen are to be appointed (one from each opposing team), whose duties, subject to the decision of the referee, are to indicate:

- a. when the whole of the ball has passed out of the field of play;
- b. which side is entitled to a corner kick, goal kick or throw-in, ***if so directed by the referee;***

The linesmen will ASSIST the referee in such a manner as to enhance safety and accuracy of implementing calls in accordance with the Laws of the Game.

In the event of undue interference or improper conduct, the referee will relieve a linesman of their duties and if necessary make a report to the appropriate authorities. A new linesman will be appointed to take over the function of the relieved assistant.

23. **BALL IN / OUT OF PLAY**

The ball must pass completely over the boundary lines, whether on the ground or in the air, for those boundaries to have an effect. These lines are considered to be in the field of play. For example, the ball is out of bounds only when the ball is completely over the outside of the line. A goal is scored only when the ball is completely over the goal line.