



VAA SOCCER

SUMMER & FALL 2011

www.vaasports.org

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Welcome to V.A.A. Community Soccer!

This book covers both summer and fall seasons for 2011

Our goal is to provide a fun and positive experience for everyone!

LEAGUE DIRECTORS:

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				Dallas Smith	dallasmith13@live.com

Please use email to reach your age group director. A message may also be left for the commissioner Tom Lillie at 651-315-5306.

TEAMS:

Teams will be balanced as much as possible by grade and soccer experience. It is impossible to place an entire neighborhood on one team. **True hardship ride** situations will be considered as much as possible, all cannot be accommodated. To ensure we have an even number of players per team, we cannot guarantee further additions after Apr 30th for the summer season and Aug 1st for the fall season. Please note that some age groups may be full prior to this date.

COACHES:

All coaches are required to attend the meeting and equipment pass-out and are strongly encouraged to attend the coaches' clinics. There are two coaches clinic. The first is an outdoor "feet-on" clinic demonstrating drills and practice techniques and the second is a classroom session providing additional and tactical information. These cover the basic rules of the game to more advanced coaching drills. There is no charge for any clinic. Coaches are also advised to read the Coaches' Manual.

PLEASE SEE THE NEXT PAGE FOR THE SUMMER AND FALL SEASON SCHEDULE DATES.

PLEASE SAVE THIS BOOK!!!!

Your child's coach will call you after the coaches meeting. Team placement and schedules are not available until that time.

SUMMER SCHEDULE:

May 3rd	Teams and equipment distributed to coaches. You will hear from a coach <u>after this date</u> with team and game schedule information. If you have not heard from a coach by May 13th , call your age group director.
May 21st	Players Clinic
May 16th	Season begins with 2 scheduled practice sessions per week.
Jun. 1st	Scheduled games begin. 2 meetings per week.
Jul. 6th	Season Ends.

Games are scheduled Monday, Tuesday, Wednesday and Thursday evenings at 6:00pm or 7:15pm. Your child's game days and start times will be announced by each team coach.

COACHES AND REFEREES:

Coaches/Ref Meeting	May 3rd	6 p.m. to 9 p.m. (Equipment Pass-out)
Coaches Outdoor Clinic	May 7th	12 p.m. to 3 p.m.
Referees Clinic	May 7th	9 a.m. to 12 p.m.
Players Clinic	May 21st	9 a.m. to 12 p.m.
Coaches indoor Clinic	TBD	7 p.m. to 9 p.m.
New Ref Clinic	May 24th	6 p.m. to 8 p.m.

FALL SCHEDULE:

Aug. 2nd	Teams and equipment distributed to coaches. You will hear from a coach <u>after this date</u> with team and game schedule information. If you have not heard from a coach by Aug 12th , call your age group director.
Aug. 15th	Season begins with 2 scheduled practice sessions per week.
Aug. 20th	Players Clinic
Sep. 1st	Scheduled games begin. 2 meetings per week.
Oct. 17th	Season Ends.

Games are scheduled Monday, Tuesday and Thursday evenings at 6:00pm and Saturday mornings at either 9:00am, 10:15am or 11:30 am. Your child's game days and start times will be announced by each team coach.

COACHES AND REFEREES:

Coaches/Ref Meeting	Aug. 8th	6 p.m. to 9 p.m. (Equipment Pass-out)
Coaches outdoor Clinic	Aug. 15th	12 p.m. to 3 p.m.
Referees Clinic	Aug. 10th	6 p.m. to 9 p.m.
Player Clinic	Aug. 20th	9 a.m. to 12 p.m.
Coaches indoor Clinic	TBD	7 p.m. to 9 p.m.

VAA FIELD DIRECTORY

Alimagnet Park

Co. Rd. 11, 1 block north of Co. Rd. 42, right (east) into Alimagnet Park.

Field is at the end of the drive, past the baseball fields, on the right side.

Apple Valley Community Center (Hayes Park)

Hayes Road, north of County Road 42.

2 Ice Hockey rinks (east and west) located south side of community center.

Field #1 “Pumphouse” located on south west corner of park. South of Westview Elementary School.

Field #2 located between Westview Elementary School and indoor ice arena building.

Cedar Park Elementary School

Cedar Avenue south to Whitney Drive. West in to Whitney Drive.

Fields #1, #2, #3, #4 and #5 are west of school building

Fields are numbered clockwise starting with #1 in the north west corner of the school field.

Echo Park Elementary School

County Road 42 to County Road 11. North on County Road 11 to Evergreen Drive.

One field – field located east of school building.

Falcon Ridge Middle School

County Road 42 to Johnny Cake Ridge Road. North on Johnny Cake to junction with MacAndrews Road.

School is on the right. One field – field located inside track east of school building.

Greening Park

County Road 42 to Garden View Drive. South on Garden View to Whitney Drive. East on Whitney to

Greening Drive. North on Greening Drive to field on left. One field

Johnny Cake Ridge Park

County Road 42 to Johnny Cake Ridge Road. North on Johnny Cake to junction with 140th Street.

Two fields “A” and “B” located east of Johnny Cake.

Longsridge Park

County Road 42 to Garden View Drive. South on Garden View to Hayes Trail.

Two fields “upper” and “lower” located on upper and lower levels of park.

Valley Middle School

County Road 42 to Garden View Drive. South on Garden View Drive to school.

Fields #1, #2, #3, #4 and #5 are north and west of school building.

Fields numbered counter clockwise starting with #1 at the corner of Garden View and Baldwin Drive. #5 field is inside track located south west of school building.

COMMUNITY SOCCER POLICY AND PROCEDURES

INCLEMENT WEATHER

DUE TO INCLEMENT WEATHER IT MAY BE NECESSARY, WHERE/WHEN POSSIBLE, TO RESCHEDULE A GAME. IF FIELD CONDITIONS ARE NOT SUITABLE FOR SAFE PLAY, VAA WILL CONTACT THE COACH PRIOR TO THE GAME. IF YOU DO NOT HEAR FROM VAA OR YOUR COACH, YOU MUST PROCEED TO THE GAME LOCATION.

THE DECISION TO POSTPONE OR END A GAME EARLY DUE TO INCLEMENT WEATHER IS THE REFEREE'S DECISION *. WHILE THE REFEREE MAY ELECT TO CONSULT COACHES, THE FINAL DECISION RESTS WITH THE REFEREE *. A COACH AND SEVEN, PLAYERS (MINIMUM TEAM SIZE) FROM EACH TEAM MUST BE PRESENT AT KICK-OFF TIME OR A FORFEIT WILL RESULT. SOCCER IS AN ALL WEATHER SPORT. RAIN, HOT, OR COLD WEATHER ALONE, ARE NOT REASONS FOR POSTPONING A GAME.

* *COACHES DECISION IN K THROUGH 2ND GRADE AGE GROUPS.*

RESCHEDULING OF GAMES

IF A GAME IS POSTPONED DUE TO WEATHER OR OTHER REASONS, COACHES OF BOTH TEAMS MUST CALL THEIR AGE GROUP DIRECTOR TO RESCHEDULE THE GAME. AVAILABLE FIELDS ARE IN VERY SHORT SUPPLY, SO IT IS VERY IMPORTANT THAT RESCHEDULING OF GAMES BE COORDINATED WITH LEAGUE OFFICIALS IN ORDER TO AVOID A CONFLICT. DUE TO THESE FIELD SHORTAGES, IF A GAME CAN NOT BE RESCHEDULED BY VAA, A 0-0 SCORE WILL BE RECORDED FOR BOTH TEAMS.

SEE "LAWS OF THE GAME" RULE 7, FOR RULING IF GAME IS POSTPONED AFTER STARTING

GAME START TIMES

THE GAME START TIMES ON YOUR TEAM SCHEDULE ARE "KICK-OFF" TIMES. THIS MEANS THAT ALL PLAYERS MUST BE ON THE FIELD AND READY TO START AT THE PUBLISHED TIMES. IN RARE CIRCUMSTANCES A REFEREE MAY GRANT A 10 MINUTE DELAY, BUT THIS IS SOLELY AT THE REFEREE'S DISCRETION. A FORFEIT WILL RESULT IF A TEAM IS NOT READY AFTER THIS DELAY.

SEE "LAWS OF GAME" RULE 3, FOR MINIMUM NUMBER OF PLAYERS ON A TEAM TO START A GAME.

TEAM SUPPORTERS

PARENTS, RELATIVES AND FRIENDS ATTENDANCE AT GAMES IS ENCOURAGED; THE PRESENCE OF POSITIVE SUPPORT CAN GREATLY ENHANCE YOUNG CHILDREN'S ENJOYMENT OF THE GAME. UNFORTUNATELY SOME SUPPORTERS MAY GO BEYOND CHEERING FOR THEIR CHILDREN, AND BEGIN DIRECTING THEIR CHILDREN, OR EVEN BECOME ABUSIVE. PRIOR TO THE FIRST GAME OF THE SEASON, COACHES SHOULD MAKE IT CLEAR TO PARENTS, THAT DURING GAMES ONLY THE COACH SHOULD BE GIVING INSTRUCTIONS TO PLAYERS. COACHES ARE ALSO RESPONSIBLE FOR CONDUCT OF SUPPORTERS. REFEREES HAVE THE AUTHORITY TO ASK A SUPPORTER TO LEAVE THE FIELD. THIS WILL BE DONE THROUGH THE COACH. IF THE COACH DOES NOT TAKE THE REQUESTED ACTION THE GAME WILL BE FORFEITED. IF A COACH HAS A PROBLEM SUPPORTER, AND CAN NOT RESOLVE, OR IS NOT COMFORTABLE WITH THE SITUATION, THEY SHOULD CALL THEIR AGE GROUP DIRECTOR AS SOON AS POSSIBLE.

READ, UNDERSTAND AND COMPLY WITH COACHES/PLAYER/PARENT CODE OF ETHICS.

POLICY AND PROCEDURES (CONT.)

REFEREE

COMMUNITY SOCCER USES BOTH ADULT AND YOUTH REFEREE'S FOR 3RD GRADE AND UP GAMES. IRRESPECTIVE OF THE REFEREE'S AGE, THEY HAVE ABSOLUTE AUTHORITY FROM THE TIME THEY ENTER THE PLAYING FIELD. THEY ARE NOT TO BE QUESTIONED DURING THE GAME. A DESIGNATED TEAM CAPTAIN MAY ASK A REFEREE TO CLARIFY (NOT DISPUTE) A DECISION. COACHES ARE NOT PERMITTED ON THE FIELD AT ANY TIME AFTER THE START OF THE GAME.

SEE "LAWS OF THE GAME" RULE 5, FOR EXCEPTION.

REFEREES FOR K THROUGH 2ND GRADE TEAMS

SINCE REFEREES ARE NOT PROVIDED IN THESE AGE GROUPS, EACH TEAM COACH WILL ALTERNATE QUARTERS AS THE REFEREE. ONLY ONE PERSON, THE "DESIGNATED REFEREE", WILL BE ALLOWED ON THE FIELD AT ANYTIME. THE PRIMARY ROLES OF THE DESIGNATED REFEREE ARE TO FAIRLY AND IMPARTIALLY ADMINISTER THE GAME, AND ENSURE THE GAME IS PLAYED IN A SAFE MANNER. EACH TEAM SHOULD SUPPLY AN ASSISTANT COACH OR SUPPORTER TO ACT AS AN ASSISTANT REFEREE TO WATCH THE TOUCH LINES. WHILE ACTING AS REFEREE HE/SHE MAY NOT COACH PLAYERS ON THE FIELD. WHILE BLATANT FOULS AND INFRACTIONS AND ANY DANGEROUS PLAY SHOULD BE CALLED, REFEREES SHOULD EXERCISE LENIENCY DUE TO THE AGE OF THE PLAYERS INVOLVED.

PLAYING TIME

IT IS OUR INTENT THAT ALL PLAYERS OF ALL SKILL LEVELS AND IN ALL AGE GROUPS, HAVE EQUAL PLAYING TIME. PARENTS ARE GOOD AT POLICING THIS WHEN AT GAMES. IF YOU FEEL YOUR CHILD IS NOT GETTING EQUAL PLAYING TIME PLEASE TAKE THIS UP WITH THE COACH FIRST. IF YOU SEE NO IMPROVEMENT PLEASE CALL YOUR AGE GROUP DIRECTOR. *SEE "LAWS OF THE GAME" RULE 3, SUBSTITUTION.*

GAME SCORES

GAME SCORES ARE NOT RECORDED.

PLAYOFF POSITION

KINDERGARTEN AND 1ST/2ND GRADE DO NOT HAVE PLAYOFFS. FOR 3RD GRADE AND OLDER, PLAYOFFS ARE SEEDED BY TEAM NUMBER, NOT TEAM RECORD.

COACHING AREA

COMMUNITY SOCCER IS RECREATIONAL SOCCER NOT THE "WORLD CUP". THERE IS NO NEED TO DESIGNATE MULTIPLE ASSISTANT COACHES TO DIFFERENT PARTS OF THE PLAYING FIELD TO SHOUT INSTRUCTIONS TO THE PLAYERS. IT IS IMPORTANT THAT YOUNG PLAYERS LEARN TO THINK FOR THEMSELVES AND REACT SPONTANEOUSLY TO PLAY AND THE FLOW OF THE GAME. IT IS FOR THIS REASON THAT, WHERE FIELD LAYOUT PERMITS, EACH TEAM WILL SET UP ON OPPOSITE SIDELINES AND COACH ONLY FROM THAT SIDELINE. WHERE THIS IS NOT POSSIBLE EACH TEAM IS RESTRICTED TO ONE HALF OF THE SAME TOUCHLINE.

SPORTSMANSHIP

ALL COACHES MUST BE ROLE MODELS FOR THE PLAYERS.
ALL GAMES WILL BE PLAYED FAIRLY, WITHIN THE LAWS AND IN THE SPIRIT OF THE GAME.

IN THE EVENT THAT ONE TEAM HAS SCORED SIX (6) GOALS MORE THAN THE OTHER TEAM, THE COACH WILL TAKE APPROPRIATE ACTION TO PREVENT RUNNING UP A DOUBLE FIGURE SCORE. APPROPRIATE ACTION COULD BE ANY OR ALL OF THE FOLLOWING:

1. MOVE MORE SKILLED PLAYERS INTO DEFENSIVE POSITIONS.
2. PUT RESTRICTIONS ON TEAM FOR SCORING.

EXAMPLES COULD BE, MUST SHOOT FROM OUTSIDE PENALTY AREA. CAN ONLY SCORE BY HEADING THE BALL. MUST PASS BALL 5 OR MORE TIMES BEFORE SHOOTING, ETC.

ALL TEAMS AND COACHES WILL SHAKE HANDS AT THE END OF EACH GAME.

READ, UNDERSTAND AND COMPLY WITH COACHES/PLAYER/PARENT CODE OF ETHICS.

COMPLAINTS ABOUT GAMES

THE FINAL RESULT OF ANY GAME CAN NOT AND WILL NOT BE CHANGED AFTER IT HAS ENDED.

THERE WILL BE A “COOLING OFF” PERIOD OF 24 HOURS, AFTER ANY GAME, PRIOR TO CALLING YOUR AGE GROUP DIRECTOR WITH ANY GAME RELATED COMPLAINTS.

COMPLAINTS IN GENERAL

COMPLAINT RESOLUTION MUST COMPLY WITH THE FOLLOWING STEPS;

- | | | | | |
|---|--------------------------|----|-------|--------------------|
| 1 | PLAYER/PARENT _____ | TO | _____ | COACH |
| 2 | COACH _____ | TO | _____ | AGE GROUP DIRECTOR |
| 3 | AGE GROUP DIRECTOR _____ | TO | _____ | COMMISSIONER |
| 4 | COMMISSIONER _____ | TO | _____ | VAA BOARD |

IF YOU ARE UNABLE TO RESOLVE YOUR COMPLAINT AT THE FIRST LEVEL, THEN BOTH PARTIES WILL TAKE THE COMPLAINT TO THE NEXT LEVEL AND SO ON DOWN THE LIST.

GAME FORFEIT

ANY SCHEDULED GAME WHICH RESULTS IN A FORFEIT WILL BE RECORDED AS A 0-3 LOSS TO THE TEAM FORFEITING AND A 3-0 WIN FOR THE OPPOSING TEAM.

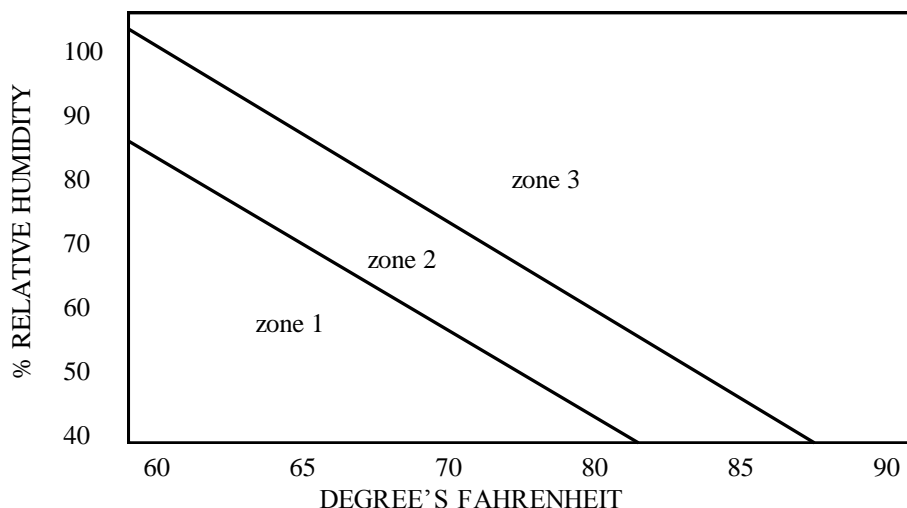
HEAT CHART

HOW TO USE THE WEATHER GUIDE TO HELP PREVENT HEAT ILLNESS.

1. Determine the % of relative humidity and find that point on the vertical left hand column.
2. Determine the air temperature in (degree's F) and find that point on the horizontal bottom line.
3. Draw a line from the humidity point horizontally and a line from the temperature point vertically
4. Where the lines intersect determines the zone:

ZONE #1: CAN BE CONSIDERED SAFE.
ZONE #2: CAUTION SHOULD BE USED.
ZONE #3: EXTREME CAUTION SHOULD BE USED.

REMEMBER THAT IT IS A COMBINATION OF HUMIDITY AND AIR TEMPERATURE THAT CONTRIBUTES TO HEAT ILLNESS.



COLD CHART

This chart takes into consideration the combined effect of wind and temperature (WIND CHILL FACTOR) to help determine the danger zones for exposed skin.

WIND IN MPH	AIR TEMPERATURE IN DEGREE'S FAHRENHEIT											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
CALM	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-121
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
	LITTLE DANGER IF PROPERLY CLOTHED			DANGER OF FREEZING IF EXPOSED TO SKIN				GREAT DANGER OF FREEZING IF EXPOSED TO SKIN				

HEAT & COLD CHARTS COPIED FROM THE NYS CA COACHES HANDBOOK.

VAA COACHES CODE OF ETHICS

I HERE BY PLEDGE TO LIVE UP TO THE VAA COACHING GUIDELINE BY FOLLOWING THE CODE OF ETHICS LISTED BELOW.

- * I WILL PLACE THE EMOTIONAL AND PHYSICAL WELL BEING OF MY PLAYERS AHEAD OF ANY PERSONAL DESIRE TO WIN.
- * I WILL REMEMBER TO TREAT EACH PLAYER AS AN INDIVIDUAL, REMEMBERING THE LARGE SPREAD OF EMOTIONAL AND PHYSICAL DEVELOPMENT FOR THE SAME AGE GROUP.
- * I WILL DO MY BEST TO PROVIDE A SAFE PLAYING SITUATION FOR MY PLAYERS.
- * I WILL DO MY BEST TO ORGANIZE PRACTICES THAT ARE FUN AND CHALLENGING FOR ALL MY PLAYERS.
- * I WILL LEAD BY EXAMPLE, IN DEMONSTRATING FAIR PLAY AND SPORTSMANSHIP TO ALL MY PLAYERS, OFFICIALS AND PARENTS.
- * I WILL ENSURE THAT I AM KNOWLEDGEABLE IN THE RULES OF SOCCER AND THAT I WILL TEACH THESE RULES TO MY PLAYERS.
- * I WILL USE COACHING TECHNIQUES APPROPRIATE FOR EACH OF THE SKILLS AND AGE GROUPS THAT I TEACH.
- * I WILL REMEMBER THAT I AM A YOUTH COACH, AND THAT THE GAME IS FOR CHILDREN AND NOT ADULTS.

COACHES NAME

COACHES SIGNATURE

DATE

VAA PLAYERS' CODE OF BEHAVIOR

I HEREBY PLEDGE TO LIVE UP TO THE VAA PLAYERS' GUIDELINE BY FOLLOWING THE CODE OF BEHAVIOR LISTED BELOW.

- * I WILL DO MY BEST AT ALL PRACTICES AND DURING ALL GAMES.
- * I WILL LISTEN TO MY COACHES WHEN AT PRACTICES AND AT GAMES.
- * I WILL PRACTICE GOOD SPORTSMANSHIP BY TREATING ALL PLAYERS, COACHES, OFFICIALS AND PARENTS WITH RESPECT.
- * I WILL DO MY BEST TO HELP MY PARENTS GET ME TO GAMES AND PRACTICES ON TIME.
- * I WILL KEEP MY EQUIPMENT AND THE EQUIPMENT OF THE TEAM IN GOOD CONDITION BY NOT USING IT IMPROPERLY.
- * I WILL PLAY AND PRACTICE THE GAME TO HAVE FUN AND NOT BE CONCERNED ABOUT WINNING OR LOSING.
- * I UNDERSTAND THAT IMPROVEMENT COMES FROM PRACTICE AND SOMETIMES I MAY DECIDE TO PRACTICE ON MY OWN, AWAY FROM SCHEDULED PRACTICES AND GAMES.
- * I AGREE TO USE SAFETY EQUIPMENT WHEN INSTRUCTED TO DO SO AND PAY ATTENTION TO OTHER SAFE PLAY IDEAS PROVIDED BY COACHES, PLAYERS AND PARENTS.

PLAYERS NAME

PLAYERS SIGNATURE

DATE

VAA PARENTS CODE OF ETHICS

I HEREBY PLEDGE TO PROVIDE POSITIVE SUPPORT, CARE AND ENCOURAGEMENT FOR MY CHILD PARTICIPATING IN YOUTH SPORTS BY FOLLOWING THE PARENTS CODE OF ETHICS LISTED BELOW.

- * I WILL ENCOURAGE GOOD SPORTSMANSHIP BY DEMONSTRATING POSITIVE SUPPORT FOR ALL PLAYERS, COACHES AND OFFICIALS AT EVERY GAME, PRACTICE OR OTHER YOUTH SPORTS EVENT.
- * I WILL PLACE THE EMOTIONAL AND PHYSICAL WELL-BEING OF MY CHILD AHEAD OF ANY PERSONAL DESIRE TO WIN.
- * I WILL INSIST THAT MY CHILD PLAY IN A SAFE AND HEALTHY ENVIRONMENT.
- * I WILL PROVIDE SUPPORT FOR COACHES AND OFFICIALS WORKING WITH MY CHILD TO PROVIDE A POSITIVE, ENJOYABLE EXPERIENCE FOR ALL.
- * I WILL DEMAND A DRUG, ALCOHOL AND TOBACCO-FREE SPORTS ENVIRONMENT FOR MY CHILD AND AGREE TO ASSIST BY REFRAINING FROM THEIR USE AT ALL YOUTH SPORTS EVENTS.
- * I WILL REMEMBER THAT THE GAME IS FOR CHILDREN AND NOT FOR ADULTS.
- * I WILL DO MY VERY BEST TO MAKE YOUTH SPORTS FUN FOR MY CHILD.
- * I WILL ASK MY CHILD TO TREAT OTHER PLAYERS, COACHES, FANS AND OFFICIALS WITH RESPECT, REGARDLESS OF AGE, RACE, SEX, CREED OR ABILITY.
- * I WILL PROMISE TO HELP MY CHILD ENJOY THE YOUTH SPORTS EXPERIENCE WITHIN MY PERSONAL CONSTRAINTS BY ASSISTING WITH COACHING, BEING A RESPECTFUL FAN, PROVIDING TRANSPORTATION OR WHATEVER I AM CAPABLE OF DOING.

PARENT NAME

PARENT SIGNATURE

DATE

A Parent's Guide to Soccer

“Soccer’s a very simple game. It’s the players and coaches who complicate things” - Bill Shankly

Soccer really is a very simple game - two teams of eleven players each play on a rectangular field. The object of the game is to put more balls into the opposing team’s goal than they put into yours. The ball is moved up and down the field by kicking or dribbling the ball with the feet, or if the ball is in the air, by heading or chesting the ball. The only player who may touch the ball intentionally with their hands or arms is the goalkeeper.

That’s the simple stuff. Now to start complicating things. With eleven players on a team and eleven opponents, it can get pretty crowded. In kindergarten soccer it’s common to see a pack of a dozen or more youngsters all trying to kick the ball and going nowhere. To move the ball you have to have space. One way to make space is to make sure the players on a team don’t get in each others way. Players are assigned positions which have areas of the field to cover. This starts to spread things out. Once the players spread out then some options for moving the ball are created. A player can run with the ball (dribble), or they can pass the ball to other team mates.

The opposing team, have also been assigned positions and have spread out, can try to take the ball away (tackle), and can also cover opponents who don’t have the ball (mark), thereby cutting down the options for the attacking team to pass the ball.

The game is very fluid, with teams rapidly shifting from offense to defense and back to offense. One sign of good team is the speed with which they shift from defense to attack. Although there are positions, the roles are very fluid, ideally every one a team defends when the opponents have the ball and when moving forward to attack, everyone attacks.

Soccer Positions:

Goalkeeper: The “specialist” position. The keeper is the player who guards the goal mouth to prevent goals being scored. The keeper may use their hands to catch, block or deflect the ball, but only in the penalty area (the large box marked in front of the goal). Outside of the penalty area, the keeper cannot use their hands. The keeper can also play an offensive role. A well placed throw or kick by the keeper can initiate a rapid counterattack (just like a fast break in basketball).

Fullbacks/Defender: The fullbacks play a similar role to defenseman in hockey or guards in basketball. They try to stop attacking players from shooting on the goal, prevent them from passing to other attackers in a better position and try to regain possession of the ball, often by tackling (more on that later). Fullbacks can and should move forward and join in the attack as their team gains possession of the ball. When possession shifts to the opposing team the fullbacks must drop back quickly into defensive positions. The fullbacks should never stay in a fixed position close to their goal. The fullback position requires a combination of physical strength, maturity and judgment.

Midfielders/Halfbacks: Not surprisingly midfielders spend most of their time in the middle of the field. They supplement the fullbacks when their team is defending, and join the attack as their team moves forward. Midfielders try to break-up the other teams attack long before it reaches their goal area; sometimes a midfielder may be assigned to play directly in front of the fullbacks to act as a screen. On the attack the midfielders try to make creative passes to their forwards or make themselves available for passes by making runs into open spaces. The midfield demands a lot of stamina from players.

Forwards/Strikers: Forwards generally play ahead of all the other players on their team. They should try to keep themselves open to receive passes. On the attack forwards are constantly in motion, either dribbling the ball, passing, or running off the ball (getting into a favorable position to receive a pass). On defense the forwards “defend from the front”. They will harry the opposing team’s attackers and midfielders, but generally will not drop all the way back to their end of the field. Good forwards have a strong sense of position and an instinctive awareness of the goal.

Notice we haven’t said how many players there are for each position. As in most things in soccer it’s flexible. Depending on the coach’s preference a team may play 4-4-2 (four backs, four midfielders, two forwards), 4-3-3 (four backs, three midfielders, three forwards), 3-4-3 (three backs, four midfielders, three forwards), or one of several other variations. The choice of formation will depend on the coach’s assessment of the individual strengths of their players. 4-3-3 is probably the simplest system to play, and is well suited to young players.

In addition to the players, there is one (or two) other person(s) allowed on the field during a match. That is the referee. While the referee is not a player, the role of the referee in soccer is unique in sports. On the field the referee’s authority is absolute and unquestionable. Referees are given considerable latitude in interpreting and applying the rules of the game. In particular soccer has an advantage rule; a foul may not be called, if the fouled team retains advantage of the ball. The referee is not to be argued with - a player, coach or parent who argues with or criticizes a referee can be dismissed from the game.

In order to appreciate a game of soccer, it’s important to know a few basic rules. As you read the rules, please remember that as in most things in soccer, application of the rules is flexible and depends upon the good judgment of the referee. A few key rules are listed below. A complete list of rules used by VAA is listed in the next section.

In/Out of Bounds: The ball is in play unless it has completely crossed the side or end lines. If team A was the last to touch the ball before it went out, team B is given possession of the ball. If the ball has gone over the sidelines it is put back in play by a throw-in. The ball is thrown in from the sideline, using a two handed over the head throw. Both feet must be in contact with the ground when the ball is released. If the ball goes over the end lines it is returned to play by a kick. If the defending team has the kick the ball is placed anywhere within the small box in front of the goal and kicked to any point outside the larger box to restart play. If the attacking team has the kick, the ball is placed on the corner of the field and kicked into play from that point.

Tackling: In soccer players are expected to “play the ball”, not “play the body”. Physical contact may be made when two players are contesting for the ball, but the objective must always be the ball. Players may make shoulder to shoulder contact - use of the elbows is an infraction. Players may slide into the ball to take it away from an opponent’s foot - tackling from behind, or contact with the opponent before cleanly taking the ball is an infraction. Usually an indirect free kick (ball must touch another player before it enters the goal) is given to the fouled team. Repeated or severe infractions by a player may result in a yellow card (caution) or red card (sending off).

Marking: This is the term used when one player positions them self next to an opponent to reduce the attacking player’s space. This makes the attacking player, with the ball; choose another player to pass to.

Offside: Positioning a player immediately in front of an opponent’s goal may seem like an obvious tactic. The purpose of the offside rule is to stop this. An attacking player must have at least two opponents (one may be the goalkeeper) between them and the goal, at the time the ball is passed. Timing and position of attackers is important in avoiding offside. Offside calls are frequently controversial.

Handball: Only the goalkeeper may intentionally touch the ball with their hands or arms, and only when within the large box around the goal (penalty area). Any other player intentionally touching the ball with their hands or arms has committed an infraction. The penalty for handball is a direct free kick (a goal can be scored directly off the kick). There is often some question as to what is and is not intentional or unintentional hand contact. The referee is the only person whose opinion matters.

Penalty Kicks: Fouls committed in the penalty area, which in the judgment of the referee, prevent or may prevent a goal being scored, will be punished by a penalty kick. During the penalty kick all players except the keeper and the player taking the kick must clear the penalty area. The referee places the ball on the penalty spot. The keeper must remain on the goal line (they may move side to side, but not forward until the ball is struck). Upon the referees whistle the player taking the kick, strikes the ball and tries to score. If the keeper deflects the ball back into the field the ball is in play.

Soccer is a fun and challenging sport that is ideal for developing a sense of fair play as well as coordination and stamina in children. It is also a sport your children can play all their life; there are recreational leagues for kindergartners through to senior citizens.

THIS HANDBOOK INCLUDES BASIC SOCCER RULES AS WRITTEN BY FIFA, AMENDED BY MYSA FOR YOUTH SOCCER AND MODIFIED BY VAA FOR USE IN THE “COMMUNITY” SOCCER PROGRAM. ALL CHANGES TO THIS SEASONS RULES HAVE BEEN MARKED “|“ IN THE LEFT MARGIN.

LAWS OF THE GAME

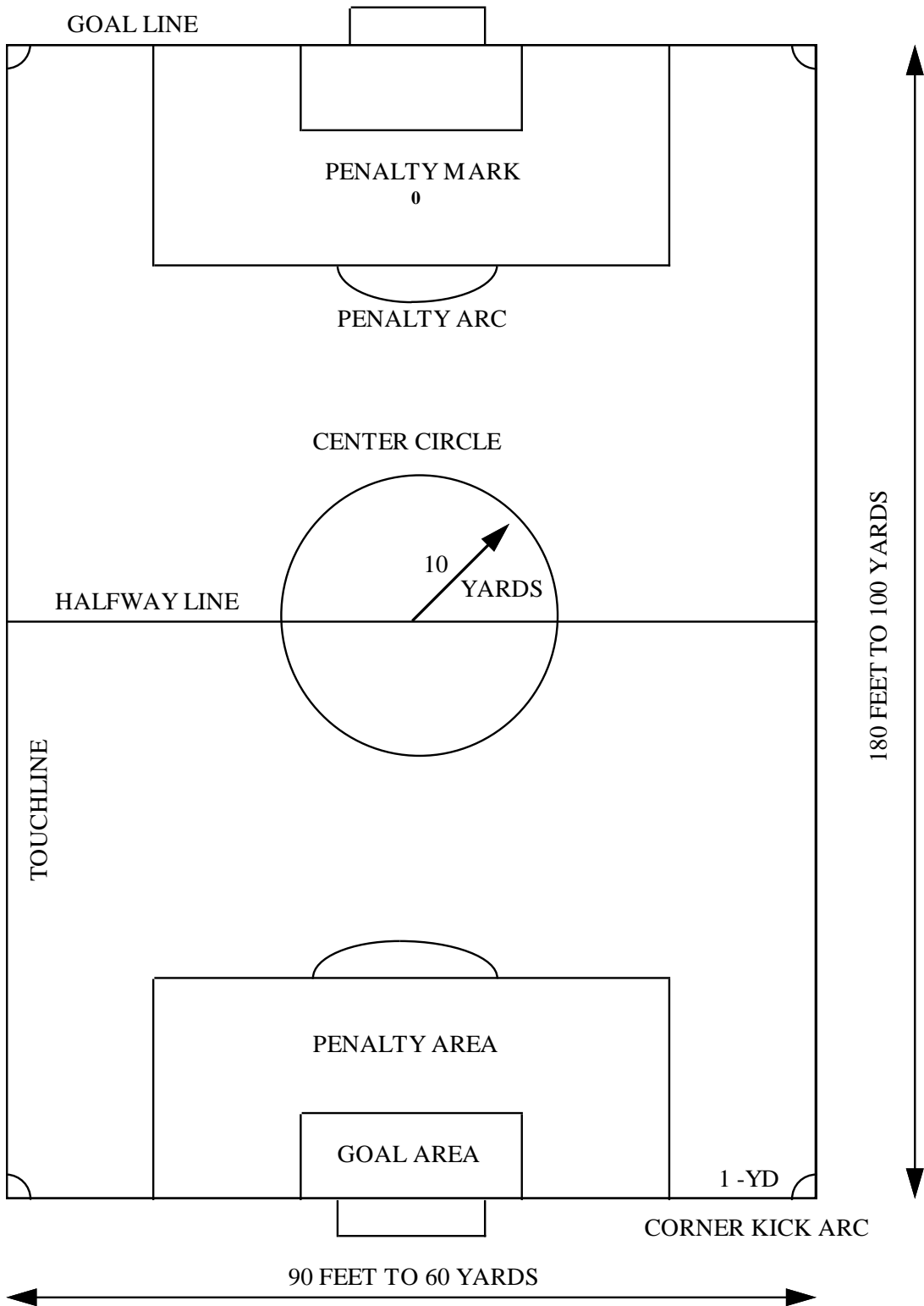
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VAA TIEBREAKER

TIEBREAKER RULES FOR PLAYOFF GAMES	18-19
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LEAGUE DIRECTORS IN EACH AGE GROUP MAY, WITH THE COMMISSIONER’S APPROVAL, OPT FOR CERTAIN MODIFICATIONS IN A GIVEN SEASON. IN THE EVENT OF A CHANGE, COACHES AND REFEREES WILL BE ADVISED PRIOR TO THE START OF THE SEASON

FIELD OF PLAY



LAW 1. FIELD OF PLAY

<u>LEAGUE</u>		<u>SIZES</u>
KINDERGARTEN	FIELD SIZE	60 X 150 FEET
	GOAL SIZE	6 X 16 FEET
	PENALTY AREA	18 X 54 FEET
	CENTER CIRCLE	12 FEET
1-2 GRADES	FIELD SIZE	90 X 180 FEET
	GOAL SIZE	6 X 16 FEET
	PENALTY AREA	20 X 60 FEET
	CENTER CIRCLE	15 FEET
	PENALTY MARK	8 YARDS
3-4 GRADES	FIELD SIZE	50 X 70 YARDS
	GOAL SIZE	7 X 21 FEET
	PENALTY AREA	25 X 75 FEET
	CENTER CIRCLE	15 FEET
	PENALTY MARK	10 YARDS
5-6 & UP	FIELD SIZE	70 X 120 YARDS
	GOAL SIZE	8 X 24 FEET
	PENALTY AREA	18 X 44 YARDS
	GOAL AREA	6 X 20 YARDS
	CENTER CIRCLE	10 YARDS (RAD)
	PENALTY MARK	12 YARDS

COACHING AREA: IS RESTRICTED TO ONE SIDE TOUCHLINE PER TEAM OR BOTH TEAMS CAN COACH FROM THE SAME TOUCHLINE BUT ONLY AS FAR AS THE HALFWAY LINE. IN THE LATTER CASE, PARENTS WILL SIT ON THE SIDE OF THE FIELD OPPOSITE THE TEAMS.

LAW 2. BALL

<u>LEAGUE</u>	<u>SIZE</u>	<u>CIRCUMFERENCE</u>	<u>WEIGHT</u>
KINDERGARTEN	#3	24-25 INCHES	9-11 OUNCES
1-2 GRADES	#3	24-25 INCHES	9-11 OUNCES
3-4 GRADES	#4	25-26 INCHES	11-13 OUNCES
5-7 GRADES	#4	25-26 INCHES	11-13 OUNCES
8 & UP	#5	26-27 INCHES	12-14 OUNCES

- * BALL SHALL BE SPHERICAL; THE OUTER CASING SHALL BE OF LEATHER OR OTHER APPROVED MATERIAL.
- * IF THE BALL BURSTS OR BECOMES DEFLATED DURING THE COURSE OF A GAME, THE GAME SHALL BE STOPPED AND RESTARTED BY DROPPING THE NEW BALL AT THE PLACE WHERE THE FIRST BALL BECAME DEFECTIVE. IF THIS HAPPENS DURING A STOPPAGE OF THE GAME (PLACE KICK, GOAL KICK, PENALTY-KICK, OR THROW-IN) THE GAME SHALL BE RESTARTED ACCORDINGLY.
- * BALL SHALL NOT BE CHANGED DURING THE GAME UNLESS AUTHORIZED BY THE REFEREE
- * REFEREE SHOULD CONFIRM THAT A RESERVE BALL IS AVAILABLE BEFORE THE START OF THE GAME.
- * ONLY VAA ISSUED BALLS SHOULD BE USED FOR PLAYOFF GAMES.

LAW 3. NUMBER OF PLAYERS

- * 11 PLAYERS PER TEAM ON THE FIELD (MAXIMUM), ONE OF WHOM SHALL BE THE GOALKEEPER. (FOR 5TH GRADE AND UP AGE GROUPS)
KINDERGARTEN: 7 PLAYERS PER TEAM (MAXIMUM).
1ST - 2ND GRADE: 9 PLAYERS PER TEAM (MAXIMUM).
3RD-4TH GRADE: 9 PLAYERS PER TEAM (MAXIMUM).
- * A MINIMUM OF 7 PLAYERS ON A TEAM TO START A GAME.
(6 PLAYERS MINIMUM FOR 9 PLAYER TEAMS).
- * **EACH PLAYER SHALL PLAY A MINIMUM OF ONE HALF OF EACH GAME. NO PLAYER, SHALL BE SUBSTITUTED FOR A SECOND TIME UNTIL ALL PLAYERS, EXCEPT GOALKEEPERS, HAVE BEEN SUBSTITUTED. THIS ENSURES EQUAL PLAYING TIME FOR "ALL"**

LAW 3. (CONT.)

*** SUBSTITUTIONS**

LEAGUES THAT PLAY QUARTERS: SUBSTITUTIONS ALLOWED ONLY AT THE END OF EACH QUARTER.

LEAGUES THAT PLAY HALVES: SUBSTITUTIONS ARE UNLIMITED AND MAY BE MADE, WITH THE CONSENT OF THE REFEREE, AT THE FOLLOWING TIMES:

1. Prior to a throw in, by the team with possession of the ball. If the team in possession is substituting, both teams may substitute.
2. Prior to a goal kick, by either team.
3. After a goal, by either team.
4. After an injury, by either team, when the referee stops play – substitution is unlimited.
5. At half time.

* A PLAYER ORDERED OFF BEFORE PLAY STARTS CAN BE SUBSTITUTED

* A PLAYER ORDERED OFF AFTER PLAY HAS STARTED CANNOT BE SUBSTITUTED. (RED CARD)

* GOALKEEPER SUBSTITUTION MUST BE NOTIFIED TO REFEREE, **EXCEPT AT HALF-TIME OR QUARTERS**, IF INFRINGEMENT, PLAYER CONCERNED SHALL BE CAUTIONED IMMEDIATELY.

* REFEREE APPROVAL MUST BE OBTAINED PRIOR TO ANY SUBSTITUTION BY COGNIZANT COACH ONLY.

* ALL PLAYERS ENTERING THE FIELD AS A SUB, MUST WAIT FOR THE PLAYERS BEING SUBSTITUTED TO LEAVE THE FIELD.

* ALL PLAYERS ENTERING THE FIELD AS A SUB, MUST ENTER THE FIELD OF PLAY AT THE CENTERLINE.

* THE REFEREE MAY ADD PLAYING TIME IF A COACH TAKES EXCESSIVE TIME TO SUBSTITUTE PLAYERS.

LAW 4. PLAYER'S EQUIPMENT

* THE USUAL EQUIPMENT OF PLAYER IS A SHIRT, SHORTS, STOCKINGS AND FOOTWEAR. NO PLAYER WILL BE ALLOWED ON TO THE FIELD UNLESS IN FULL UNIFORM.

* SPORTS SHOES MUST BE WORN BY ALL PLAYERS. CLEATED SHOES (NO METAL) MAY BE WORN.

- * **SHIN GUARDS WITH SOCKS OVER THEM ARE REQUIRED AND MUST BE WORN.**
- * A PLAYER SHALL NOT WEAR ANYTHING WHICH IS DANGEROUS TO ANOTHER PLAYER OR HIM/HER SELF SUCH AS WATCHES, RINGS, FRIENDSHIP BRACELETS, ETC. EARRINGS MUST BE REMOVED. EXCEPTION - IF EARS ARE NEWLY PIERCED, STUD TYPE EARRINGS ONLY MAY REMAIN IN BUT MUST BE TAPED OVER TO PREVENT INJURY. IF EYE GLASSES ARE WORN A SAFETY STRAP IS RECOMMENDED. A MOUTH GUARD IS RECOMMENDED OPTIONAL EQUIPMENT.
- * GOALKEEPER SHALL WEAR COLORS WHICH DISTINGUISH HIM/HER FROM THE OTHER PLAYERS AND FROM THE REFEREE.
- * GOALKEEPER CAN WEAR GLOVES AND SOFT CAP AT ANY TIME.
- * NO SUNGLASSES OR SUNSHADES AT ANY TIME.
- * FOR AN INFRINGEMENT OF THIS LAW, THE PLAYER AT FAULT SHALL BE SENT OFF THE FIELD TO ADJUST HIS/HER EQUIPMENT AND HE/SHE SHALL NOT RETURN WITHOUT REPORTING TO THE REFEREE. THE PLAYER SHALL ONLY RE-ENTER THE GAME AT A MOMENT WHEN THE BALL IS OUT OF PLAY.
- * REFEREE SHALL EXAMINE PLAYERS' EQUIPMENT BEFORE THE GAME.

LAW 5. REFEREE

- * FOR 3RD GRADE AND UP, VAA USES A 2 REFEREE SYSTEM, WITH 1 REFEREE ON EACH TOUCH LINE. FOR PLAYOFFS, OR WHEN AVAILABLE IN THE REGULAR SEASON, A 3 REFEREE SYSTEM WILL BE USED CONSISTING OF A CENTER REFEREE AND TWO ASSISTANT REFEREES.
- * REFEREE'S AUTHORITY COMMENCES AS SOON AS HE/SHE ARRIVES AT THE FIELD OF PLAY AND COVERS THE TIME UNTIL THE GAME IS COMPLETED SUSPENDED OR STOPPED FOR ANY REASON.
- * REFEREE'S DECISION ON POINTS OF PLAY SHALL BE FINAL.
- * REFEREE SHALL ENFORCE THE LAWS OF THE GAME.
- * WILL NOT PENALIZE WHEN IT RESULTS IN ADVANTAGE TO OFFENDING TEAM (ADVANTAGE RULE). IF ANTICIPATED ADVANTAGE DOES NOT DEVELOP AT THAT TIME, REFEREE SHALL PENALIZE THE ORIGINAL OFFENSE. THIS DOES NOT EXEMPT OFFENDING PLAYER FROM BEING

LATER DEALT WITH BY THE REFEREE AT A BREAK IN PLAY.

- * REFEREE IS OFFICIAL SCORER AND TIME KEEPER OR WILL DESIGNATE A TIME KEEPER (ADD TIME LOST THROUGH ACCIDENT OR OTHER CAUSE).
- * REFEREE HAS POWER TO SUSPEND OR TERMINATE GAME FOR WEATHER, INTERFERENCE BY SPECTATORS, OR OTHER CAUSE. REFEREE DOES NOT HAVE POWER TO DECLARE A WINNER IN THIS EVENT.
- * REFEREE SHALL TAKE DISCIPLINARY ACTION AGAINST PLAYERS GUILTY OF CAUTIONABLE AND SENDING-OFF OFFENSES. HE/SHE IS NOT OBLIGATED TO TAKE THIS ACTION IMMEDIATELY BUT MUST DO SO WHEN THE BALL NEXT GOES OUT OF PLAY.
- * REFEREE SHALL TAKE ACTION AGAINST TEAM OFFICIALS WHO FAIL TO CONDUCT THEMSELVES IN A RESPONSIBLE MANNER AND MAY AT HIS/HER DISCRETION, EXPEL THEM FROM THE FIELD OF PLAY AND ITS IMMEDIATE SURROUNDS.
- * REFEREE SHALL STOP THE GAME ONLY IF A PLAYER HAS BEEN SERIOUSLY INJURED. IF THE PLAYER IS SLIGHTLY INJURED, THE GAME SHALL GO ON TILL THE BALL IS OUT OF PLAY. AN INJURED PLAYER, WHO IS ABLE, SHALL RECEIVE TREATMENT OFF THE FIELD.
- * REFEREE SHALL ENSURE THAT ANY PLAYER THAT IS BLEEDING FROM A WOUND LEAVES THE FIELD OF PLAY. THE PLAYER MAY ONLY RETURN ON RECEIVING A SIGNAL FROM THE REFEREE, WHO MUST BE SATISFIED THAT THE BLEEDING HAS STOPPED.
- * REFEREE SHALL ALLOW NOBODY ON THE FIELD EXCEPT PLAYERS AND ASSISTANT REFEREES. IN CASES OF INJURY, THE REFEREE MAY CALL FOR INJURED PLAYERS COACH, ETC.
- * THE LAWS ARE INTENDED TO CAUSE AS LITTLE INTERFERENCE WITH THE GAME AS POSSIBLE. PENALIZE ONLY DELIBERATE BREACHES OF THE LAW.
- * REFEREE MAY ONLY CHANGE A DECISION ON REALIZING THAT IT IS INCORRECT OR, AT HIS/HER DISCRETION, ON THE ADVICE FROM AN ASSISTANT REFEREE PROVIDED THAT HE/SHE HAS NOT RESTARTED PLAY.
- * IF PLAYER COMMITS TWO INFRINGEMENTS AT THE SAME TIME, PUNISH THE MORE SERIOUS OFFENSE.
- * IF OFFICIAL REFEREE DOES NOT APPEAR WITHIN 15 MINUTES AFTER THE SCHEDULED KICK-OFF TIME, A PERSON MUTUALLY AGREED UPON BY BOTH COACHES MAY REFEREE THE GAME.

- * REFEREE UNIFORM SHALL BE PER FIFA REGULATIONS UNLESS SAME COLOR AS TEAM(S) PLAYING, IN WHICH CASE THE REFEREE WILL CHANGE. REFEREE EQUIPMENT WILL INCLUDE WHISTLE, TIME PIECE, REFEREE FLAGS AND RED/YELLOW WARNING CARDS PLUS AN ALTERNATE COLOR SHIRT.

LAW 6. ASSISTANT REFEREE

- * FOR 3RD GRADE AND UP, VAA USES A 2 REFEREE SYSTEM, WITH 1 REFEREE ON EACH TOUCH LINE. FOR PLAYOFFS, OR WHEN AVAILABLE IN THE REGULAR SEASON, A 3 REFEREE SYSTEM WILL BE USED CONSISTING OF A CENTER REFEREE AND TWO ASSISTANT REFEREES.
- * WHEN PROVIDED, TWO OFFICIAL ASSISTANT REFEREES (ONE ON EACH TOUCH LINE) MAY ASSIST THE REFEREE AS FOLLOWS:
 - 1) INDICATE OFF-SIDE, BALL OUT OF PLAY, SIDE ENTITLED TO THROW-IN, GOAL-KICK OR CORNER-KICK
 - 2) ASSIST REFEREE TO CONTROL THE GAME BY DRAWING REFEREE’S ATTENTION TO ANY BREACH OF THE LAWS THE REFEREE MAY NOT HAVE SEEN.
- * REFEREE CAN DISPENSE AN ASSISTANT REFEREE AND ARRANGE A SUBSTITUTE.
- * ASSISTANT REFEREE’S INDICATE; REFEREES DECIDE.
- * AT THE REFEREE’S REQUEST, EACH TEAM SHALL SUPPLY AN ASSISTANT REFEREE WHO SHALL ASSIST THE REFEREE BY INDICATING OUT OF BOUNDS ONLY.
THIS DOES NOT APPLY FOR 2 PERSON REFEREE SYSTEM, WHERE EACH REFEREE MUST WATCH FOR OUT OF BOUNDS.
- * AN ASSISTANT REFEREE MAY NOT COACH WHILE BALL IS IN PLAY.

LAW 7. DURATION OF THE GAME

- * THE DURATION OF THE GAME SHALL BE AS FOLLOWS:

KINDERGARTEN	8 MINUTE QUARTERS
1-2 GRADES	12 MINUTE QUARTERS
3-4 GRADES	25 MINUTE HALVES
5-7 GRADES	30 MINUTE HALVES
8 & UP	35 MINUTE HALVES

- * QUARTER INTERVALS SHALL BE TWO (2) MINUTES.
- * HALF-TIME INTERVAL SHALL BE FIVE (5) MINUTES.
- * ALLOWANCE SHALL BE MADE IN EITHER HALF FOR ALL LOST TIME THROUGH ACCIDENT OR OTHER CAUSE AT THE DISCRETION OF THE REFEREE.
- * TIME SHALL BE EXTENDED TO PERMIT A PENALTY-KICK TO BE TAKEN AT OR AFTER EXPIRATION OF NORMAL TIME.
- * REFEREE DECISION CONCERNING ABNORMAL KICKING THE BALL WAY OUT OF PLAY IN ORDER TO WASTE TIME. REFEREE WILL ADD TIME AS APPROPRIATE AND CAUTION OFFENDING PLAYER FOR UNSPORTING CONDUCT.
- * A GAME SHALL BE COMPLETE AND CURRENT SCORE WILL STAND IF DUE TO WEATHER OR OTHER REASON, THE GAME IS STOPPED AFTER COMPLETION OF THE FIRST HALF OR SECOND QUARTER. IF STOPPED PRIOR TO THE END OF THE FIRST HALF OR SECOND QUARTER, THE GAME WILL BE RESCHEDULED WHERE/WHEN POSSIBLE.

LAW 8. START OF PLAY

- * CHOICE OF ENDS SHALL BE DECIDED BY THE TOSS OF A COIN. THE TEAM WINNING THE COIN TOSS SHALL HAVE THE CHOICE OF ENDS ONLY. THE OTHER TEAM SHALL TAKE THE KICK-OFF.
- * PLAYERS IN THEIR OWN HALF OF THE FIELD.
- * OPPONENTS MUST BE OUTSIDE THE CENTER CIRCLE.
- * BALL STATIONARY IN THE CENTER OF THE FIELD.
- * AFTER THE REFEREE'S SIGNAL, PLAYER SHALL KICK THE BALL INTO OPPONENTS HALF OF THE FIELD. KICKER CANNOT PLAY THE BALL AGAIN UNTIL TOUCHED BY ANOTHER PLAYER.
- *

<u>INFRINGEMENTS</u> KICK TOO SHORT OR INCORRECT KICKED TWICE BY PLAYER TAKING KICK-OFF	<u>PENALTIES</u> RE-KICK (BY SAME TEAM) INDIRECT FREE-KICK (FOR OPPOSING TEAM)
--	---
- * AFTER A GOAL HAS BEEN SCORED, THE GAME SHALL BE RESTARTED IN LIKE MANNER BY A PLAYER OF THE TEAM LOSING THE GOAL.

- * A GOAL MAY BE SCORED DIRECTLY FROM THE KICK-OFF
- * AFTER EACH QUARTER AND HALF-TIME, THE KICK-OFF SHALL BE TAKEN BY A PLAYER OF THE OPPOSITE TEAM TO THAT WHO STARTED THE PREVIOUS QUARTER OR HALF. FIELD ENDS WILL CHANGE AT HALF TIME OR END OF SECOND QUARTER.
- * AFTER TEMPORARY SUSPENSION, THE GAME SHALL BE STARTED BY THE REFEREE DROPPING THE BALL AT THE PLACE WHERE IT WAS WHEN PLAY WAS SUSPENDED. THE BALL IS IN PLAY WHEN IT TOUCHES THE GROUND. IF THE BALL ROLLS OUT OF PLAY BEFORE BEING TOUCHED, THE BALL SHALL BE DROPPED AGAIN. IF A PLAYER TOUCHES THE BALL BEFORE IT TOUCHES THE GROUND, THE REFEREE SHALL DROP THE BALL AGAIN.

LAW 9. BALL IN AND OUT OF PLAY

- * BALL IN PLAY AT ALL TIMES UNLESS:
 - 1) WHOLE OF THE BALL HAS CROSSED THE ENTIRE WIDTH OF THE GOAL LINE OR TOUCH-LINE, WHETHER ON THE GROUND OR IN THE AIR.
 - 2) GAME STOPPED BY REFEREE
- * BALL IS IN PLAY WHEN IT REBOUNDS FROM GOALS, FLAGS, OR OFFICIAL, AND IN THE EVENT OF AN INFRINGEMENT UNTIL A DECISION IS GIVEN.
- * THE GOAL LINES AND THE TOUCH LINES BELONG TO THE FIELD OF PLAY.

LAW 10. METHOD OF SCORING

- * A GOAL IS SCORED WHEN WHOLE OF BALL HAS PASSED OVER THE ENTIRE WIDTH OF THE GOAL LINE BETWEEN THE GOAL POSTS AND UNDER CROSS-BAR.
- * A GOAL IS NOT SCORED IF BALL HAS BEEN THROWN, CARRIED, OR INTENTIONALLY PROPELLED BY HAND OR ARM OF A PLAYER OF THE ATTACKING SIDE, OR FROM THE FOLLOWING:
 - INDIRECT FREE KICK
 - THROW-IN
 - DIRECT FREE KICK INTO OWN GOAL
- * TEAM SCORING MOST GOALS DURING A GAME SHALL BE THE WINNER. IF NO GOALS OR EQUAL NUMBER OF GOALS ARE SCORED, THE GAME SHALL

BE TERMED A TIE.

LAW 11. OFF-SIDE (*not used in kindergarten or 1st/2nd grade*)

OFFSIDE POSITION

- * IT IS NOT AN OFFENCE IN ITSELF TO BE IN AN OFFSIDE POSITION.
- * A PLAYER IS IN AN OFFSIDE POSITION IF:

HE IS NEARER TO HIS OPPONENTS' GOAL LINE THAN BOTH THE BALL AND THE SECOND LAST OPPONENT.
- * A PLAYER IS NOT IN AN OFFSIDE POSITION IF:

HE IS IN HIS OWN HALF OF THE FIELD, OR

HE IS LEVEL WITH THE SECOND LAST OPPONENT, OR

HE IS LEVEL WITH THE LAST TWO OPPONENTS.

OFFENCE

- * A PLAYER IN AN OFFSIDE POSITION IS ONLY PENALISED IF, AT THE MOMENT THE BALL TOUCHES OR IS PLAYED BY ONE OF HIS TEAM, HE IS, IN THE OPINION OF THE REFEREE, INVOLVED IN ACTIVE PLAY BY:

INTERFERING WITH PLAY, OR

INTERFERING WITH AN OPPONENT, OR

GAINING AN ADVANTAGE BY BEING IN THAT POSITION.

NO OFFENCE

- * THERE IS NO OFFSIDE OFFENCE IF A PLAYER RECEIVES THE BALL DIRECTLY FROM:

A GOAL KICK, OR

A THROW IN, OR

A CORNER KICK.

INFRINGEMENTS/SANCTIONS

- * FOR ANY OFFSIDE OFFENCE, THE REFEREE AWARDS AN INDIRECT FREE KICK TO THE OPPOSING TEAM TO BE TAKEN FROM THE PLACE WHERE THE INFINGEMENT OCCURRED.

THE ABOVE OFFSIDE LAW IS COPIED FROM FIFA RULE BOOK IN ITS ENTIRETY.

LAW 12. FOULS AND MISCONDUCT

FOULS

PENALTY

THESE 7 IF COMMITTED IN A CARELESS (FOUL), RECKLESS (CAUTION) MANNER, OR WITH EXCESSIVE FORCE (SEND-OFF):

- | | | |
|----|---|--------|
| 1) | KICKS OR ATTEMPTS TO KICK OTHERS | D.F.K. |
| 2) | TRIPS OR ATTEMPTS TO TRIP AN OPPONENT | D.F.K. |
| 3) | JUMPS AT AN OPPONENT | D.F.K. |
| 4) | CHARGES AN OPPONENT | D.F.K. |
| 5) | STRIKES OR ATTEMPTS TO STRIKE AN OPPONENT | D.F.K. |
| 6) | PUSHES AN OPPONENT | D.F.K. |
| 7) | TACKLES AN OPPONENT | D.F.K. |

PLUS THESE THREE OFFENSES:

- | | | |
|-----|---|--------|
| 8) | HOLDS AN OPPONENT | D.F.K. |
| 9) | SPITS AT AN OPPONENT | D.F.K. |
| 10) | HANDLES THE BALL <u>DELIBERATELY</u>
(EXCEPT FOR THE KEEPER IN THEIR OWN PENALTY AREA) | D.F.K. |

IF A PLAYER OF THE DEFENDING TEAM COMMITS ANY OF THE ABOVE TEN FOULS WITHIN THEIR PENALTY AREA, REGARDLESS OF THE BALL POSITION, A PENALTY KICK WILL BE AWARDED.

- | | | |
|-----|--|--------|
| 11) | HOLDS UP GAME BY WASTING TIME.
GOALKEEPER IS CONSIDERED TO BE WASTING TIME IF HE/SHE HOLDS THE BALL LONGER THAN SIX SECONDS | I.F.K. |
| 12) | KEEPER TOUCHES THE BALL AGAIN WITH HIS HANDS
AFTER HE HAS RELEASED IT FROM HIS POSSESSION AND BEFORE | I.F.K. |

IT HAS TOUCHED ANOTHER PLAYER

- | | | |
|-----|--|--------|
| 13) | GOALKEEPER TOUCHES THE BALL WITH HIS HANDS AFTER IT HAS BEEN <u>DELIBERATELY KICKED OR THROWN</u> TO HIM BY A TEAM MATE. | I.F.K. |
| 14) | KEEPER TOUCHES THE BALL WITH HIS HANDS AFTER HE HAS RECEIVED IT DIRECTLY FROM A THROW-IN TAKEN BY A TEAMMATE | I.F.K. |
| 15) | DANGEROUS PLAY (I.E.; TRIES TO KICK BALL WHEN HELD BY GOALKEEPER, HIGH KICKING NEAR AN OPPONENT). | I.F.K. |
| 16) | OBSTRUCTING AN OPPONENT INCLUDES PREVENTING THE GOALKEEPER FROM RELEASING THE BALL FROM HIS/HER HANDS. | I.F.K. |
| 17) | IF AFTER MAKING A THROW-IN OR A FREE-KICK A PLAYER PLAYS THE BALL AGAIN BEFORE THE BALL HAS BEEN TOUCHED BY ANOTHER PLAYER. | I.F.K. |
| 18) | IF A PLAYER COMMITS ANY OTHER OFFENSE, NOT PREVIOUSLY MENTIONED IN LAW 12, FOR WHICH PLAY IS STOPPED TO CAUTION OR DISMISS THE PLAYER. | I.F.K. |

DISCIPLINARY SANCTIONS

CAUTIONABLE OFFENSES (YELLOW CARD)

A PLAYER IS CAUTIONED AND SHOWN THE YELLOW CARD IF HE/SHE COMMITS ANY OF THE FOLLOWING SEVEN OFFENSES:

- 1) UNSPORTING BEHAVIOR.
- 2) DISSENT BY WORD OR ACTION.
- 3) PERSISTENTLY INFRINGES THE LAWS OF THE GAME.
- 4) DELAYS THE RESTART OF PLAY.
- 5) FAILS TO RESPECT THE REQUIRED DISTANCE WHEN PLAY IS RESTARTED WITH A CORNER KICK, FREE KICK.
- 6) ENTERS OR RE-ENTERS THE FIELD OF PLAY WITHOUT THE REFEREE'S PERMISSION.
- 7) DELIBERATELY LEAVES THE FIELD OF PLAY WITHOUT THE REFEREE'S PERMISSION.

A PLAYER OFF OF THE FIELD OF PLAY CAN BE CAUTIONED FOR ANY OF THE FOLLOWING THREE OFFENSES:

- 1) UNSPORTING BEHAVIOR
- 2) DISSENT BY WORD OR ACTION
- 3) DELAYING THE RESTART OF PLAY

SENDING-OFF OFFENSES (RED CARD)

A PLAYER IS SENT OFF AND SHOWN THE RED CARD IF HE/SHE COMMITS ANY OF THE FOLLOWING SEVEN OFFENSES:

- 1) SERIOUS FOUL PLAY.
- 2) VIOLENT CONDUCT
- 3) SPITS AT AN OPPONENT OR ANY OTHER PERSON.
- 6) USES OFFENSIVE, INSULTING OR ABUSIVE LANGUAGE.
- 7) RECEIVES A SECOND CAUTION IN THE SAME GAME.

Note: FIFA rules include:

- 4) denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area)
- 5) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.

However, we do not give a red card for these two offenses in VAA Community soccer unless excessive force is use.

SUSPENSION

ANY PLAYER RECEIVING A RED CARD WILL BE SUSPENDED, AND MAY NOT BE SUBSTITUTED, FOR THE REMAINDER OF THE GAME IN WHICH THEY RECEIVED THE CARD. AT THE DISCRETION OF VAA THE SUSPENSION CAN BE INCREASED IF THE OFFENSE IS OF A SERIOUS NATURE.

LAW 13. FREE KICK

THERE ARE TWO TYPES OF FREE KICK:

DIRECT FREE-KICK (D.F.K.) AND INDIRECT FREE-KICK (I.F.K.)

- * DIRECT FREE-KICK CAN SCORE A GOAL
- * INDIRECT FREE-KICK CANNOT SCORE WITHOUT FIRST TOUCHING ANOTHER PLAYER.

HOW EXECUTED

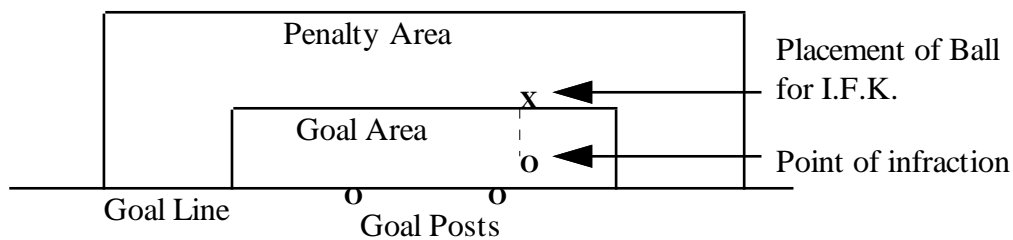
WHEN INSIDE HIS OWN PENALTY AREA

- A) OPPONENTS OUTSIDE THE PENALTY AREA AND NOT CLOSER THAN TEN (10) YARDS TO THE BALL.
- B) BALL MUST GO OUTSIDE PENALTY AREA (RE-KICK IF DOES NOT CLEAR AREA)
- C) GOALIE CANNOT RECEIVE IN HANDS.

* WHEN OUTSIDE HIS OWN PENALTY AREA

- A) OPPONENTS TEN (10) YARDS AWAY (UNLESS THEY ARE STANDING ON THEIR OWN GOAL LINE BETWEEN THE GOAL POSTS FOR I.F.K.) (NOTE: For 2nd grade and younger, opponents must be 6 yds from a free kick. For 3rd and 4th grade, 8 yds. For 5th grade and older, 10 yds)

* IF AN INDIRECT FREE-KICK IS AWARDED TO A TEAM INSIDE THE OPPONENT'S GOAL AREA, THE BALL WILL BE PLACED AS FOLLOWS:



* IN ALL CASES, BALL PLAYED ONLY ONCE BY THE KICKER.

LAW 14. PENALTY KICK

IS A DIRECT FREE-KICK INSIDE THE DEFENDING TEAMS PENALTY AREA.

- 1) TAKEN FROM THE PENALTY MARK.
- 2) ALL PLAYERS EXCEPT KICKER AND GOALIE OUTSIDE THE PENALTY AREA, THE PENALTY ARC AND BEHIND A LINE LEVEL WITH THE PENALTY MARK.
- 3) GOALIE'S FEET ON THE GOAL LINE.
- 4) KICKER CANNOT PLAY A REBOUND FROM GOAL POSTS OR CROSS BAR; PLAYS BALL ONLY ONCE UNLESS TOUCHED BY ANOTHER PLAYER.

PUNISHMENT

DEFENSE FOULS:

- 1) RE-KICK IF NO GOAL SCORED

OFFENSE FOULS:

- 1) IF KICKER, INDIRECT FREE-KICK.
- 2) IF OTHER TEAM MATES, RE-TAKE PENALTY IF GOAL WAS SCORED.

IF A PENALTY KICK IS REQUIRED AFTER TIME HAS EXPIRED

- 1) TAKEN FROM THE PENALTY MARK.
- 2) ALL PLAYER EXCEPT KICKER AND GOALIE REMOVED FROM FIELD.
- 3) GOALIE'S FEET ON THE GOAL LINE.
- 4) PLAY EXPIRES IF GOALIE STOPS BALL CLEANLY, BALL REBOUNDS FROM GOAL OR GOAL IS SCORED AND A FOUL IS NOT COMMITTED

PUNISHMENT

DEFENSE FOULS:

- 1) RE-KICK IF NO GOAL SCORED

OFFENSE FOULS:

- 1) NO GOAL, PLAY IS TERMINATED.

LAW 15. THROW-IN

- * TAKEN AT THE SPOT WHERE THE WHOLE OF THE BALL CROSSED THE ENTIRE WIDTH OF THE TOUCH LINE, EITHER ON THE GROUND OR IN THE AIR. (KINDERGARTEN DOES NOT USE THROW-INS)
- * TAKEN BY TEAM OPPOSITE TO THAT OF THE PLAYER WHO LAST TOUCHED THE BALL BEFORE IT WENT OUT OF PLAY.

EXECUTION

FACING FIELD OF PLAY

BOTH FEET ON THE GROUND DURING DELIVERY, PART OF ONE OR BOTH FEET ON OR OUTSIDE THE TOUCH-LINE.

DELIVERY FROM BEHIND AND OVER THE HEAD.

BOTH HANDS ON THE BALL (EQUALLY)

PENALTY

IMPROPER THROW-IN. THROW-IN AWARDED TO OPPOSING TEAM (1ST-2ND GRADE, RETRIES AT THE DISCRETION OF THE COACH/REFEREE, 3RD-4TH GRADE, ONE RETRY AT THE DISCRETION OF THE REFEREE)

IF THROWER PLAYS THE BALL BEFORE ANOTHER PLAYER TOUCHES IT, AN INDIRECT FREE-KICK.

LAW 16. GOAL-KICK

- * TAKEN BY THE DEFENDING TEAM AFTER THE WHOLE OF THE BALL PASSED OVER THE ENTIRE WIDTH OF THE GOAL LINE (EXCLUDING GOALS) WHEN LAST PLAYED BY THE ATTACKING TEAM.
- * TAKEN FROM ANYWHERE WITHIN THE GOAL AREA.
- * MUST CLEAR PENALTY AREA (RE-KICK IF DOES NOT CLEAR)
- * GOALIE CANNOT RECEIVE IN HANDS.
- * ALL OPPONENTS MUST BE OUTSIDE OF THE PENALTY AREA.
- * KICKER MAY PLAY THE BALL ONLY ONCE UNTIL TOUCHED BY ANOTHER PLAYER.
- * A GOAL MAY BE SCORED DIRECTLY FROM A GOAL KICK.

LAW 17. CORNER-KICK

- * TAKEN BY THE ATTACKING TEAM AFTER THE WHOLE OF THE BALL PASSED OVER THE ENTIRE WIDTH OF THE GOAL LINE (EXCLUDING GOALS) WHEN LAST PLAYED BY THE DEFENDING TEAM.
- * TAKEN FROM THE NEAREST CORNER TO WHERE THE BALL CROSSED THE GOAL LINE.
- * OPPOSITION MUST BE TEN (10) YARDS FROM THE BALL (OR AT NEAREST GOAL POST IF LESS THAN 10 YARDS). (NOTE: For 2nd grade and younger, opponents must be 6 yds from a free kick. For 3rd and 4th grade, 8 yds. For 5th grade and older, 10 yds)
- * KICKER MAY PLAY THE BALL ONLY ONCE UNTIL TOUCHED BY ANOTHER PLAYER.

VAA TIEBREAKER RULES FOR PLAY-OFF GAMES

- * IF THE TEAMS ARE TIED AFTER REGULATION PLAY, THEY WILL PLAY TEN (10) MINUTES OF OVERTIME *. A COIN TOSS WILL BE CONDUCTED THE SAME AS AT THE START OF THE GAME. THE OVERTIME WILL CONSIST OF TWO (2) FIVE (5) MINUTE PERIODS. AT THE END OF THE FIRST PERIOD THE TEAMS WILL SWITCH ENDS OF THE FIELD. SUBSTITUTION IS ALLOWED ONLY BETWEEN PERIODS OR FOR AN INJURED PLAYER. IF THE SCORE IS STILL TIED AFTER BOTH FIVE MINUTE PERIODS, THEN THE GAME WILL BE DETERMINED BY A SHOOT-OUT.

** DUE TO DARKNESS OR WEATHER, THE REFEREE MAY BEFORE THE OVERTIME STARTS*

A) REDUCE THE OVERTIME TO ONE FIVE MINUTE PERIOD,

OR:

B) GO DIRECTLY TO A SHOOT-OUT.

SHOOT-OUT RULES

- 1) THE REFEREE SHALL CHOOSE THE GOAL AT WHICH ALL OF THE KICKS SHALL BE TAKEN.
- 2) THE REFEREE SHALL TOSS A COIN AND THE TEAM WHO WINS THE TOSS, SHALL TAKE THE FIRST KICK.
- 3)
 - A) SUBJECT TO THE TERMS OF PARAGRAPHS 3(F) AND 3(G), BOTH TEAMS SHALL TAKE FIVE (5) KICKS.
 - B) THE KICKS SHALL BE TAKEN ALTERNATELY.
 - C) GOALIES MAY TAKE KICKS, SAME AS ANY OTHER PLAYER.
 - D) ONLY PLAYERS ON THE FIELD AT THE END OF OVERTIME * MAY TAKE THE KICKS.
 - E) ANY PLAYER ON THE FIELD AT THE END OF OVERTIME * MAY BE THE GOALIE AND CHANGE AT ANY TIME DURING THE TAKING OF THE KICKS.

** REGULAR TIME IN EVENT OF NO OVERTIME BEING PLAYED.*

 - F) IF, BEFORE BOTH TEAMS HAVE TAKEN FIVE KICKS, ONE TEAM HAS SCORED MORE GOALS THAN THE OTHER COULD, EVEN IF IT WERE TO COMPLETE ITS FIVE KICKS, THE TAKING OF KICKS SHALL CEASE.
 - G) IF, AFTER BOTH TEAMS HAVE TAKEN FIVE KICKS, BOTH TEAMS HAVE SCORED THE SAME NUMBER OF GOALS, THE TAKING OF KICKS SHALL CONTINUE, IN THE SAME ORDER, UNTIL SUCH TIME AS BOTH HAVE TAKEN AN EQUAL NUMBER OF KICKS (NOT NECESSARILY FIVE MORE

KICKS) AND ONE TEAM HAS SCORED ONE GOAL MORE THAN THE OTHER.

- H) NO PLAYER SHALL KICK TWICE UNTIL ALL ELIGIBLE PLAYERS ON THE FIELD HAVE KICKED ONCE.
- 4) THE TEAM WHICH SCORES THE GREATER NUMBER OF GOALS, WHEREBY THE NUMBER OF KICKS TAKEN IS IN ACCORDANCE WITH THE TERMS OF PARAGRAPHS 3(A), 3(F) AND 3(G) SHALL BE DECLARED THE WINNER OF THE GAME.
- 5) OTHER THAN THE PLAYER TAKING A KICK FROM THE PENALTY-MARK, AND THE TWO GOALKEEPERS, ALL PLAYERS SHALL REMAIN WITHIN THE CENTER CIRCLE WHILST THE TAKING OF THE KICKS IS IN PROGRESS.

IN THE EVENT OF DARKNESS BEFORE THE END OF KICKS FROM THE PENALTY-MARK, THE RESULT SHALL BE DECIDED BY THE TOSS OF THE COIN.