

# Soccer Rules and Regulations

## U12 and Above

### Divisions

| Division    | Format    | Ball Size | Length of Game                         |
|-------------|-----------|-----------|--|
| <b>U-12</b> | 11 vs 11. | #4        | Four (4) ten (10) minute quarters      |
| <b>U-14</b> | 11 vs 11. | #5        | Four (4) twelve (12) minute quarters   |
| <b>U-16</b> | 11 vs 11. | #5        | Two (2) twenty-five (25) minute halves |
| <b>U-19</b> | 8 vs 8.   | #5        | Two (2) twenty-five (25) minute halves |

### Participant Ages

- The age cut-off date to establish the age of the child is September 30th of the current year.
- Participants who are age 18 must attend Roanoke County schools.
- Players in the upper year of a division may play up with an older division with parental approval. Once a player has been moved up he/she is not eligible to return to the lower division. Parents must approve the placement of players who are not playing in their normal age division and have a letter on file with Roanoke County stating the acceptance of the reclassification.

### Player Eligibility

- Players must be residents of Roanoke County or attend Roanoke County Schools to participate.
- All players should obtain a physical by a doctor before practice starts.
- Players must play in their home Rec. Club unless they meet the criteria to play out-of-boundary in the Community Use Manual

### Draft

- Any Rec. Club with more than one team must go through the drafting procedures found in your Coaches Manual.
- All soccer participants who sign up late will be assigned to the team with the next pick by the Soccer Coordinator in your area.

### Team and Roster Information

- Team rosters must be filed with the Youth Athletic Department by 5:00 p.m. a week prior to practice. Rosters must show name, address, telephone number, birthday, league age and the school each player attends.
- Rosters should have (as close as possible) equal number older and younger players per age bracket. No drafting of all one age on a team.
- Rosters must be signed by the head coach verifying the roster information.
- Players cannot be added to rosters after August 15th, unless they move into town after this date. No players can be added after the first regular season game without permission from Roanoke County.
- Transferring/Trading of players during the season is forbidden.
- Participants who must pay due to non-resident status must do so prior to the first practice. No participant will be allowed to practice until they receive their non-resident pass from the County.**
- Teams ages 10 and up must have at least 14 players should have no more than 16 players on the roster. Any deviation from these numbers must have approval of the Recreation Department. \*Exception would be the U-19 teams where a maximum of 20 players would be allowed.

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### Practice

- A. Practices may not begin until August 1st.
- B. Maximum amount of play per week - Each sport is limited to three (3) two (2) hour sessions of play per week. Sessions include games, practices, team functions, and meetings. The week runs Sunday through Saturday. When Roanoke County schools are not in session, teams may practice one (1) additional time during the week.

### Game Information

- A. Game Schedules can be found by visiting [www.roanokecountyva.gov/athletics](http://www.roanokecountyva.gov/athletics)
- B. Games will begin August 24<sup>th</sup> and may run through November 1<sup>st</sup>.
- C. Uniforms must include matching jerseys with a number on the back, matching shorts and matching socks. Sweat pants may be worn if the matching shorts are worn over the sweat pants.
- D. Shin guards must be worn for all practices and games.
- E. U-12 division will play with a #4 ball, U-14 and older with a #5 ball
- F. Coach must give a line up card with players' names and numbers to the game official before the game starts.
- G. Teams will be given five (5) minutes after scheduled game time to produce a sufficient number of players to begin a game. Teams may start the game with seven (9) players. If additional players show up, they may be inserted in the game on a whistle and must wait for the officials signal to enter.
- H. Length of games:

|                         |  |
|-------------------------|--|
| U-12 Division           | Four (4) ten (10) minute quarters      |
| U-14 Division           | Four (4) twelve (12) minute quarters   |
| U-16 and U-19 Divisions | Two (2) twenty-five (25) minute halves |
- H. There will be a two-minute rest period between quarters and a five-minute rest period between halves for U-12 and U-14 divisions. A five-minute half will be given to teams playing in the U-16 and U-19 divisions.
- I. Each player who attends half of the scheduled practices must play the mandatory amount listed below.
  - Teams of 15 players or less will be required to play each participant three quarters of the game.
  - Teams of 16 or more will be required to play each participant half of the game. Each participant will also be required to sit for on quarter.
- J. The minimum playing time will be enforced through team coaches and parents. Penalty – First Offense: Forfeiture of game and coach suspended for the next game (1 game). Second Offense; Forfeiture of game and coach suspended for the year. All suspension will roll over into the next season.
- K. Substitutions: A coach can only substitute players between quarters. A hurt or yellow-carded player can be replaced at any time.
- L. A yellow-carded player must sit out for the remainder of the quarter. If a player is injured, the coach has the option to leave the player in the game or substitute for him/her. If the injured player is substituted that substitute must play the remainder of the quarter. Time must be out before any substitution can be made. Exception: U-16 and U-19 divisions will substitute according to the USYSA rule book.
- M. One complete half will be an official game.

### Standings

- A. Standings will be kept to determine drafting status for the following year. Should two teams finish the season with the same record head to head competition will determine the higher seed.
- B. For league standing, schedules, cancellations and make up times log on to [www.roanokecouyva.gov/athletics](http://www.roanokecouyva.gov/athletics)

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