

Divisions

U-7 & U-8

Length of Play

Four (4) eight (8) minute quarters, 2minute break between quarters and a 5 minute break at the half. The ref may change this if the games are off schedule and they need to make up time.

PLAY

We play 4 v 4 two games at one time on two fields at the same time. There should be a coach on the field with both games to help control the game and encourage the children on both teams. We should encourage the children to play the ball and not set up a defense in front of the net to stop scoring. The game is to teach the children how to move the ball and enjoy the sport of soccer. Try and match your team's player skills with the other team to make the game competitive.

GOALS

U-7 will play on the fields with the fixed goals.

U8- the home team will have to pick up the foldable goals at the office the day of the game and set them up at the field. The way this works is that the first game the home coach will pick up the goals and set them up and the last game of the day the home coach will return them to the office. You need 4 goals so make sure you have 4. (please return them that day so we are not trying to find them)

VAFC office beside Penn Forest School and the lock combination is 5-2-1

U-7 & U8 use a #3 ball

We will not use a referee.

We do not record scores so please build on the skills of the game and not the score.

Substitutions:

A coach may substitute players anytime but it is best to substitute between quarters.

Please remember that we want all children to play so share your players with the other team if they need players. That is why we wear two sided jerseys.

Uniforms:

Uniforms must include matching jerseys with a number on the back, shorts, and matching stockings. Sweat pants may be worn if the matching shorts are worn outside of the sweat pants.

Equipment: Shin guards must be worn at all times during a match.

No Jewelry of any kind may be worn by the players on the playing field.

Misconduct reported to VAFC and after investigated will be acted upon in the manner below.

Any player usage of foul language, abusive language, alcohol, or conducting themselves in an unsportsmanlike manner, will be immediately suspended from the next match. The suspension may be carried over to the next scheduled match. A second offense will be immediately followed by an indefinite suspension or until deemed necessary by the tournament director.

Any coach disqualified for foul language, abusive language, and alcohol or conducting themselves in an unsportsman like manner, will be immediately suspended from the remainder of the season and will not be allowed in the vicinity of the field for his/her team's matches.

Coaches are responsible for their players, 'parents, and guests on the sidelines.

Any case of referee assault will be reported immediately to the Virginia Youth Soccer Association in accordance with USSF Rule 1108.

Problems and Questions

In the event of a problem or question concerning the rules, the coach should first check with the referee. If there are still problems or questions, the coach should contact the Director of VAFC Rec.

Inclement Weather

In the event of inclement weather, call 774-7272, for playing instructions, otherwise, teams must be on the field at the scheduled time, ready to play. Every attempt will be made to have all the matches played. Games will continue during rain. Games will be suspended in the event of lightning, hail or unplayable field conditions. Game cancellations will be determined by the referee on the field or by the hotline at the club.