

**Vincennes Youth Soccer Association**  
**League Rules 8/18/11**  
**www.vincennesyouthsoccer.com**

**I. STANDARDS OF PLAY**

<b>A. Age Divisions</b>	<b>Ball Size</b>	<b>Minutes per HALF x 2</b>	<b>Goal Size</b>	<b># on Field</b>
Under 6	3	20 (5-4 min. periods) **	S	4 (5)
Under 8	4	24 (4-6 min. periods)	M	6
Under 10	4	25 (1-25 min. half)	M	6
Under 12 Girls	4	30 (1-30 min. half)	M	6
Under 12 Boys	4	30 (1-30 min half) ***	M	6
Under 15	5	30 (1-30 min. half) ***	M	6

**\*\*Minimum Play\*\* Time For Each Player - equivalent of one (1) half or 50% of the game. This is not based upon attendance at practice. All kids play at least 50% of all games!!!!**

**B. League Age**

Playing age shall be players' age as of **July 31st** of year that is currently being played. If a child turns 6 on or before July 31st, then they would move up in age category. On or after August 1st and they would play down.

**C. Governing Rules**

National Federation State High School rules of play shall be used, except as modified by the director and/or Executive Board. These rules may be changed, altered or modified by a majority vote of the board at any time once established. The Referees will be instructed on the proper use of the 23 signals designed and brought back this year by the National Federation of State High Schools Association. These signals if used and learned will aid in the communication between the referee and coaches, players, and fans and allow them a better chance at knowing "what's that call". Learning the signals will allow all "to know" what's happening on the field. Here is the web site of the signals for your use. <http://www.nfhs.org> Go there, then click on the left side, Sport and Rules Information. Then click in the middle on soccer. The left hand column has everything you can access at this time. Signals also.

**II. PLAYER AND TEAM PROCEDURES**

**A. Registration**

1. Players must be registered by the registration deadline for each season as advertised.
2. Late sign-ups, even having previously played on a team, will go on a reserve list. Attempts will be made to place these players onto teams. No promises by coaches as to which team they will play on.
3. No player can play in a game before registering.
4. Once the registration is taken, parental signature is obtained, and the teams are assigned, **no refunds** will be issued after teams are divided. Extenuating medical conditions will be looked at individually.

**B. Roster**

1. Players shall be evenly assigned to teams within their own age group. Players are selected by the Youth Soccer Board Members. The Board will **"evenly balance"** the teams and then place a coach and their child with each team. By the end of the season, coaches will rank each player using a 1-5 scale. This will assist in providing fair, equitable teams now and in the future. The players are **NOT** to be told their ranking score. Players skill, age, years in an age category, and years playing experience will be used to assist in assessing player strength.
2. Brothers and/or sisters will be assigned to the same team, provided they are in the same age group.
3. The only players "protected" and taken along with the head coach, is the head coach's child.
4. Assistant Coaches will not "team-up" with a head coach and thereby "protect" or "take along" their child as well, during player selections. We hope, potential "stacking of players" will not occur.

### C. Conduct

1. All games shall be conducted in a sporting manner. The executive board and director reserve the right to make rulings in the best interests of the group.
2. Profanity, smoking, drinking, or the use of illegal drugs shall not be tolerated at practices or games, by players, referees, coaches, spectators, or parents.
3. All red cards shall be reported to the director/board for their action. Red cards will be dealt with on a case by case basis and could involve game suspensions to banishment from league.
4. **All PETS should be left at home** or kept outside the fenced soccer field area to prevent incidents. Please respect the wishes of the Youth Soccer Association and make alternate arrangements.
5. Referees shall be empowered to issue cards to coaches and spectators, and remove as necessary.

## III. Game Procedures

### A. Referees

1. The game shall be in the charge of a referee. He/she shall have authority in the game to start and stop play. His/her judgment is not subject to protest. This is **RECREATIONAL SOCCER** people, please remember the intent of the program. It is a learning environment for the referees also.
2. A game may be stopped by the referee if weather interrupts play. The game must be stopped if lightning or thunder is in the area. A game will be considered complete if 50% of it has been played. If the game is not 50% complete when stopped, it may be replayed in its entirety as per section B.
3. The score and time shall be kept on the field by the referee. Score will be kept only to identify overly strong or weaker teams.

### B. Canceled Games

1. If games are canceled because of weather, the games will not be made up. The coaches may wish to call each other and “scrimmage” throughout the week, in order to make this game up.
2. See “N” for the weather cancellation policy.

### C. Field Set-up

The first game coaches are to see that all appropriate field equipment necessary (specifically nets/corner flags and sandbags) are in place. Last game coaches, take it all down and store properly in the shed. Please clean your area.

### D. Starting the Game

1. The referee must start the game on time to accommodate all scheduled games for the day.
2. Both teams shall field the designated number of players. If a team is short players, the opposing team must play down one player, i.e. if one team has only 5 players, the other team cannot play more than 6 players at a time. **NOTE**: This rule applies at any time during the game when one team does have the prescribed number of players available to play. The only exception is when a player has been sent off for misconduct.
3. Except for weather related cancellations, made by the director or executive board, games shall be played at their scheduled time. Coaches, please have the players prepared, warmed up, and ready to go at game time.

### E. Stoppage of Time

1. Time is to be stopped only for an injury or an official time-out. Referees are instructed to error on the side of safety first if it is believed the injury may be serious.
2. **Time between halves shall be five (5) minutes.** Referees will call teams back on the field with 30 sec. left.
3. Time between periods (U6-U8) shall be no more than 15-30 seconds. Just enough to switch players. The game restarts with a kick-off. The same team kicks off for the entire half unless they have been scored upon. NOTE: Coaches must have a system prepared to use to allow for organized, efficient substitutions. The game should continue to flow. Please use a parent coordinator or asst. coach, to assist in this process.

Have the players run on, run off, after period's end to save time and please be ready to send the next group out.

## F. Goal Keepers

U-6 and U-8, no player shall be in goal two (2) consecutive periods. U-10, U-12 Girls, it is recommended to switch at least at half-time. Goalkeepers should wear a pullover top of a different color than their teammates. Pullover tops will be issued to each team, keep the jersey in the equipment bag with the team balls and cones. Coaches, if you are issued a pullover jersey for your keeper that matches your teams colors, either swap out from the referees area or another team. All Keepers have 6 seconds to release the ball into play with unlimited steps taken from within the penalty area. A ball thrown or kicked into the opponents penalty area from keeper to keeper isn't much fun for all other players. This offense will result in Indirect free kicks for the other team from the spot of the violation (midfield line where it crossed).

## G. Substitution

1. Substitutions can be made only during a stoppage of play. The referee must be notified of the intention to substitute and only after he/she has waved the player(s) onto the field may they enter the game. All subs are to be at the center line prior to the substitution opportunity.
2. Substitutions can only be made on your own teams throw-in or corner kick, or if the team in possession of the throw-in substitutes the other team may as well, either teams goal kick, injury stoppages, half-time and period breaks, after any goal is scored, and upon the issuing of a caution or "soft red". Teams may not replace a player who is ejected for violent conduct or committing serious foul play.
3. Under-6 and Under-8, it is highly recommended to sub only on period breaks. This facilitates equal play time, ease of substitution, and the flow of the game.

## H. Free Kicks

Under-6 = free kicks shall be classified under one heading only, "indirect." A goal may not be scored until the ball has been touched by another player from either team. No direct or penalty kicks are to be taken.

Under 8 = and above, play the regular "indirect" and "direct" kicks. Indirect – must be touched or played by another player before going into goal. Direct – may be scored directly from the free kick.

**Direct Free Kick Fouls and Misconduct** = spitting at another, kicking, striking, attempting to kick or strike, jumping at an opponent, goalkeepers striking or attempting to strike an opponent with the ball, tripping, **DELIBERATELY HANDLING** the ball, holding, pushing, charging in a dangerous or reckless manner or using Excessive force or charging into the goalkeeper.

**Indirect Free Kick Fouls and Misconduct** = interference with goalie in possession of the ball, charging away from the ball, obstruction, dangerous play, keepers in possession of the ball for more than 6 seconds, keepers "parrying" the ball, intentional pass-backs picked up by the goalkeeper's hands, keepers playing the ball from a throw in from their teammate, entering or leaving the field of play without referee's permission, persistent infringement, objecting to referees decisions (dissent), incidental vulgar/profane language, unnecessary delay, encroachment, offsides, unsporting play or faking an injury, on free kicks - player taking the kick and playing it twice in a row. Yellow Caution Cards = May be issued for player Misconduct. Yellow/Red = "soft red" may be issued for excessive celebration, subsequent cautions. Red Disqualification Cards = for Violent Conduct, Serious Foul Play (deliberately handling ball to prevent a goal or fouling opponent moving towards goal, with an obvious attempt to score), Taunting, spitting at another person, insulting, offensive or abusive language, or entering the field to participate in an altercation.

## I. Throw-ins

The Under-6 = allowance is given for "illegal" throw-ins and will stress education over strict adherence to the written rules. Re-take throws may be allowed in order to teach the proper method of throw-ins.

The Under-8 and above = will stress proper technique upon the taking of a throw-in. The first couple of weeks, re-takes may be given to allow for the teaching to occur. After the third week or so, adherence to the law is

expected. Illegal throw's that fail to enter the playing field will be given to the other team.

Throw ins should be put into play from where the ball went out, facing the field, both feet on or behind the line, Both hands on the ball taken from behind and over the head delivered in one continuous motion. Ball fails to enter is given to the other team for U-10, U-12, and U-15.

#### J. Ending the Game

The game shall be over when time expires with one exception: Penalty kicks. PK's shall be taken if the penalty is called before time expires.

#### K. Equipment

1. The team coach and coordinator shall be responsible for his/her team's equipment, balls, uniforms, and keeper jersey. They must see to it, that they collect and return all items by the advertised date at the end of the season. **On 10/30 (last play date)**, all players will be expected to change out of their uniforms and leave them with VYSA at the fields and coaches will drop off the equipment bags with balls, jersey, and cones.
2. **The coach shall record a list of player's names and Jersey numbers** and keep with their records until the end of the season. This will aid in recovery of uniforms at the end of the season.
3. All equipment shall be turned in and accounted for at the end of each season. Players will be billed for missing equipment/uniforms. All players are to keep their socks at the end of the playing season.
4. Soccer shoes shall be rounded with no chips or cutting edges exposed. Shoes may be constructed of rubber, plastic, nylon, leather, or aluminum studs that conform to the specifications set forth in the Federation rule book.
5. Players shall **REMOVE rings, watches, necklaces, earrings and all jewelry, hats** (except goalie - must be soft-billed hat), or other dangerous items before playing. Casts, braces, etc.... must be covered/wrapped in an appropriate soft material that is safe for all. Manufacturer's coverings are legal.
6. **SHINGUARDS** are required and **MUST BE COVERED BY THE SOCKS IN ALL GAMES/PRACTICES**. They must be sized and worn correctly and provide reasonable and adequate protection to the player. They must be worn underneath the sock and always remain covered by the socks.

#### L. Publicity

Schedules of games may be posted in the local newspaper, posted on the site and attached to the rules. Team Photos will be submitted after "picture day" for advertisement value. Picture day is 9/26/10. Rain Date add 1 wk.

#### M. Standings

No Standings will be kept in any of the divisions. The last day will be a regular play day.

#### N. Rain-Out Procedure

The Director and Executive Board will decide whether games are to be played or canceled due to weather related issues. The decision will be made as soon as possible and announced on the local radio station (WZDM - 92.1 FM). Coaches, parents, and team coordinators may call the director's voice mail at the University - **888-5470**. Three lines service this phone. **PLEASE DO NOT CALL BEFORE 11:00 AM** if games are scheduled to begin at 1:00 PM on questionable playing days. The Director will attempt to make a decision by 11:00 am. If it's "touch-and-go" the message may be updated throughout the changing weather conditions as we approach 12:00 noon. Soccer is played in the rain and snow as long as safe playing conditions exist. A RED FLAG will hang at the field signifying no games. A GREEN FLAG means we play. It is requested that **one representative of each team** calls the recorder and then they call each member of his or her team. We will produce an e-mail

mailing list and send a note to it, and post a note through the website. Which is [vincennesyouthsoccer.com](http://vincennesyouthsoccer.com)  
PLEASE DO NOT LEAVE ANY MESSAGES ON VOICE MAIL.

#### **O. Coaches On The Field**

In the U-6 group, one coach is allowed to be on the field to assist the players in positioning and to encourage play. This coach cannot interfere with play of either team, and will remain within 10 feet of the touchline and out of the middle third of the field of play. The coach or parent is allowed to “hang with the goal keeper”. Each coach should work towards removing themselves from the field of play as the season goes on and the players catch on to the game. For the U-8, U-10, U-12, and U-15, no coaches or parents are allowed on the field of play and should be away from behind the goal. Coaches are to remain on their side of the field with their team 5-15 yards from the center line (within the “coaches area”). Coaches are only to talk (if they need to) to their own players. Talking to other players may be construed as unsporting play, which may result in a cautionable offense. We encourage coaches to stay with their teams and the players on the sidelines and use this opportunity to point out things during active play to work on and to encourage team spirit etc...

**Coaches Behavior** – Please set the example and don’t break it. Sporting play, positive comments, and a fun time for all is why we are out there. Corrective actions/comments towards your players when they do something that needs improving is part of teaching them the game. Perhaps it’s best to substitute them out, (or wait till the next period break to mention it after making a note of it) and teach them what you wish, see, or want them to do instead of constant barking from the sides. Good soccer coaches teach in practices what they want players to do and then provide an environment to allow the player to “show their stuff” on Sundays. Elbows, shirt pulling, pushing, trash talking, and a host of others, are not to be condoned and should be seen most of the time by the referee. The players role is to play fair, competitive soccer. The Coaches role is to teach soccer skills and provide the environment conducive for creative play. The Spectators role is to support the fair play and action taking place. \*\*\* The Referees Role – the referee must maintain the “Spirit of the Game”. 17 Laws of the game and two more (the spirit of the game and common sense). They are obliged to follow the rules impartially. All roles need cooperation to work. Please Note – If you witness inappropriate conduct on the field or off, please address this immediately by finding a board member discreetly and let them handle it right away. The sooner we know the better we can take care of it.

**“TIMES TWO” Policy** – At all times we are requiring no less than two adults (prefer unrelated), per team, to be present at all team functions such as games, practices, picnics, etc... The focus of this policy is the child, it also provides protection for the volunteers in case of misunderstanding. Thank you for your diligence.

#### **P. Parents Seating**

The Board requests that both teams sit on one side of the field away from the parents and spectators with the coaches. This will aid in the flow of the game for the coaches and the referees. **Parents – PLEASE STAY AT LEAST 2 YARDS OFF THE LINE FOR PLAYER ENJOYMENT/SAFETY.** Bring your lawn chairs with you for seating for the games.

#### **Q. Special Requests**

The V.Y.S.A. will try to honor, on an individual basis, requests from players/parents regarding special considerations (ride sharing, special needs, etc...). Requests to be placed on a specific coach’s team will not be honored. Coaches may not align themselves with a specific asst. coach, prior to the player/team selection night. Coaches do not “assign” or “claim” any players for their teams. All requests go to the League Registrar.

#### **R. Hardship Cases**

The V.Y.S.A. will give consideration on an individual basis to a player/family suffering from an undue hardship. Please bring these cases to the attention of a Board Member for review. Thank You.

#### **S. Offside**

**There is no offside for U-6 or U-8**, however **blatant offside** will be called in U-10, U-12, and U-15. (Cherry picking is not to be encouraged). We need to begin teaching offsides to older players for their understanding. Briefly, can only be offside in the attacking half of play, judged when the ball is touched or played by teammate, and they are nearer to the opponent's goal than at least two opponent's. If that player is active in play, interfering with play or an opponent, or gaining an advantage by being in that position. No offside if ball received directly from a goal or corner kick, or throw-in.

#### **T. Parking**

Please utilize the parking lot wisely and be considerate of others. Never block someone in and **NEVER BLOCK THE ENTRANCE THROUGH THE GATES TO THE FIELDS (emergency vehicles access)**. We will be using the grassy area of Perdue Farms if weather permits. Be considerate of their needs and park ONLY in DESIGNATED AREAS. Please pay attention to the signs. Please consider car pooling to reduce the demand on the lot. There will be 1 entrance and 1 exit for this year. Plan to come a little early, and park up along the guide ropes. Please encourage families to get their kids to the games on time or early and drive slow on 6<sup>th</sup> Street.

#### **U. Equipment Needs**

If you need an equipment bag, or replacement balls, cones or keeper jersey, please stop by the Concession Area to pick-up or trade in the affected items. An air pump will be present each week to air up the balls from the storage shed on the left as you enter. Frequently, balls (stitched balls) deflate somewhat in between practice/play dates.

#### **V. Recycling Bottles/Cans**

Please assist the Association in recycling drink bottles/cans into their appropriate containers.

#### **W. Garbage**

It is imperative that we all clean-up the debris generated by our use of these fields, parking lots etc.... and place it in the appropriate containers. **HELP US KEEP OUR HOME LOOKING GOOD**. Please be considerate of the neighbors surrounding the youth soccer complex. **Coaches – Utilize your team members to clean-up your field after each practice and game.** Thank you.

#### **X. Odds & Ends**

**Shorts** – Players are supposed to wear black shorts to all games to standardize the look and provide functionality.

Shorts are available to purchase for a nominal fee and are in good condition for use. Stop at the tent.

**Uniforms** – We provide a jersey top and socks each year. Players provide the shorts. Coaches are not allowed to go out on their own to cut deals for uniforms for their teams without permission from the board.

**Rule Sheets** – Please hand out and spend a few minutes educating parents and players about the rules. Time well spent for the benefit of all.

#### **Useful Soccer Web Sites for your review.**

<http://www.ihsaa.org> = Indiana High School Athletic Association. The governing body of High School Soccer in Indiana.

<http://www.nfhs.org> = National Federation of State High School Associations = governing body of high school soccer and comments, points of emphasis, rule revisions, and signals we follow.

<http://www.ussoccer.com/> = United States Soccer Federation

<http://www.saysoccer.org> = Soccer Association for Youth (Fall house league governing body)

<http://www.inyouthsoccer.org> = Indiana Youth Soccer Association (Spring travel teams governing body)

<http://www.ucsfmun.ca/~dgraham/manual/> = David Graham's Coaching Manual (outstanding information)

**[HTTP://WWW.MWSRA.ORG/](http://WWW.MWSRA.ORG/)** = Metro Washington State Referees Association site (good links)

<http://www.twc-aust.com.au/tony/> = Tony Whatt's Referee page (australian referee – great links)

**<http://www.eteamz.com/soccer/pills/>** = Jeff Pill's soccer drills site (a huge volume of great drills, articles etc...PLEASE PLEASE PLEASE get into this site and keep looking and learning.)

<http://www.eteamz.com/soccer/instruction/tips/>

<http://bcn.boulder.co.us/recreation/soccer/> = Site from Colorado, highly recommended, great articles.

<http://www.ksysa.org/links.html> = Look at the Publications and the Organizations sections.

<http://www.Decaturports.com> = Outstanding selection of articles, drills, and information. Follow left column.

Check out the Dutch Vision web page for lots of good, basic ideas:

<http://www.bettersoccermorefun.com/>

Some online soccer coaching books:

<http://www.worldofsoccer.com>

George Lasher's excellent web page on coaching youth soccer:

<http://www.eteamz.com/youthsoccercoach/>

My own, modest web page on coaching soccer, you may be interested in the

"Coaching Youth Soccer" document in the Handouts section: <http://www.eteamz.com/mandansoccer>

[www.finesoccer.com](http://www.finesoccer.com) = variety of skills, drills, philosophies etc...put out by Barry Gorman = very nice site.

<http://www.drpribut.com/sports> – **doctor's advice on injuries**

<http://www.jbgoalkeeping.com> = goalkeeper coaching site, goalkeeping tips and drills

<http://www.coachingyouthsoccer101.com>

- [http://www.flashdrills.com/static\\_drills](http://www.flashdrills.com/static_drills)
- [NSCAA](#) -National Soccer Coaches Association of America
- [FIFA](#) - Global Soccer
- <http://users.erols.com/soccertip/gametime.htm>
- <http://users.erols.com/soccertip/dictionary/dictiona.htm>
- [www.socceramerica.com](http://www.socceramerica.com) = great soccer magazine
- <http://www.s2s.net/home.php> 50 free fundamental soccer skills.
- <http://www.insidesoccer.com/>
- <http://www.uefa.com/trainingground/index.html#34002/128/519235>
- [http://orgs.jmu.edu/strength/?&&DB\\_OEM\\_ID=14400](http://orgs.jmu.edu/strength/?&&DB_OEM_ID=14400)
- <http://www.fitness4football.com/>
- [http://www.graspr.com/videos/Sports-Recreation/Soccer/?gclid=CKKw3\\_qfoJsCFVpM5QodSGB3CQ](http://www.graspr.com/videos/Sports-Recreation/Soccer/?gclid=CKKw3_qfoJsCFVpM5QodSGB3CQ)
- <http://www.nscaa.com/subpages/20090105122242837.php>

- <http://www.kinggeorgefc.co.uk/>
- <http://www.ultimatesoccercoaching.com/>
- [www.insidesoccer.com](http://www.insidesoccer.com) is probably one of the best sites
- [www.soccerspecific.com](http://www.soccerspecific.com) is also very good
- [www.bettersoccercoaching.com](http://www.bettersoccercoaching.com)
- <http://www.uefa.com/trainingground/index.html>
- [http://www.nike.com/nikefootball/training/control?locale=en\\_US](http://www.nike.com/nikefootball/training/control?locale=en_US)
- [www.2touchsoccer.com](http://www.2touchsoccer.com)
- <http://saysoccer.org/>
- <http://www.anchoredforsafety.org>

### **Here are some rules for parents: Expected Parental Behavior**

- \* Pants and shorts shall be worn high enough as to not show any undergarment.
- \* Jewelry is allowed, but only if tasteful, does not present a danger to the person sitting next to you and you do not enter onto the playing field.
- \* Your eating area shall be cleaned after any post-game meal on the field; food fights with the other team's parents are prohibited.
- \* Only those persons who get above a 90% or above on the yearly referee test may yell at the referee; only those with an IQ of less than 50 may make disparaging comments about the coach.
- \* You do not need to genuflect in the presence of a coach; a curtsy or slight bow is all that is necessary.
- \* There shall be no foul language, birdcalls, peacocking, goosing or ruffling of feathers during games.
- \* At no time shall you make derogatory comments towards the opposition, as they may transfer to our school or team someday.
- \* Long balls to the opposition are not to be complimented with "oohs" and "aahs" on the length and height of the pass; however, short, precision passes that may lead to a long ball to an open teammate can be applauded.
- \* And last, but not least, you are mandated to have some fun this season. The players will.

Parents: Should also follow the rules below for the overall enjoyment of the game.

- I. Shall abide by all rules and guidance documents of the Club.
- II. Shall at all times be a positive influence and a role model for the athletes while they are engaged in club-sponsored activities.
- III. Shall take an active interest in the performance and well-being of all athletes in the Club;
- IV. Shall endeavor to impress upon their children the importance of fair play;
- V. Shall encourage their children to be knowledgeable of soccer rules and regulations, as well as the custom of sporting play inherent in the game;
- VI. Shall support all coaches and Club officials during any club-sponsored activity;
- VII. Shall refrain from negative comments regarding athletes or coaches, before, during or after club-sponsored activities.
- VIII. Shall never physically touch or verbally intimidate an athlete, coach or Club official before, during or after club-sponsored activities; and
- IX. Shall strongly discourage overly aggressive behavior (inconsistent with the rules and spirit of the game) by any athlete towards another athlete during play;
- X. Shall instruct the athletes to show compassion for and interest in the well-being for injured Club players regardless of whether they are on their Club team or another opposing Club team;
- XI. Shall take any problems or concerns regarding Club sponsored activities directly to their respective coach.

\*\*\*\* For any problems that may come up, please consult the board members or director if issues arise. Coaches are resource sources, please do not make league related decisions on behalf of the VYSA. Thanks for your help in providing a safe, fun, learning environment for the kids.