

VESTAL RECREATIONAL YOUTH SOCCER ASSOCIATION, INC.

STANDING ORDERS

Revised July 2018

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SECTION - I: The Laws of the Game

FIFA Soccer Laws as given in the most recent English edition of “The Laws of the and with interpretation and guidance from available publications of the USSF and US Youth shall be observed with the following additions, variations, and clarifications (NOTE: Laws are numbered in accordance with above reference):

Rules for Coed Divisions, ages 4, 5, 6, and 7:

LAW I. FIELD OF PLAY

For four (4) and five (5) year old age division:

- The dimensions of the field of play shall be rectangular, its length being not more than 30 yards nor less than 20 yards and its width not more 20 yards nor less than 15 yards. The length in all cases shall exceed the width.
- Distinct lines are not required. Field can be marked using flat or regular cones.
- The maximum size goal to be used is 4’ x 6’.

For six (6) and seven (7) year old age divisions:

- The dimensions of the field of play shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more 30 yards nor less than 20 yards. The length in all cases shall exceed the width.
- Distinct lines are not required. Field can be marked using flat or regular cones.
- The maximum size goal to be used is 6’ x 12’.

LAW II. THE BALL

- Size three (3)

LAW III. NUMBER OF PLAYERS

For four (4) and five (5) year old age division:

- Maximum number of players on the field at any time: three (3); no goalkeeper.
- Maximum number of players on the roster: twelve (12) if the team splits into two; otherwise six (6)

For six (6) year old age division:

- Maximum number of players on the field at any time: four (4); no goalkeeper.
- Maximum number of players on the roster: fourteen (14) if the team splits into two; otherwise eight (8)

For seven (7) year old age division:

- Maximum number of players on the field at any time: four (4); one of whom may be a goalkeeper.
- Maximum number of players on the roster: fifteen (15) if the team splits into two; otherwise eight (8)
- The minimum number of players to start a game shall be determined by the coaches. Both teams shall start play with the same number of players each quarter.
- Each player **SHALL** play a minimum of 50% of the total playing time. Please refer to **SECTION - II - ADDITIONAL REGULATIONS, II. COACHES**, paragraph 12. on page 12 for additional guidelines.
- Substitution of players may be made:
 - On the fly at any time
 - If a coach fails to allow any player to play a minimum of 50% of the total playing time or complaints are brought forth to the Association of a coach’s abuses in substitution, then all games henceforth played by that coach and the coach’s opponents will adhere to the following:

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- Substitution of players may only be made at the end of each quarter except in the case of injury. A tired player should go to the ground and be treated as an injured player. There shall be no limit as to the number of substitutions made at each quarter.
- Substitutions for ejected or cautioned players may be made. The ejected player(s) must sit out the balance of the game plus the next full game

LAW IV. PLAYERS' EQUIPMENT

Conform to FIFA rules with the following exceptions:

- Shoes shall not be worn which are unsafe in the opinion of the referee. Sneakers or molded sole soccer shoes are preferred. Cleats with pointed or spread ends, knurled or abraded surfaces, or cracks are typical unsafe shoes.
- Goalkeepers may wear helmets.
- All players are required to wear shin guards at all games and practices.
- ABSOLUTELY NO JEWELRY, with the exception of medical information bearing jewelry (for example, a bracelet stating that the player has a specific medical condition, such as epilepsy).

LAW V. REFEREES

- Each team will provide a monitor, such as a Coach or Assistant Coach, with a current RM pass.
- Enforce the rules of the game in a consistent manner, but refrain from penalizing unnecessarily.
- Briefly explain all infractions to the players.
- Keep the time.
- Let the PLAYERS play the game.

LAW VI. ASSISTANT REFEREES

- Not necessary.

LAW VII. DURATION OF THE GAME

For four (4) and five (5) year old age division:

- The game shall be divided into four (4) equal eight (8) minute quarters.
- There shall be two (2) minute breaks between quarter one (1) and quarter (2) and another two (2) minute break between quarter (3) and quarter four (4)
- There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

For six (6) and seven (7) year old divisions:

- The game shall be divided into four (4) equal ten (10) minute quarters
- There shall be two (2) minute breaks between quarter one (1) and quarter (2) and another two (2) minute break between quarter (3) and quarter four (4).
- There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

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LAW VIII. THE START OF PLAY

Conform to FIFA rules with the following exceptions:

For four (4) and five (5) year old age division:

- Opponents must be three (3) yards from the center mark while kickoff is in progress.

For six (6) and seven (7) year old age divisions:

- Opponents must be six (6) yards from the center mark while kickoff is in progress.
- When restarting play after each quarter, the kick-off shall be taken by a player of the opposite team to that of the player who kicked off the preceding quarter.
- Teams may exchange ends of the field only between halves and not between the first two and last two quarters.

LAW IX. BALL IN AND OUT OF PLAY

Conform to FIFA rules: The ball is completely out of play when it completely crosses the goal-line or touch line.

LAW X. METHOD OF SCORING

Conform to FIFA rules: A goal is scored when the entire ball crosses the goal line, into the goal.

LAW XI. OFF-SIDE

- There shall be no off-sides.

LAW XII. FOULS AND MISCONDUCT

The referee must explain **ALL** infractions to the offending player.

- Players may not strike the ball with their head. **PENALTY:** Indirect free kick for the other team at the point of infringement.

For four (4) and five (5) year old age division:

- All fouls will result in an **indirect free kick** with the opponents three (3) yards away.

For six (6) and seven (7) year old age divisions:

- All fouls will result in an **indirect free kick** with the opponents six (6) yards away.

LAW XIII. FREE-KICK

Conform to FIFA rules with the following exceptions:

- All kicks are considered under one heading - **they are all indirect.**
- A goal may not be scored from an indirect kick until the ball has been played or touched by a second player of either team.

LAW XIV. PENALTY-KICK

- No penalty kicks are to be taken during these games.

LAW XV. THROW-IN

Should be replaced by a kick:

- Kick-in is considered as an indirect free kick with the opponent three (3) yards away from the ball.
- If throw-in is used, a second throw-in must be allowed by that player if the player commits foul on the initial attempt. The referee shall explain the proper method before allowing the same player to rethrow.

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LAW XVI. GOAL-KICK

Conform to FIFA rules with the following exceptions:

- A goal kick may be taken within two (2) or three (3) yards from the goal.

For four (4) and five (5) year old age division:

- Opponents must be three (3) yards away from the ball.

For six (6) and seven (7) year old age divisions:

- Opponents must be six (6) yards away from the ball.

LAW XVII. CORNER-KICK

Conform to FIFA rules with the following exception:

For four (4) and five (5) year old age division:

- Opponents must be three (3) yards away from the ball.

For six (6) and seven (7) year old age divisions:

- Opponents must be six (6) yards away from the ball.

ADDITIONAL GAMEPLAY CHANGES

For four (4) and five (5) year old age division, and six (6) and seven (7) year old age divisions:

- Players may not strike the ball with their head.

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Rules for the Boys 8-9, Boys 10-11, Girls 8-9, Girls 10-11, and Coed 12-16 Divisions:

LAW I. FIELD OF PLAY

- The dimensions to be used shall be approved by the Board of Directors, hereinafter called the Board.
- The dimensions of the field of play shall be rectangular, its length being not more than 80 yards nor less than 70 yards and its width not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width. Recommend length is 70yds and width 50yds.
- All markings will follow the US Youth Soccer guidelines.
- The maximum size goal to be used is seven (7) feet high and twenty-one (21) feet wide.

LAW II. THE BALL

For 8-9 and 10-11 year old age divisions:

- Size four (4)

For 12-16 year old age division:

- Size five (5)

LAW III. NUMBER OF PLAYERS

For Boys 8-9, Boys 10-11 year old, and Coed 12-16 year old age divisions:

- Maximum number of players on the field at any time: nine (9), one of whom should be a goalkeeper.

For Girls 8-9 and Girls 10-11 year old age divisions:

- Maximum number of players on the field at any time: seven (7), one of whom should be a goalkeeper.

- Both teams shall start play with the same number of players each quarter. Players arriving after the start of the game may only enter the field of play with the consent of the referee at the halfway line at the first opportunity (stoppage of play). If the number of players is reduced to fewer than the required minimum, play terminates.
- A game is forfeit if a minimum number of players are not present to start the game ten (10) minutes after the schedule starting time.
- Each player **SHALL** play a minimum of 50% of the total playing time. Please refer to **SECTION - II - ADDITIONAL REGULATIONS, II. COACHES**, paragraph 11 on page 10 for additional guidelines.
- Substitution of players may be made:
 - At any stoppage of play
 - At the discretion of the referee
 - For ejected or cautioned players. The ejected player(s) must sit out the balance of the game plus the next full game.
 - If a coach fails to allow any player to play a minimum of 50% of the total playing time or complaints are brought forth to the Association of a coach's abuses in substitution, then all games henceforth played by that coach and the coach's opponents will adhere to the following:
 1. Substitution of players may only be made at the end of each quarter except in the case of injury, caution or ejection. A tired player should go to the ground and be treated as an injured player. There shall be no limit as to the number of substitutions made at each quarter.
 2. Substitutions for ejected or cautioned players may be made. The ejected player(s) must sit out the balance of the game plus the next full game

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LAW IV. PLAYERS' EQUIPMENT

- All players are required to wear visible uniforms consisting of jerseys and socks of the same color. Each jersey shall be uniquely numbered. The goalkeeper must be distinguishable by a contrasting colored shirt. In cold or adverse weather, long jogging type or sweat pants may be worn under the athletic shorts at the discretion of the team coach. The uniform socks must be worn on the outside of the long pants.
- Referees shall verify that players do not wear any objects on their persons which could cause injury to oneself or any other player.
- Shoes shall not be worn which are unsafe in the opinion of the referee. Sneakers or molded sole soccer shoes are preferred. Cleats with pointed or spread ends, knurled or abraded surfaces, or cracks are typical unsafe shoes.
- Goalkeepers may wear helmets.
- All players are required to wear shin guards at all games and practices.
- ABSOLUTELY NO JEWELRY, with the exception of medical information bearing jewelry (for example, a bracelet stating that the player has a specific medical condition, such as epilepsy).

LAW V. REFEREES

Conform to FIFA rules with the following exceptions:

- The referee will stop the game immediately if, in his opinion, a player has been seriously injured. The game shall resume immediately once the injured player is removed from the field. If a player is slightly injured, the game shall not be stopped if there is an imminent goal-scoring opportunity. Play may be stopped when such opportunity no longer exists, or when the ball is out of play.
- It is the duty of the coach to assure that spectators for his team do not significantly interfere (by actions or voice) in the game. **PENALTY:** Indirect free kick for the other team at the point of infringement.
- In the absence of the division coordinator, the referee will be responsible for stopping the game in the case of an emergency (lightning, etc.)
- The referee will submit an expelled player's name, number, and team name to the Division Coordinator through the Referee Coordinator
- The referee is responsible for talking to coaches prior to the start of the game to discuss how the game will be called. Topics discussed should include: handling the ball, off-side, charging the goalkeeper, injuries, use of the whistle, spectator and coach control, ball boys/girls, etc.

LAW VI. ASSISTANT REFEREES

Conform to FIFA rules with the following exception:

- Coaches will be prepared to supply team linesmen, whose sole responsibility will be to call balls out of bounds. The referee may allow a team linesman to assist in other ways.

LAW VII. DURATION OF THE GAME

Conform to FIFA rules with the following exceptions:

For 12-16 year old age division:

- The game shall be divided into four (4) equal fifteen (15) minute quarters.

For 8-9 and 10-11 year old divisions:

- The game shall be divided into four (4) equal twelve (12) minute quarters.
- There shall be two (2) minute breaks between quarter one (1) and quarter (2) and another two (2) minute break between quarter (3) and quarter four (4).
- There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).
- Any game interrupted for any reason shall be deemed completed at that point.
- The duration of quarters may be reduced at the discretion of the Division Coordinator when conditions warrant it, i.e. darkness. In the absence of the Division Coordinator, the referee's decision shall prevail.

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LAW VIII. THE START OF PLAY

Conform to FIFA rules with the following exceptions:

- When restarting play after each quarter, the kick-off shall be taken by a player of the opposite team to that of the player who kicked off the preceding quarter.
- Teams shall exchange ends of the field only between halves and not between the first two and last two quarters.

For 8-9 and 10-11 year old age divisions:

- Opponents must be eight (8) yards from the center mark while kickoff is in progress.

LAW IX. BALL IN AND OUT OF PLAY

Conform to FIFA rules: The ball is completely out of play when it completely crosses the goal-line or touch line.

LAW X. METHOD OF SCORING

Conform to FIFA rules: A goal is scored when the entire ball crosses the goal line, into the goal.

LAW XI. OFF-SIDE

Conform to FIFA rules.

LAW XII. FOULS AND MISCONDUCT

Conform to FIFA rules with the following exceptions:

- For age divisions under 12, slide tackles are not permitted. Players must remain on their feet in order to make a fair tackle. **PENALTY:** indirect free kick from the point of infringement.
- All formal cautions and ejections shall be reported to the Division Coordinator through the Referee Coordinator.
- A player receiving a formal caution shall leave the field of play, and shall not be permitted to return to play until the next quarter.
- The goalkeeper may not be charged at all in the goal area or the penalty area.

For 8-9 and 10-11 year old age divisions:

Conform to FIFA rules with the following exceptions:

- Players may not strike the ball with their head. **PENALTY:** Indirect free kick for the other team at the point of infringement.

LAW XIII. FREE-KICK

Conform to FIFA rules.

For 8-9 and 10-11 year old age divisions:

- Opponents must be eight (8) yards away before the kick is allowed.

LAW XIV. PENALTY-KICK

Conform to FIFA rules.

For 8-9 and 10-11 year old age divisions:

- Opponents must be eight (8) yards away before the kick is allowed.

LAW XV. THROW-IN

Conform to FIFA rules.

For 8-9 year old age divisions:

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- A second throw-in must be allowed by that player if the player commits foul on the initial attempt. The referee shall explain briefly the proper method before allowing the same player to rethrow.

LAW XVI. GOAL-KICK

Conform to FIFA rules.

For 8-9 year old age divisions:

Conform to FIFA rules with the following exceptions:

- a) All opponents must retreat to their own half of the field before the ball may be kicked and must remain on their half of the field until the goalkeeper releases the ball.
- b) The goal kick must be touched by a teammate of the kicker outside the penalty area before the ball crosses the halfway line.
- c) VIOLATION - Retake the goal kick. Time may be added for any violation.

LAW XVII. CORNER-KICK

Conform to FIFA rules.

For 8-9 and 10-11 year old age divisions:

- Opponents must be eight (8) yards away before the kick is allowed.

ADDITIONAL GAMEPLAY CHANGES

Headers

For 8-9 and 10-11 year old age divisions:

- Players may not strike the ball with their head.

PENALTY: Indirect free kick for the other team at the point of infringement.

Goalkeeper Possession

For 8-9 year old age divisions:

Should the goalkeeper legally possess the ball with his/her hands:

- a) All opponents must retreat to their own half of the field before the goalkeeper can play the ball and must remain on their half of the field until the goalkeeper releases the ball.
- b) The goalkeeper must play the ball with his/her hands to a teammate. The goalkeeper can neither punt the ball nor can they put the ball on the ground and play it with their feet.
- c) The ball cannot cross the halfway line until a teammate of the goalkeeper touches the ball.
- d) VIOLATION - Keeper possession repeated. Time may be added for any violation.

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SECTION - II - ADDITIONAL REGULATIONS

In addition to FIFA additions, variations, and clarifications, the Association shall adhere to the following regulations:

I. COORDINATORS

1. The coordinator of each division is responsible for transmitting all Association information to coaches in that division.
2. After player registration, each coordinator will receive a list of all eligible players in the respective divisions.
3. No player will be assigned to a team until registration is complete (i.e. registration fee and proof-of-age on file).
4. A reserve list (player pool) will be kept by the registration process. When a coach requests a replacement player, the coordinator assigns the FIRST person on the list to that team. (See By-Laws VII.)
5. The coordinator ensures:
 - 5.1. Those teams playing the first game will put up the nets.
 - 5.2. The home team shall take from the equipment storage the field bag and corner flags.
 - 5.3. The home team playing the last game will remove and return the them.
6. The referee has the responsibility to call all games in case of an emergency, i.e. unplayable field, lightning. The coordinator can also make this call.
7. The duration of quarters may be reduced at the discretion of the coordinator when the conditions warrant it, i.e. darkness. In the absence of the coordinator, the referee's decision shall prevail.
8. The procedure for canceling and rescheduling of all regular games is as follows:
 - 8.1. The coordinator assigned to the field is responsible for the cancellation of all games if, in his/her opinion, the beginning or continuation of play is not in the best interest of the players and/or the fields.
 - 8.2. The coordinator is responsible for coordinating rescheduling of the games with the field scheduler, the referee scheduler, and the coaches.
9. The coordinator shall insure that an expelled player sits out the next game.
10. The division coordinator is responsible for reporting to the Board any problem or issues observed within the bounds of the Association.

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II. COACHES

1. If a coach learns of incorrect player information, the coordinator must be notified.
2. No name shall be added to or deleted from the roster unless instructed by the division coordinator. Any player not on the roster will be considered an illegal player and will cause the game to be forfeit. A hearing before the board shall be offered.
3. Coaches shall notify the parents of players as to their responsibility in bringing players to games and practice sessions, and picking them up. For games, players are to be in visible uniform: shirts, socks with full shin guards.
4. If a game or practice session is cut short, the coach is responsible for the players.
5. All coaches should have their players at the field 15 minutes prior to the start of their scheduled game.
6. There will be no practicing in the immediate vicinity of the field when a game is in progress.
7. Each coach will furnish a linesman if requested by the referee. The linesman shall be at least two (2) years older than the oldest age of the division.
8. Coaches and assistant coaches will stay on the same side of the field as their team.
9. All coaches and assistant coaches will stay on the side lines off the field and in the general area of the center line of the field and will not run up and down the field or behind the goals while coaching.
10. Coaches are responsible for the conduct of the spectators. No spectators, other than the coach or assistant coach, will give directions to the players. Spectators are to give encouragement and not instructions to the players. Infringement of this rule may result in the team being penalized.
 - * **PENALTY:** Indirect free kick.
11. Each player will be given the opportunity to play at least one-half (1/2) of the game unless injured, cautioned, or ejected.
 - 11.1. A player who receives a formal caution and is therefore substituted for shall be considered to have played the entire quarter during which the caution was received
 - 11.2. It is the intention of VRYSA to encourage participation in the game of soccer for all Association players. Coaches should attempt to divide playing time evenly amongst all active players on a team over the course of the season. However, a coach shall not be obligated to make up lost playing time due to a player's absence from any game, and may exercise discretion in applying this principle for appropriate reasons.
12. Any player expelled from a game must sit out the next scheduled game. When the player is expelled, the coach must supply the referee with the expelled player's name and number. Expelled players may be replaced at any time. The game is defined as the period of time when the coach has jurisdiction over the players.
13. Coaches are responsible for Association equipment, including nets balls, field bags, and corner flags. The home team first on the field each day shall check out the corner flags and field bag from equipment storage; the last home team to use the field shall return them.
14. Coaches shall ensure that players do not wear any object on their person which could cause injury to oneself or other players, such as casts, belts, clasps, earrings, bracelets, unsafe shoes, bobby pins, rings, watches, etc. (See Standing Orders, Law IV. Players' Equipment).

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III. ZERO TOLERANCE POLICY

NO ONE IS TO ABUSE THE REFEREE DURING or AFTER A GAME.

All coaches, all assistant coaches, all players, and all spectators shall support the referee before, during, and after the game. Failure to do so undermines the referee's authority and could create a hostile environment for players, the referee, coaches, assistant coaches, and all spectators, including participants in other matches.

Coaches/Assistant Coaches - Allowable Exceptions:

During the game:

1. Responding to a referee initiating a communication
2. Making substitutions
3. Pointing out emergencies or safety issues

At the end of the game:

1. Asking a referee to explain a rule(s) in a polite and positive way;
2. Giving polite and friendly feedback to a referee

ABSOLUTELY NO SARCASM, NO HARASSMENT, AND NO INTIMIDATION.

Penalties:

1st Infraction: Referee can either ignore, or ask the coach to stop his/her irresponsible behavior.

2nd Infraction: Referee should issue a verbal warning to the coach, telling him/her to stop their irresponsible behavior, and display the yellow card to the coach.

3rd Infraction: Referee should issue an ejection/dismiss to the coach for their irresponsible behavior, and display the red card to the coach (Red Card displayed is recommended but not required).

NOTE: Members of the VRYSA Board of Directors can also issue these penalties, except for the displaying of a yellow or red card.

NOTE: Referees or Board members can always eliminate step 1, or steps 1 and 2, if the situation is egregious enough to warrant an immediate action.

NOTE: If the team that had the coach dismissed has no other coach in the technical area, then the referee must then abandon the match.

Coaches have recourse regarding a referee's performance via the Referee Evaluation Form or via a more formal complaint through the league.

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Spectators - Allowable Exceptions:

During the game:

1. Responding to a referee initiating a communication
2. Pointing out emergencies or safety issues

Penalties:

1st Infraction: Referee should stop the game and ask the coach to quiet the offending spectator(s).

2nd Infraction: Referee should stop the game, give a verbal warning to the coach, and tell the coach to warn the spectator that the next infraction will be an ejection or the referee will abandon the game.

3rd Infraction: The referee shall instruct the coach to dismiss the spectator from the field. The referee should abandon the game if the spectator does not leave the field.

NOTE: Members of the VRYSA Board of Directors can also issue these penalties.

Communications among players and referees are governed by the FIFA Laws of the Game.

Referee Support:

Everyone, especially coaches and assistant coaches, shall provide support to the referees at all times.

Coaches are responsible for assistant coaches', players', fans', and their own behavior.

Any coach who does not comply with a referee's request to deal with a fan shall be issued a misconduct as deemed appropriate by the referee.

Anyone responsible for the verbal or physical assault of a referee will be subject to review by the Board of Directors.

Any team that refuses to provide the name and address of the responsible person(s) for a verbal or physical assault on a referee will be subject to review by the Board of Directors.

Finally, it is and always will be the coach's responsibility for the safety of his/her players. The coach always has the authority to stop play and remove his team from the game (either temporarily or permanently) if he/she feels conditions are unsafe.

A parent (obviously) also has the authority to remove his/her child from an unsafe situation. If the situation warrants it, please do it, while also abiding by the zero tolerance policy.

IV. AMENDMENTS

1. The standing orders can be modified by the Board by a majority vote at regularly scheduled meetings.