

***PARKS AND RECREATION DEPARTMENT***  
***2020 ATHLETIC RULES AND POLICIES***

**YOUTH SOCCER RULES**

**City of Chesapeake**



**These Athletic Rules and Policies are approved by the Chesapeake Parks, Recreation and Tourism Advisory Board. They are in effect for the 2020 Sport Season. The new rules are identifiable by bold type.**

**EQUAL OPPORTUNITY STATEMENT**

**The Chesapeake Parks, Recreation and Tourism Department's programs and activities are open to all persons regardless of race, age, sex, religion, national origin, disability, color, genetic information, marital status or sexual orientation.**

**"If anyone believes he or she has been subjected to discrimination, he or she may file a complaint alleging discrimination with the Director of Parks, Recreation and Tourism or the Equal Employment Opportunity Specialist, Department of Human Resources, 306 Cedar Road, Chesapeake, Virginia 23322, telephone 382-6055.**

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## YOUTH SOCCER RULES

1.0 GOVERNING RULES - Virginia High School League rules will govern play with the exceptions covered herein.

1.1 PLAYER ELIGIBILITY - Players' ages will be determined by their ages as of:

Fall Soccer – **July 31<sup>st</sup>** of current year

Spring Soccer - March 31st current year

Age Categories:

Tiny Tot League ages 5-6

Teen League ages 14-15-16

Training League ages 7-8

Midget League ages 9-10

Junior League ages 11-12-13

If the participation is not great enough, the players may be divided into teams with three-year age increments citywide.

Eighteen-year-olds must be enrolled in secondary school at the time of registration.

1.2 TEAMS

A. Number of Team Members

1. Midgets and above leagues will normally consist of no more than 18 players assigned to the roster. Eleven players will participate as a fielded team.
2. Training leagues will normally consist of no more than 18 players assigned to the roster. Nine players will participate as a fielded team.
3. The Tiny Tot League will normally consist of no more than 14 players assigned to the roster. Seven players will participate as a fielded team.
4. In the event the Senior League or Super Senior League has insufficient registrations to support the 11 player format the league will use a 9 player format with no adjustments to field size. With this format the Senior League or Super Senior League will normally consist of approximately 15 players assigned to the roster.
5. Number of Coaches - There will be a limit of four coaches per team, one head coach and three assistant coaches. Those who are not coaches or players will not be allowed on the bench or playing field.

B. **DRAFTING RULES:**

1. Chesapeake Youth Soccer League uses a Horseshoe type draft for each league except TINY TOT and TRAINING leagues. New players in those leagues will be placed randomly on teams by the Athletic Staff.
2. All leagues will have the opportunity to evaluate and draft all participants, except for the TINY TOT and TRAINING. All players in all other leagues will be required to attend an Evaluation Day. During this time, all participants are given a number and then perform a number of routine skills. Coaches will observe the players and then evaluate them based on their ability. After the Evaluation Day is concluded, the coaches will meet with the Athletic Staff to execute the player draft.
3. Each team will receive the same number of players. Participants who sign up late may be added to teams that are a player short.
4. The picking order of the draft will be selected by random draw, immediately prior to the draft. If any league is split into divisions, all teams will draft in order, regardless of which division each team was placed. Draft format will remain the same.
5. The number of teams will be determined by the number of registered participants.
6. Teams must select a player and cannot pass if a player is available.
7. The sons/daughters of head coaches will be automatic picks in the draft and considered an "X" on the draft sheet.
8. Assistant coaches sons/daughters will be automatic first round draft picks. Only one assistant coach pick per team in the draft will be allowed.
9. The number of rounds in the draft depends directly upon the number of participants registered.
10. The draft will be conducted in the Horseshoe Style.

Example of a Horseshoe Style Draft

Team	1	2	3	4	5	6	7	8	9	10	
A	1	10	11		20	21	30	31	40	X	X

B	2	9	12	19	22	29	32	39	X	X
C	3	8	13	18	23	28	33	38	X	X
D	4	7	14	17	24	27	34	37	X	X
E	5	6	15	16	25	26	35	36	X	X

The X's represent the players that are returning to the team. Coaches **must call** all eligible players to verify which ones will be returning. (Note: All returning players must re-register each season). If doing a full re-draft, the only X's will be represented by Head and Assistant Coaches.

11. Eligible returning players who participated the previous season must re-register and participate in the Evaluation Day.
12. **All** new players in the MIDGET, JUNIOR, TEEN, and SENIOR leagues are required to participate in the draft. Any no-shows at Evaluation Day will be drafted after **all** participating players have been chosen (if there is availability left on teams).
13. Any player who does not like the team they are selected to must either play for that team or not participate. There will be no refunds once drafts are concluded. The Athletic Staff has the authority to allow a player to switch teams if it is determined such a change is necessary.
14. Brother/sister combinations will automatically be placed on the same team. Parents may request (for any reason) that siblings **not** be drafted to the same team. Note: If one sibling is returning and the other is new, the returning player will be designated by an "X" on the draft board and the new player will count as a draft pick.
15. There will be absolutely no trading or "swapping" of players for any reason once the draft night is concluded. Once a player is drafted or placed on a team he/she will remain on that team for the duration of the season, unless an unforeseen problem arises that must be resolved by the Athletic Staff. **Any coaches found guilty trading or using ineligible players after the draft will forfeit all games in which the ineligible player participated, be removed for from all coaching responsibilities ( all sports) for a minimum of one year and the offending team will be ineligible for any regular season trophy or participation in any post season games. Once the draft is concluded and no other special circumstances are acknowledged, there will be no swapping or trading of players for any reason. If a trade is proposed for a special**

**circumstance during the draft, and the Athletic staff concurs, all head coaches must approve the swap by majority vote. No swaps or trades can be made after the draft is concluded!**

16. Requests to play on certain teams for any reason (friends, transportation, etc.) **WILL NOT BE HONORED** by the Chesapeake Parks, Recreation and Tourism Department. All new players must play on the team by which they were drafted or placed by the League Coordinator.
- C. Fall and Spring Soccer - The two seasons are separate programs in regards to player/team assignments; however a player will automatically be placed on the same team in the fall that he or she played on in the spring program as long as there are no change in eligibility and he/she desires to stay on the same team. All new players, players who age up, or players who desire a change, will not count as a returning player and must attend Evaluation Day. Each spring all teams will be redrafted.

### 1.3 SCHEDULES

- A. Games Schedules - Games shall be played in accordance with the schedule set by the Parks and Recreation Department. Tiny Tot and Training Leagues will play as close to 8 games as possible. All other leagues will play as close to 8 games as possible.
- B. Team Standings - Game scores and team standings will not be kept in the Tiny Tot and Training Leagues. There will be no forfeits in Tiny Tot or Training Leagues.

### 1.4 PRACTICES

- A. Tiny Tots
  1. Practice Limits - Teams are limited to two (2) one-hour practice sessions, including chalkboard sessions, within a calendar week if field space or lighting permits. Teams may have a 15 minute off field warm-up before practice and a 15 minute team meeting after practice off the field or a thirty (30) minute before practice off field warm-up.
  2. If teams have one game within a calendar week, they are limited to one (1) one-hour practice session. If teams have two games within a calendar week they may not practice. Practices are not permitted on the same day as a scheduled game unless the game was postponed on that day. On school nights, practice is no later than 8 p.m. Teams are limited to two (2) one-hour outings per week including practices and games.
- B. Training and Above

1. Practice Limits – Teams are limited to three one (1) one-hour practice session, including chalkboard sessions, within a calendar week if field space or lighting permits. Teams may have a 15 minute off field warm-up before practice and a 15 minute team meeting after practice off the field or a thirty 30 minute before practice off field warm-up.
2. If teams have one game within a calendar week, they are limited to two one (1) one-hour practice sessions. If teams have two games within a calendar week, they are limited to one (1) hour practice session. Practices are not permitted on the same day as a scheduled game unless the game was postponed on that day. Training players are to practice no later than 8 p.m. Midget players are to practice no later than 8:30 p.m. Junior players are to practice no later than 9:00 p.m. The Teen, Senior and Super Senior players are to practice no later than 10 p.m. Teams are limited to three (3) outings per week which include practices and games.

## 1.5 PLAYING RULES

### A. Player Participation

1. Each player is required to start and finish two full periods of each game without interruption except in the case of injury, illness, or other emergency situation. There will be no substitutions in the first and second periods except in the case of injury, illness, **caution\*** or ejection. These players must be brought to the attention of the athletic staff. **Athletic staff must confirm and inform opposing coach.** During the third and fourth quarters, players who have played their two full quarters of playing time may enter the game as a substitute or be substituted for. Participation does not have to be in consecutive quarters.
 

\* Caution: A player issued a yellow card for a caution must leave the field of play and may return at the next legal substitution opportunity.
2. A coach who has a player arrive after the start of the game but prior to the start of the third quarter must play him or her in two full quarters of playing time. However, if a player arrives after the start of the third quarter, the coach has the option to play this player or not in the fourth quarter. If the tardy player is placed in the game at the beginning of the quarter, he/she cannot be replaced unless an injury occurs.
3. Penalties- any violation of the required playing time rule will result in forfeiture of the game to be determined by the department at a later date. The game in question will be played in its entirety except for tournament play when a decision will be made at the field.

- B. Minimum Players to Start - Teams may start and finish with a minimum of seven players but when additional players arrive, they must enter the game immediately. Training teams may start with a minimum of seven players, but when the eighth or ninth player arrives, he or she must enter the game immediately. Tiny Tot teams have no minimum to start however; both teams will play with a balanced number for example, 6 vs. 6 or 5 vs. 5.
- C. Female Block - Girls will be allowed to hold their arms over their chests for protection. Judgment on the move will be called by the officials.
- D. Kick off - The winner of the coin toss will have the privilege of electing to kick off from the center circle or choice of goal. The loser of the toss will take the choices left by the winner of the toss. The team who elects to kickoff starting the first quarter would alternate kickoffs on the second and fourth quarters.
- E. Out of Bounds - At any time when the whole ball crosses the boundary lines, it will be put into play by a corner kick, a goal kick spotted on the front line of the goal box by the defensive team, or by a regulation sideline throw in.
- F. Scoring - A goal (one point) will be scored for a team each time the whole ball legally passes between the opponent's goal posts and under the crossbar.
- G. Handling (use of hands and arms) - Intentional use of the hands or arms on the ball is prohibited at all times by all players, except the goalie. A direct free-kick will be awarded at the point of touching unless the player is on the defensive team inside his or her own penalty area, in which case the act will be ruled a penalty kick.
- H. Goalie Privileges - A goalie may use his or her hands in any way to stop, pick up, or kick the ball as long as he or she remains inside the penalty area. Outside this area the goalie plays just like other players with no extra privileges. **Tiny Tot division goalie is not a required position; coaches have the option to play an additional player on the field.**
- I. Direct Free-Kick - The following offenses are penalized by a direct free-kick at the point of the foul. The ball may be kicked in any direction and a goal may be scored on this kick.
  - 1. Handling the ball with hands or arms.
  - 2. Holding an opponent.
  - 3. Placing hands or arms on an opponent in an effort to reach the ball.
  - 4. Pushing, striking at, attempting to kick, or attempting to trip an opponent.
  - 5. Jumping at an opponent.
  - 6. Charging an opponent from behind or using the knee on an opponent.
  - 7. Charging a goalie in the penalty area unless he or she is obstructing an opponent.
  - 8. Handling the ball by goalie outside the penalty area.

Exception: All free kick infractions in Tiny Tot & Training will result in an indirect free kick.

- J. Indirect Free-Kick - The following offenses are penalized by an indirect free-kick. The goal may not be scored on this kick unless the ball is touched or played by a player other than the kicker, before going through the goal.
1. A player playing the ball a second time before it has been played by another player on the kickoff, kick-in corner kick or goal kick, or if the ball has passed outside the penalty area.
  2. Ball not kicked forward on a penalty kick.
  3. Goalie carrying the ball for more than six seconds within the penalty area.
  4. Unsportsmanlike conduct.
  5. Offside.
  6. Interfering with goalie or impeding him in any manner until he clears the ball.
  7. A goalkeeper touches the ball with his/her hands after being deliberately passed/kicked to by a teammate. This does not apply to Tiny Tot and Training Leagues.
- K. Penalty Kick - A penalty kick will be awarded for any infringement of rules ordinarily requiring a direct free-kick if the infringement is committed by a defending player within the penalty area. The penalty kick is taken from any spot on the penalty mark and all players except the kicker and the goalie must be outside the penalty area.  
*Exception:* Tiny Tot and Training leagues will receive an indirect free kick instead of a penalty kick. This kick will be made from the corner of the penalty box nearest the point of the infraction. Offensive and defensive players may be in the penalty area.
- L. Goal Kick - When the offensive team forces the whole ball across the goal line, and not between the goal uprights, the ball will be put in play anywhere in the goal area by the defensive team.
- M. Corner Kick - When the whole ball is caused to cross the goal line but not between the goal uprights by a member of the defending team, it will be put into play by the offensive team by a corner kick within the quarter circle at the nearest corner.
- N. Coaching - All coaches will remain in the designated area on their respective side of the field during the game. Exceptions: A coach in the Tiny Tot and Training League may be positioned directly behind the soccer goal between the goal area lines extended.

- O. **Heading in the Tiny Tot, Training and Midget leagues will NOT be allowed.**  
Penalty: Indirect Free Kick at the point of the infraction.
- P. Off-Sides - This will not be enforced in Tiny Tot and Training Leagues unless a clear advantage or disadvantage is apparent to the official.
- Q. Slide tackling in the Midget League and below will not be allowed. Penalty: Indirect Free Kick at the point of the infraction.
- R. Throw-In
1. A throw-in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.
  2. The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands (unless a physical impairment would limit use to one hand) and shall deliver the ball from behind and over the head in one continuous movement.  
  
Penalty: Throw-in awarded to the opponent from the spot of the foul.
  3. An opponent shall neither interfere with nor in any way impede the actions of the throw-in while the throw-in is being taken.  
  
Penalty: An official shall administer a caution for unsportsmanlike conduct.
  4. On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player.  
  
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
  5. If, on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the infraction

## 1.6 GAMES

### A. Length of Games

Tiny Tot League	8 minutes per quarter
Training League	8 minutes per quarter
Midget League	10 minutes per quarter
Junior League	10 minutes per quarter
Teen Leagues	12 minutes per quarter
Senior League	12 minutes per quarter
Super Senior League	12 minutes per quarter

- B. Grace Periods – There will be no grace period.
- C. Pauses between quarters and halves - There will be a two-minute period between quarters. The time between halves will be five minutes, for all leagues.
- D. Ties - Games ending in a tie will remain tied contests.
- E. Play-Off /Tournament Games - If this game is tied at the end of regulation time a shootout will be held. In the shoot-out, a coach can choose any 5 players, including the goalie, to kick. The shoot-out round consists of 5 kicks (1 kick per player) per team. The rounds will continue until a winner is determined. At the end of a round, a coach may change players or keep the same ones. A flip of the coin will determine who kicks first. The shoot-out will remain at the same goal area.
- F. In the event a game must be suspended because of conditions which make it impossible to continue to play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game will be rescheduled from the start. If the score is tied after being declared an official game, the game will remain a tie during regular season play. During tournament play if the score is tied after being declared an official game the game will be rescheduled using the shoot-out format.
- G. Cancellation of Games After Start - After a game has started the weather and field conditions will be judged by the referees. If a game is halted due to rain or other adverse conditions, teams must not leave the park for 15 minutes. Referees will make a definite decision whether the game will be continued or canceled. If the referees decide to continue the game and either of the teams have left or are not ready to play at the end of the 15-minute period, the team at fault will forfeit. Games will not be permitted during a drizzling rain which, in the opinion of the referees or Parks and Recreation officials, will be unsafe or could affect the lights.

## 1.7 EQUIPMENT

- A. Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable.

Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. No metal/aluminum cleats are acceptable.

- B. Shin guards - Use of shin guards is required, either commercial or custom made shin guards deemed safe by the game officials. All players must wear shin guards under their stockings. Shin guards will not be furnished by the Parks, Recreation and Tourism Department.
- C. Soccer Balls – Practice and game balls will be provided by the Parks, Recreation and Tourism Department. The sizes to be used are as follows:
 

Tiny Tot & Training League	#3
Midget & Junior League	#4
Teen, Senior & Super Senior	#5
- D. Jerseys- Players shall wear the game jerseys supplied by the city. If a player does not have the issued jersey, a temporary substitute jersey may be worn without numbers that does not conflict with the color of the opposing team’s, referee’s or goal keeper’s jersey. The referee shall be informed of the temporary shirt prior to the game.
  - 1. Players may wear long sleeve or short sleeve undergarments that do not conflict with the referee or goal keeper’s jersey.
- E. Shorts- Shorts or long pants are approved in any color that has no belt loops or buckles. Shorts or pants with pockets are acceptable.

1.8 PLAYING FIELDS

- A. Field Sizes - As close as possible, pending available facilities.

Tiny Tot League	25 yd. x 50 yd.
Training League	40 yd. x 80 yd.
Midget, Junior & Teen	50 yd. X 100 yd.
Senior & Super Senior League	50 yd. x 100 yd.

- B. Goal Sizes - As close as possible, pending goal availability and field conditions.

<u>Fields</u>	<u>Goals</u>
25 yd. x 50 yd.	6'6" high x 12' wide
40 yd. x 80 yd.	6'6" high x 18'6" wide
50 yd. x 100 yd.	8' high x 24' wide

1.9 POST-SEASON SCHEDULE ADDITIONS

Teams may participate in a city/wide playoff schedule or city/wide tournament set up by volunteer associations to establish league city-wide champions in the fall season only since the department sponsors a spring post season tournament.