



2022 Fall Youth Soccer Rules and Policies

**Chesapeake Parks, Recreation, and Tourism
1224 Progressive Dr. ▪ Chesapeake, VA 23320
Athletics Office - (757) 382-6411 ▪ Athletics Weather Hotline – (757) 382-6400**

YOUTH SOCCER RULES

GOVERNING RULES - FIFA Laws of the Game as Modified by U.S. Youth Soccer will prevail other than the exceptions listed in this publication. Chesapeake Parks, Recreation & Tourism may issue addendums and clarifications to these rules. No other local league rule exceptions will be allowed.

AGE GROUPS / ROSTERS

- U6 ages 5-6
- U8 ages 7-8
- U10 ages 9-10
- U13 ages 11-13
- U16 ages 14-16

PLAYER ELIGIBILITY - Players' ages will be determined by their ages as of July 31st of current year

- U-6: 4v4 (No Goalkeepers)
- U-8: 5v5 (Including Goalkeepers)
- U-10: 7v7 (Including Goalkeeper)
- U-13: 11v11 (Including Goalkeeper)
- U-16: 11v11 (Including Goalkeeper)

TEAMS

- Number of Team Members - Each team will have the following number of players on the roster:
 - U-6 (5 minimum / 8 maximum)
 - U-8 (6 minimum / 10 maximum)
 - U-10 (8 minimum / 14 maximum)
 - U-13 (12 minimum / 22 maximum)
 - U-16 (12 minimum / 22 maximum)
- **Team Composition**
 - Eligible returning players who participated the previous season must re-register and participate in the Evaluation Day (if scheduled).
 - Any no-shows for Evaluation Day will be drafted or assigned after all participating players have been chosen (if there is availability left on teams).
 - Any player who does not like the team they are selected to play on must either play for that team or not participate. There will be no refunds once teams are assigned. Only Athletic Staff has authority to allow a player to switch teams if it is determined such a change is necessary.
 - Brother/sister combinations will automatically be placed on the same team. Parents may request (for any reason) that siblings not be placed on the same team.

- There will be absolutely no trading or "swapping" of players for any reason once teams are assigned. 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 of trading or using ineligible players after the draft will forfeit all games in which the ineligible player participated, be removed 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 teams are assigned and no other special circumstances are acknowledged, there will be no swapping or trading of players for any reason.**
- 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 players must play on the team by which they were drafted or placed by the League Coordinator.
- Fall and Spring Soccer - The two seasons are separate programs regarding player/team assignments.

EQUIPMENT

- 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 goalkeeper's jersey. The referee shall be informed of the temporary shirt prior to the game.
- Players may wear long-sleeved or short-sleeved undergarments that do not conflict with the color of referee or goal keeper's jersey.
- We encourage coaches to ask the children to wear black shorts (no pockets) and long soccer socks to games (either all white/black, or the color of the jersey preferred). Long pants are permissible. Pants and shorts cannot have any belt loops or buckles.
- Shin guards must be worn by all players and must be covered by long socks. Shin guards will not be furnished by the Parks, Recreation and Tourism Department.
- Shoes must be either rubber molded cleats or sneakers. "Toe" cleats are not permitted. No metal/aluminum cleats are acceptable.
- Game balls will be provided by the Parks, Recreation and Tourism Department for game play only, not to be used for warm up practice. Size #3 ball will be used for U6 and U8. U10 and U13 will use a size #4, and U16 will use a size #5.
- An official may ban any equipment that is deemed as unsafe, dangerous, or illegal. No Jewelry: this includes hard plastic hair accessories. Hair accessories may be covered with a tight-fitting cap which conceal the accessories in question. The official will make final equipment determinations.

SCHEDULES

- **Games Schedules** - Games shall be played in accordance with the schedule set by the Parks, Recreation and Tourism Department.
- All age groups will play a minimum of 8 games.

LEAGUE STANDINGS

- Game scores and team standings will not be kept in the U6 and U8 Leagues.
- Tie Breaking Criteria for Standings:
 - Head-to-Head result(s) between teams tied.
 - If teams split in head-to-head games, goal differential in those games will be used.
 - If teams are still tied, goal differential in all league games for the teams tied will be used. Goals against each team will be used.
 - After first place team has been determined, revert back to #1 to determine second places from remaining tied teams.
- **Point System:** Win = 3 Points, Loss = 0 Points, Tie = 1 Point. Forfeits will count as a 3-0 result.

PRACTICES

- **U6 and U8 Leagues** - 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 pre practice off-field warm-up.
 - 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 should end no later than 8 p.m. Teams are limited to two (2) one-hour outings per week including practices and games.
- **U10 and Older Age Divisions** - Teams are limited to two (2) 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.
 - If teams have one game within a calendar week, they are limited to one (1) one-hour practice sessions. Practices are not permitted on the same day as a scheduled game unless the game was postponed on that day. All ages are not to practice any later than 8:30 p.m.
- **Coaching** - Teams are allowed two coaches on the bench during the game. All coaches will remain in the designated area on their respective side of the field during the game.
- **Number of Coaches** - There will be a limit of four coaches per team, one head coach and three assistant coaches. Anyone who is not a coach or player will not be allowed on the bench or playing field.
- Exception: A coach in the U6 league may be positioned on the field for instructional purposes, however one coach must remain with the players on the bench for supervision and safety.

GAMES

- **Length of Games**
 - U-6: Four 8-minute quarters (2-minute break between quarters and a 5-minute half-time.)
 - U-8: Four 10-minute quarters (2-minute break between quarters and a 5-minute half-time.)
 - U-10: Four 12-minute quarters (2-minute break between quarters and a 5-minute half-time.)
 - U-13: Four 15-minute quarters (2-minute break between quarters and a 5-minute half-time.)
 - U-16: Four 20-minute quarters (2-minute break between quarters and a 5-minute half-time.)
- **Grace Periods** – There will be no grace period.
- **Ties** - Games ending in a tie will remain tied contests.
- **Suspended Games** - 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 two quarters or more of the game have 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.
- **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. At that time, 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.

PLAYING RULES

- All age groups: the official time and score will be kept on the field by the referee.

League	Roster Size	# Players on field during game	Length of Quarters	Ball Size	Field Size (L x W)*	Goal Size*
U-6	5 - 8	4	4x8min	3	30 x 20 yds	4ft. x 8ft.
U-8	6 - 10	5	4x10min	3	30 x 20 yds	4ft. x 8ft.
U-10	8 - 14	7	4x12min	4	60 x 40 yds	6ft. x 18ft.
U-13	12 - 22	11	4x15min	4	110 x 70 yds	8ft. x 24ft.
U-16	12 - 22	11	4x20min	5	110 x70 yds	8ft. x 24ft.

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

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

- **Player Participation** - Each player is required to start and finish two full quarters 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.*

- In the U8 age group, a player may only play as the goalkeeper for one quarter of the game. Each player then must participate as a field player for an additional quarter.
- If a player arrives after the start of the game but prior to the start of the third quarter the coach must play him or her for 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.
- **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.
- **Starting Line Ups (All Divisions)** - Teams may start and finish with a minimum of three players in the U-6 division, a minimum of four players in the U-8 division, a minimum of five in the U-10 division, and a minimum of nine players in the U-13 and U-16 divisions, but when additional players arrive, they must enter the game immediately.
- **Start and Restart of Play** - 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 and halves on the second and fourth quarters.
- **Kick offs** - All players, except the player taking the kick-off, must be in their own half of the field of play. The opponents of the team taking the kick-off must be at least 10 yards from the ball until it is in play. The ball must be stationary on the center mark. The referee gives a signal, and the ball is in play when it is kicked and clearly moves. The ball may be kicked in any direction. If the player taking the kick-off touches the ball again before it has touched another player, an indirect free-kick for a deliberate handball is awarded.
 - After a team scores a goal, the kick-off is taken by their opponents
 - Note: A goal may be scored directly against the opponents from the kick-off.
 - In the event of any other infringement of the kick-off procedure, the kick-off is retaken.
- **Hand Balls** - 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 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.
- **Goalkeepers** - A goalkeeper 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 and will have six seconds to distribute the ball after making a save. When outside the penalty area, the goalkeeper plays just like other players with no extra privileges.

*Note: There are no goalkeepers in the U6 age group. Players cannot “act” or “resemble” a goalkeeper. All players need to be encouraged to participate. Having players held back near the goal to play a more “defensive” position is not appropriate and will not be allowed.

- **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.
 - Handling the ball with hands or arms.
 - Holding an opponent.
 - Placing hands or arms on an opponent in an effort to reach the ball.
 - Pushing, striking at, attempting to kick, or attempting to trip an opponent.
 - Jumping at an opponent.
 - Charging an opponent from behind or using the knee on an opponent.
 - Charging a goalie in the penalty area unless he or she is obstructing an opponent.
 - Handling of the ball by a goalkeeper outside the penalty area.

*Exception: All free-kick infractions in U6 and U8 will result in an indirect-free kick.

- **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.
 - 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.
 - Ball not kicked forward on a penalty kick.
 - Goalie carrying the ball for more than six seconds within the penalty area.
 - Unsportsmanlike conduct.
 - Offside.
 - Interfering with goalie or impeding him in any manner until he clears the ball.
 - A goalkeeper touches the ball with his/her hands after being deliberately passed/kicked to by a teammate. This does not apply to U6 and U8 Leagues.

- **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:* U6 and U8 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.

- **Goal Kick** – A goal kick is awarded when the offense kicks the ball over the opponents’ goal line. The ball must leave the goal area to be in play or the kick is retaken. U6 and U8 will use kick-ins instead of goal kicks.

- **Heading** - Heading in the U6, U8 and U10 leagues will **NOT** be allowed. Penalty: Indirect free-kick at the point of the infraction.

- **Offside** - A player is offside when he/she is in the opponent’s half of the field, nearer the goal than the second to last defender and/or the ball and involved in play. Offsides is not called for U6 and U8 age groups. Offside is enforced for ages U10 and up.
 - **Slide Tackling** - Slide tackling in the U6 and U8 age groups will not be allowed.

- Penalty: Indirect Free Kick at the point of the infraction.
- **Throw-In's/Kick-In's**
 - A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.
 - 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 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.
 - 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.
 - 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.
 - 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.
 - U6 division: Will use Kick-in's in place of throw-in's. The ball should be placed on the touchline prior to kick.
 - U8 division: A kick-in or throw-in may be used as preference by the player at the time of the play.
 - All divisions U10 and Up: Must use throw-in's
- **Red and Yellow Cards** - Any player who is issued a yellow card for a caution must leave the field of play immediately and may return at the next legal substitution opportunity. Any player to receive two yellow cards in one game will be issued a red card and may not return to the game. Their team will also have to play a man down. A red-carded player is required to leave the field of play and must take no further part in the game. The player cannot be replaced during the game; the team must continue the game with one less player. If a goalkeeper receives a red card, a field player must be substituted out for another goalkeeper.
 - A player's third yellow card in a season, and every yellow card thereafter in that season, will result in a suspension and they will miss the following week's games. A player that receives multiple red cards in a season may face a one-year suspension or expulsion from the league.

Weather and Field Conditions

- **Cancellation of Games Prior to Game Time** - If there is any inclement weather, please call the Athletics weather hotline (382-6400). Games will not be canceled because of threatening weather.
- **Lightning Procedure** – If a lightning strike is seen by an official, the field should be cleared, and a 30-minute delay will go in effect before play can resume. The 30-minute clock will restart if there are any other lightning strikes. If the delay lasts longer than 30 minutes the game will be postponed and made up at a later date, resuming from where the game was delayed. If a lightning delay is in effect before the start of the game and the delay would cause the game to start more than 15 minutes late, that game will be postponed.
- **Cancellation of Games After Start** - After a game has started the weather and field conditions will be judged by the officials and staff. If a game is halted due to rain or other adverse conditions other than lightning, teams should not leave the park for 15 minutes. Referees and staff will make a definite decision whether the game will continue or be canceled. If the officials 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 officials or Parks, Recreation and Tourism staff, will be unsafe or could affect the lighting.

PLAYER, COACH, AND FAN CONDUCT

- **Standards of Behavior** – Adults must conduct themselves in a manner that displays acceptable and appropriate behavior as examples for our youth to follow in the form of good sportsmanship and showing respectfulness towards others. Coaches, parents, spectators, scorekeepers, and officials are subject to these standards of behavior, or they may be asked to leave an athletic facility by an athletic staff person and/or a game official.
 - No profanity or abusive language
 - No antagonizing, taunting, intimidating or distraction of players on any team
 - No shouting at game officials or athletic staff
 - No demeaning, belittling or unsportsmanlike remarks towards game officials
 - No physical disciplinary action towards your child at athletic facilities
 - No being under the influence of, or consumption of, alcoholic beverages or drugs at athletic facilities on school or city property
 - No use of tobacco products in community centers or in school facilities.