



Northern Virginia Soccer Club Policies and Operating Procedures

August 31, 2011

The following policies, operating procedures, rules of competition and modifications to the Laws of the Game pertain to all in-house age groups. Modifications and operating procedures for the Suburban Friendship League (SFL) supersede the rules and modifications contained herein – see www.sflsoccer.org.

GENERAL:

The goal of the Northern Virginia Soccer Club (NVSC) is to provide an atmosphere where our kids can have fun, learn sportsmanship, and develop their soccer skills. NVSC is a nonprofit, volunteer soccer league with an instructional in-house program and a travel (select) program. NVSC has incorporated, where feasible, the recommendations from both US Youth Soccer Association (USYSA) and Virginia Youth Soccer Association (VYSA) into the following policies and procedures.

It is the responsibility of each member and each player to conduct him/herself in such a manner as to comply with all the policies and procedures of NVSC that have been developed in accordance with USYSA and VYSA guidance. Any member or player acting in any manner on or off the playing field which brings disrepute to NVSC or disrupts or impairs its operation shall be subject to reprimand, suspension, or expulsion upon a recommendation of the Executive Board.

MATCH COMPETITION:

Coaches must avoid running up the score. In the event of an excessive goal differential (+5 or greater) in his/her team's favor, the coach shall be responsible for reporting to his/her Age Group Commissioner actions taken during the match to limit the differential. Violations of this rule may be viewed as not keeping with the spirit of the game and considered unsporting behavior. Penalties to a coach for disregard or repeated violations to this rule include, but are not limited to, suspension from the next match or dismissal as a coach.

KID-SAFE:

All Coaches, Assistant Coaches, and Team Managers are required to fill out a KID-SAFE Form. Using the information provided on this form, a background check will be conducted in accordance with VYSA procedures.

PRACTICES:

Each season NVSC has field permits available for designated parks/schools in Prince William County. Please keep your permits available during practice in case you are questioned about field usage. Practice space will be assigned by the club based upon the practice requests submitted by coaches. Practices should fall within the following time guidelines for each division: U4, U5 and U6 (60 minutes of practice per week), U7 and U8 (2 hours of practice per week), U9, U10, U11 and U12 (2 1/2 hours per week). In weeks where make-up games are played, these practice times are to be cut in half, to accommodate the added game for that week.

GAME DAYS/GAMES:

Both teams are to help with field set-up, take down and marking. The first two teams scheduled to play on each field are responsible for setting up the goals (if portable goals are used), nets, and flags as well as ensuring the field markings are visible. Marking equipment and paint are available in the sheds.

At the end of the day (after the last game of the day), both teams are responsible to take down the field, which includes: putting away the portable goals, nets and flags. Goals that breakdown should be put in their respective bag, as well as the nets. All equipment should be put away neatly in the appropriate shed. Please arrive early enough to allow sufficient setup time such that the game is started on time.

It is important to anchor all goals. "J" stakes are available in the equipment sheds – front and back. A minimum of two stakes per side, per goal shall be used. No games shall be played in which a goal is not securely anchored to the ground.

RAIN DATES/POSTPONEMENTS:

The decision to open or close fields is made by the Prince William County Park Authority (PWCPA). Check the NVSC website for the best information related to field closure. The back of the Field Permits also has the phone number to call – note that each field (or group of fields) have their own extension. Field closing pertains to game days and practice days. The decision to close the fields on game days normally occurs by 7 AM. It is up to each coach to check the NVSC website or Park Authority phone line to see if the fields are open or closed. During weekdays, the PWCPA will provide information on the fields after 3 P.M. If the fields are closed, you cannot practice on the fields.

If fields are closed at 7AM on game day, all games are canceled even if the fields are re-opened at 12PM (noon). If the fields are open at 7AM on game day and are closed at 12PM (noon), the games scheduled to start after 12:00 PM are canceled. All house games cancelled due to field closure will be rescheduled.

RESCHEDULING GAMES:

No games will be rescheduled except for rainouts. Saturday games that have been rained out will be rescheduled for Sunday of the following weekend for the same time and field as originally scheduled. Games cannot be rescheduled for convenience of the coaches or players. If a coach cannot attend a game, it is incumbent on the coach to request his/her assistant coach or parent to coach the game.

PLAYING TIME:

It is an NVSC policy that all players shall have equal playing time and/or at a minimum one half. The primary consideration for playing less should only be as a direct request from the player or parent. Our goal is to maximize playing time for all players. Before a player is not allowed to play or playing time is limited for disciplinary reasons, the coach shall inform the Age Group Commissioner and the player's parents or guardian. Don't penalize a child for showing up late to practice, often in this area it can be difficult with traffic to show up on time. A time that is convenient to you may not be convenient to another. Arriving late for games is a different matter – in all instances be FAIR. See Rules of Competition section e) for more detail.

ALL-STAR TEAMS:

NVSC coaches must submit an application in order to be considered for an All-Star Coach. A cutoff date is established at the beginning of each season, and all applications must be received by that time. The number of teams per age group will be determined by interest of the players in that age group. Guidelines for multiple teams: One team per age group unless the first team is full (based on the showing at tryouts); then a second team will be considered. Try-outs will be advertised on the fields and via email. A minimum of two try-outs will be held for each team at the convenience of the coach. A player may only play on one All-Star Team in their age group. The cost varies for each season depending upon the number of teams entering. NVSC tries to subsidize as much of the cost as possible. Costs for each of these teams are; tournament fees, All-Star uniforms, and tournament patches. A house team may participate in any of the all-star tournaments, but will be required to pay their own way. NVSC does not financially subsidize participation by individual teams – only All-Star teams. All All-Star teams are required to purchase the NVSC All-Star uniform and patches for trading.

COACH AND PLAYER TRAINING:

NVSC provides its coaches with training through 1) the VYSA Joint Coaching Program, hosting coaches clinics for E, F, and D licenses, 2) hosting pre season/in season clinics (non-license) for continuing coaching education, and 3) via the content available on the NVSC website Coaches Corner <http://www.novasc.org/CoachesCorner>. These player and coach educational resources are open to any registered NVSC player or coach. House coaches may apply for financial support for an E, F, or D license and requests will be reviewed by the NVSC Board on a case-by-case basis.

USE OF UNREGISTERED PLAYERS:

Under no circumstances shall a NVSC coach use a player who is not registered with the club, nor use a player that has not signed the club waiver on the registration form. Roster checks may be performed periodically during the season.

RULES OF COMPETITION:

All competition, except where noted, sanctioned by the Northern Virginia Soccer Club (NVSC) shall be conducted in accordance with the Federation Internationale de Football Association (FIFA) Laws as modified by NVSC:

A. General

- a) FIFA Laws of the Game are modified for house soccer and the Laws may change with each age group
- b) All matches shall be played on the fields assigned by the NVSC Executive Board. Each team must occupy opposite touchlines; the home team has the choice of side.
- c) **All Goals Must** be secured to the ground before the match begins.
- d) Unless otherwise approved by the Executive Board of NVSC, the following table reflects:
 - o The ball size required for a match (Law II)
 - o The number of players on the field, maximum and minimum, required for a match (Law III)
 - o Duration of the match (Law VII)

Age Group	Players		Ball	Duration	Breaks
	Max	Min			
U4	3	3	3	6 min quarters	5 min @ half / 2 min @ qtr
U5/U6	4	3	3	8 min quarters	5 min @ half / 2 min @ qtr
U7/U8	5	4	3	12 min quarters	5 min @ half / 2 min @ qtr
U9/U10	7	5	4	25 min halves	5 min @ half
U11/U12	9	6	4	30 min halves	5 min @ half
The Max/Min number of players includes the goal keeper – No goal keeper for U4 thru U8					

- e) All eligible players shall play a minimum (or the equivalent) of one half of the match; However, no player shall play more than three-fourth (3/4) of a match unless all other players will have played at least three-fourth (3/4) of the match; unless there is an injury, disciplinary issue, or a request from a player or a parent to play less.
- f) Referees and Coaches are required to control the sidelines
- g) For the U4 – U6 age groups, two coaches will be allowed on the field when the ball is in play.
- h) During the match everyone on the touchlines (sidelines) to include coaches, spectators, players and substituted players shall:
 - o Not be closer than one yard from the touchlines (sidelines)
 - o Not be allowed goal side of the 18 yard line (must remain between the penalty areas)
 - o Be prohibited from being behind the goals and goal line
- i) Sportsmanship rule: If the goal differential is more than 4 goals, the leading coach must adjust to limit goal disparity (pull players, change positions, etc.). It is NVSC policy that the leading coach has the responsibility to make adjustments to help prevent the differential from increasing. Referees should remind the coach of this policy anytime the goal differential becomes +5 and each time it increases above 5.
- j) Players - no jewelry or uncovered hard casts are permitted; shin-guards must be worn under the stockings and covered; shoes may not have toe cleats

- k) All age groups will reduce to equate to no fewer than the minimum number of players for a match. Even when players are officially disqualified, all matches will be played with an equal number of players per team on the field (a coach with a player receiving a red card (Send Off) may substitute for that player during the match, the match will continue with no fewer than the minimum number of players, even if a player is disqualified)
- l) Substitutions must be made at midfield and with the consent of the referee. Substitutions will be unlimited for all age groups and shall be done in accordance with the following:
 - o Prior to a throw-in - the team in possession may substitute. The team not in possession can only substitute if the team in possession substitutes player(s).
 - o Prior to a goal kick - either team may substitute
 - o After a goal - either team may substitute
 - o At half time - either team may substitute.
 - o Injury - if the referee stops play for an injury, the injured player may be substituted. If a coach/parent enters the field of play during the stoppage to attend to a player other than the goal keeper, the player must be substituted. If the substitution occurs, the opposing team may also substitute one player.
 - o When a player receives a caution (yellow card), the coach may substitute for that player. The other team may also substitute one for one. The cautioned player may return at the team's next substitution.
- m) In the U4 through U8 age groups, there will be no goal keepers. For U7 and U8 age groups, players may be designated as defenders, but may not remain in the goal area when the ball is in the opponents' half of the field.
- n) For U8 and younger, no cards shall be shown for misconduct.
- o) No slide tackles are allowed for age groups younger than U12.

B. U4 – U6 Modifications – Summary (see Full Modifications below for more detail)

Law 2	The Ball: Size three (3)
Law 3	Players: 4 max - 3 min (no goal keeper) For U4 games 3 max - 3 min Substitutions are allowed at any time
Law 4	Players Equipment: Shall consist of a jersey, shorts, stockings, soccer cleats or turf shoes and shin-guards. Shin-guards are mandatory. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this Law. Without exception no jewelry is allowed to be worn. No hard casts are allowed. No dangerous equipment is allowed.
Law 5 & 6	Referee and Assistant Referee: No referees are provided for these age groups
Law 7	Duration: 8 min quarters (2 min quarter breaks and 5 min half) For U4 games - 6 min quarters
Law 8	Start of Play: Kick off is indirect (may not score from kickoff without touching another player first).
Law 9	Ball in and out of Play: Restart of play after ball crosses the touchline (sideline) for U4 and U5 is a kick in. For U6 games throw-ins are allowed.
Law 10	Method of Scoring: FIFA Law applies – no modification
Law 11	Offside: None

Law 12	Misconduct: Normal fouls are not called unless play is dangerous or reckless.
Law 13 & 14	Free and Penalty Kicks: No free kicks for U4 and U5 age groups. For U6 age group, all free kicks are indirect. No penalty kicks for these age groups.
Law 15	Throw-In: For U6 age groups throw-ins are allowed. Quick restarts, no correction for improper throw-ins. No throw-ins for U4 and U5 age groups – Kick-ins or coach rolling in the ball replace throw-ins.
Law 16 & 17	Goal and Corner Kicks: Return the ball quickly back into play. Ball may be kicked by player or rolled by coach back into play.
General Notes	Slide tackles are not allowed for these age groups.

C. U7 & U8 Modifications – Summary (see Full Modifications below for more detail)

Law 2	The Ball: Size three (3)
Law 3	Players: 5 max - 4 min (no goal keeper) Substitutions – See general information paragraph (k) above.
Law 4	Players Equipment: Shall consist of a jersey, shorts, stockings, soccer cleats or turf shoes and shin-guards. Shin-guards are mandatory. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this Law. Without exception no jewelry is allowed to be worn. No hard casts are allowed. No dangerous equipment is allowed.
Law 5 & 6	Referee and Assistant Referee: Center referee only – No Assistant Referees
Law 7	Duration: 12 min quarters (2 min quarter breaks and 5 min half)
Law 8	Start of Play: Kick off is indirect (may not score from kickoff without touching another player first). Kicker may not touch the ball twice.
Law 9 & 10	FIFA Law applies – no modification
Law 11	Offside: None
Law 12	Misconduct: No cards shall be shown. The referee will explain to the coach the reason a player must be substituted in the event of misconduct (i.e. striking, spitting, persistent infringement, etc...)
Law 13 & 14	Free and Penalty Kicks: All free kicks are indirect. There are no penalty kicks, an indirect free kick shall be awarded in place of a penalty kick.
Law 15	Throw-In: Both feet must be on or behind the touchline with both feet touching the ground and the ball thrown with both hands over the head. One retry with instruction is to be given.
Law 16 & 17	Goal and Corner Kicks: Opponents shall remain four (4) yards from the ball until it is in play.
General Notes	All opponents shall remain four (4) yards from the ball until it is in play for all free kicks, corner kicks, goal kicks and kick offs. Slide tackles are not allowed for these age groups.

D. U9 & U10 Modifications – Summary (see Full Modifications below for more detail)

Law 2	The Ball: Size four (4)
Law 3	Players: 7 max - 5 min Substitutions – See general information paragraph (k) above.
Law 4	Players Equipment: Shall consist of a jersey, shorts, stockings, soccer cleats or turf shoes and shin-guards. Shin-guards are mandatory. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this Law.

	Without exception no jewelry is allowed to be worn. No hard casts are allowed. No dangerous equipment is allowed.
Law 5 & 6	Referee: Center referee only – No Assistant Referees
Law 7	Duration: 25 min halves with 5 min halftime
Law 8 , 9, 10, 11, 12, 13, 14, 15, 16 & 17	FIFA Law applies – no modification, except as describe in General Notes below
General Notes	All opponents shall remain eight (8) yards from the ball until it is in play for all free kicks, corner kicks, goal kicks and kick offs. Slide tackles are not allowed for these age groups.

E. U11 & older Modifications – Summary (see Full Modifications below for more detail)

Law 2	The Ball: Size four (4)
Law 3	Players: 9 max - 6 min Substitutions – See general information paragraph (k) above.
Law 4	Players Equipment: Shall consist of a jersey, shorts, stockings, soccer cleats or turf shoes and shinguards. Shinguards are mandatory. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this Law. Without exception no jewelry is allowed to be worn. No hard casts are allowed. No dangerous equipment is allowed.
Law 5 & 6	FIFA Law applies – no modification
Law 7	Duration: 30 min halves with 5 min halftime
Law 8, 9, 10, 11, 12, 13, 14, 15, 16 & 17	FIFA Law applies – no modification

F. FIFA Laws of the Game as modified by NVSC (Full Modifications):

Law 1 - The Field of Play

- A. All matches shall be played on the fields assigned by the NVSC Executive Board.
- B. Each team must occupy opposite touchlines; the Home Team has the choice of side.
- C. **All Goals Must** be secured to the ground before the match begins.

Law 2 - The Ball

See NVSC Rules of Competition for appropriate age group

Law 3 - The Number of Players

- A. See NVSC Rules of Competition for appropriate number of players for each age group
- B. All age groups will reduce to equate to no fewer than the minimum number of players for a match. Even when players are officially disqualified, all matches will be played with an equal number of players per team on the field (a coach with a player receiving a red card (Send Off) may substitute for that player during the match, the match will continue with no fewer than the minimum number of players, even if a player is disqualified)
- C. The number of players listed in the Maximum and Minimum Table includes the goalkeeper, except in the U7 and U8 age groups where there are no goalkeepers. If either team lacks the minimum number of players, it is recommended that there be no forfeits

and that the players be divided evenly between the teams and the game played if there are a sufficient number of players to meet the minimum required to start the match.

- D. For U4 – U6 age groups, substitutions are allowed at any time.
- E. Substitutions must be made at midfield and with the consent of the referee. Substitutions will be unlimited for all age groups and shall be done in accordance with the following:
 - a. Prior to a throw-in - the team in possession may substitute. The team not in possession can only substitute if the team in possession substitutes player(s).
 - b. Prior to a goal kick - either team may substitute
 - c. After a goal - either team may substitute
 - d. At half time - either team may substitute.
 - e. Injury - if the referee stops play for an injury, the injured player may be substituted. If a coach/parent enters the field of play during the stoppage to attend to a player other than the goal keeper, the player must be substituted. If the substitution occurs, the opposing team may also substitute one player.
 - f. When a player receives a caution (yellow card), the coach may substitute for that player. The opposing team may also substitute one player. The cautioned player may return at the team's next substitution.

Law 4 - The Players' Equipment

- A. A player's uniform shall consist of a jersey (shirt), shorts, stockings, soccer cleats or turf shoes, and shin-guards. Shin-guards are mandatory and shall be worn inside of the stockings. Long pants and sweatshirts are permitted, provided that the team jersey is worn on the outside and that.
- B. It is recommended that all players wear legal, molded-sole soccer shoes or turf shoes. Metal or metal-tipped cleats are not allowed. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this Law.
- C. Illegal equipment is not to be worn. If an article of equipment is considered dangerous or confusing by the referee (or by either coach for U4 – U6 age groups), that article must be removed or covered before play can start or continue. Hard casts may be wrapped with a soft cushioning material (bubble wrap) to reduce the likelihood of injury to another player. It will be at the Referee's discretion to determine the safety and suitability of player equipment including the wearing of an orthopedic cast or hard brace.
- D. Jewelry of any type is NOT ALLOWED to be worn (including earrings). Medical bracelets or necklaces may be worn, but must be taped to the body.
- E. No metal, plastic, wood or other hard pins, barrettes or ponytail holders may be worn. Hair bands with hard plastic balls are also illegal. The use of elastic bands and soft headbands are allowed.
- F. All referee (and coach for U4 – U6 age groups) decisions are final regarding player equipment.

Law 5 - The Referee

- A. There are no referees for the U4 – U6 age groups.
- B. For U7 and U8 age groups, the referee is instructed to make verbal calls as well as signaling. This is to allow the younger players to associate the signals with the laws of the game.

Law 6 - The Assistant Referees (see FIFA Laws)

NVSC will only use AR's for the U12 matches

Law 7 - The Duration of the Match

- A. See NVSC Rules of Competition for appropriate age group
- B. The Referee (or coach for U4 – U6 age groups) shall keep the official time and of the match
- C. The match shall consist of two equal halves or four equal quarters

Law 8 - The Start and Restart of Play

- A. A coin toss at the beginning of the match shall determine who defends which goal. The visiting team shall call the coin toss. The team winning the coin toss chooses which goal to defend in the first half. The team losing the coin toss shall kick-off. At the start of the second half, the opposite team shall kick-off.
- B. All age groups shall change ends of the field at the start of the second half.
- C. In the U7 and U8 age groups; the beginning of the game and the second half (1st and 3rd quarters) will start with a kick-off, with the teams alternating kick-offs. The beginning of the 2nd and 4th quarters will re-start with the appropriate continuation after normal stoppage of play at the end of the 1st and 3rd quarters. If the ball was in play as the 1st and 3rd quarters ended, a drop ball shall be used as the restart.
- D. **No game shall start or continue** if the goals are not secured to the ground.

Law 9 - The Ball in and Out of Play (see FIFA Laws)

- A. For U4 and U5 age groups, when the ball crosses the touch lines play will be restarted with a kick in by a member of the opposing team of the player who last touched the ball.
- B. For U6 players throw-ins are allowed (see Law 15). Optionally either coach may elect to roll the ball back into play. Players and coaches are encouraged to restart play quickly and focus on keeping the play and game moving
- C. U7 and older age groups will follow FIFA Laws.

Law 10 - The Method of Scoring (see FIFA Laws)

Law 11 – Offside (see FIFA Laws)

This Law only applies to U9 and older age groups. U8 and younger age groups do not call offside.

Law 12 - Fouls and Misconduct

- A. Official cautions (yellow card) shall be in accordance with FIFA Laws
- B. Sending-Off (red card) of player(s), coaches and bench personnel shall be in accordance with FIFA Laws with the additional penalty that anyone who is disqualified, is not only prohibited from participating in the rest of the match in which the disqualification occurred, but they are also prohibited from participating in the next scheduled match.
- C. All cautions and sending-offs shall be reported to the Referee Assignor and the Age Group Commissioner. The NVSC R&D Committee may review the incident and may also determine if any additional action is required.
- D. Youth Players: A youth player that is sent off may remain on the sideline with their team to watch the remainder of the match unless, in the referee's opinion, doing so is disruptive to the game.
- E. Coaches, Parents, and Spectators: A coach, parent or spectator who is ejected must leave the vicinity of the playing fields immediately. The match will be suspended until the referee determines the individual has left the vicinity of the field. If the individual

refuses to leave the field, the referee may terminate the match and a loss will be recorded for the offending team.

- F. The NVSC R&D Committee may review the accumulation of yellow and red cards throughout the season to determine if any additional action is required.
- G. Referees are instructed to deal with spectator problems. Engage the coach to assist in control of the sideline. Spectators considered to be causing problems will be asked to leave the area.
- H. For U7 and U8 age groups, no cards shall be shown for misconduct. The referee will explain to the coach the reason a player must be substituted in the event of misconduct (i.e. striking, spitting, persistent infringement, etc...)
- I. For U4 – U6 age groups, normal fouls are not called unless play is dangerous or reckless. Examples of instances where play should be stopped are: a player is playing or lying on the ground, the ball is picked up, and any kind of kicking or hitting of an opponent. Coaches are asked to deal with spectator problems. Spectators considered to be causing problems should be asked to leave the area. If they won't leave the area, report it to the age group commissioner.

Law 13 - Free Kicks (see FIFA Laws)

- A. No free kicks for the U4 and U5 age groups.
- B. All free kicks for the U6 - U8 age groups shall be indirect free kicks, including the kick-off. Opponents should remain at least four (4) yards from the ball until it is in play. For Free Kicks within the penalty area, play shall restart with a free-kick at a point on the penalty-area line closest to where the infraction occurred.

Law 14 - The Penalty Kick

- A. There are no penalty kicks for U4 – U8 age groups.
- B. For U6 – U8 age groups, an indirect free kick will be awarded in place of a penalty kick. Play shall restart with an indirect free-kick at a point on the penalty-area line closest to where the infraction occurred.
- C. U9 and older age groups will follow FIFA Laws.

Law 15 - The Throw-In

- A. There are no throw-ins for the U4 and U5 age groups. Kick-ins or the coach rolling in a ball shall replace throw-ins for these age groups.
- B. For U6 age group throw-ins are allowed. Players should be encouraged to quickly restart play and no correction should be given for improper throw-ins.
- C. For U7 and U8 age groups, when a player commits a foul on the throw-in, the Referee shall explain the proper method of a throw-in and allow the player a single re-throw.
- D. U9 and older age groups will follow FIFA Laws.

Law 16 - The Goal Kick (see FIFA Laws)

- A. For U4 – U6 age groups, when balls cross the end line it is recommended coaches place the original or another ball quickly back into play. Optionally coaches may elect to have a player quickly kick the ball from the end line or penalty area (if marked) back into play.
- B. For U8 and younger age groups– opponents shall remain at least four (4) yards from the ball until it is in play
- C. For U9 and U10 age groups – opponents shall remain at least eight (8) yards from the ball until it is in play.
- D. U11 and older age groups will follow FIFA Laws.

Law 17 - The Corner Kick (see FIFA Laws)

- A. For U4 – U6 age groups, when balls cross the end line and are last touched by a player of the defending team for that end line, the ball may be kicked back into play from the nearest corner by a player of the opposing team or another ball rolled in by a coach.
- B. For U8 and younger age groups – opponents shall remain at least four (4) yards from the ball until it is in play
- C. For U09 and U10 age groups– opponents shall remain at least eight (8) yards from the ball until it is in play.
- D. U11 and older age groups will follow FIFA Laws.

General Notes for Referees and Coaches

- A. For U4 – U6 age groups, it is important to maintain the flow of play in these age groups and provide more opportunities for all players to have touches on the ball. Kick-ins, throw-ins, and coaches restarting of play should all be done quickly.
- B. For U7 and U8 age groups, opponents shall remain at least four (4) yards from the ball until it is in play for all free kicks, goal kicks or corner kicks.
- C. For U9 and U10 age groups, opponents shall remain at least eight (8) yards from the ball until it is in play for all free kicks, goal kicks or corner kicks.
- D. U11 and older age groups will follow FIFA Laws.