



## NVSC Rules of Competition, U7 and above

These Northern Virginia Soccer Club Rules of Competition pertain to all in-house Leagues, but in some instances, may not be fully applicable to all teams. Rules of the SFL supersede the rules contained herein – see [www.sflsoccer.org](http://www.sflsoccer.org) for SFL rules.

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

### Rules of Competition

A) Unless otherwise approved by Executive Board of NVSC, the following table reflects:

- 1) The ball size required for a match (Law II)
- 2) The number of players on the field, maximum and minimum, required for a match (Law III)
- 3) Duration of the match (Law VII)

League	Max	Min	Goal Keeper	Ball	Duration	Breaks
U7/8	5	4	No	3	12 min qtrs	5 min @ half / 2 min @qtr
U9/U10	7	5	Yes	4	25 min halves	5 min @ half
U12	9	6	Yes	4	30 min halves	5 min @ half
U14	11	7	Yes	5	40 min halves	5 min @ half
U16	11	7	Yes	5	40 min halves	5 min @ half
U19	11	7	Yes	5	45 min halves	5 min @ half

B) 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.

C) In the U7, and U8 Leagues, there will be no goalkeepers. Players may be designated as defenders, but may not remain in the penalty area when the ball is in the opponents' half of the field.

D) In all Leagues:

- 1) No coaches, spectators or players on the sidelines will be allowed goal side of the 18 yard line.

- 2) During the match, everyone, including coaches, substitutes and spectators, shall not be closer than one yard from the touchline,
- 3) Coaches, players not in the match, parents and other spectators are prohibited from being behind the goals and goal line during a match.

## **FIFA MODIFICATIONS/EXCEPTIONS:**

### **Law I - 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.

### **Law II - The Ball**

See NVSC Rules of Competition

### **Law III - The Number of Players**

- A) See NVSC Rules of Competition
- B) Even when players are officially disqualified, all matches will be played with an equal number of players per team on the field, i.e., a coach with a red carded player may substitute for that player (for a full sided game U12, the game will continue as 11v11, even if a player is disqualified – U14 and up are governed by SFL)
- C) The number of players listed in the Maximum and Minimum Table includes the goalkeeper, except in the U7 and U8 Leagues 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 and the game played.
- D) Substitutions shall be done in accordance with the following:  
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 does.
  - b) Prior to a goal kick, either team may substitute.
  - c) After a goal, either team may substitute.
  - d) Injury - if the referee stops play for an injury, the injured player may be substituted. If the substitution occurs, the other team may also substitute one player.
  - e) At half time
  - f) When a player receives a caution (yellow card), the coach **may** substitute for that player. (See Law XII Fouls and Misconduct)The other team may also substitute for one player. The cautioned player may return at the team's next substitution.

### **Law IV - The Players' Equipment**

- A) A player's uniform shall consist of a jersey (shirt), shorts, stockings, soccer cleats or turf shoes, and shinguards. Shinguards 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.
- C) Illegal equipment is not to be worn. If an article of equipment is considered dangerous or confusing by the referee, that article must be removed or covered before play can start or continue.
- 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 is allowed.

### **Law V - The Referee**

In the U7 and U8 Leagues, the referee is instructed to make verbal calls as well as signaling. This is to allow these younger players to associate the signals with the laws of soccer.

### **Law VI - The Assistant Referees (see FIFA Laws)**

NVSC will only use AR's for the U12 & above matches

### **Law VII - The Duration of the Match**

- A) See the NVSC Rules of Competition
- B) The Referee shall keep the time and the score of the match
- C) The match shall consist of two equal halves or four equal quarters

### **Law VIII - The Start 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 Leagues shall change ends of the field at the start of the second half.
- C) In the U7 and U8 Leagues; the beginning of the game and the second half (1<sup>st</sup> and 3<sup>rd</sup> quarters) will start with a kick-off, with the teams alternating kick-offs. The beginning of the 2<sup>nd</sup> and 4<sup>th</sup> quarters will re-start with a continuation after normal stoppage of play at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. If the ball was in play as the 1<sup>st</sup> and 3<sup>rd</sup> quarters ended, a drop ball shall be used as the restart.
- D) In the U09, U10, U12, U14, U16, and U19 Leagues; each half will start with a kick-off, with the teams alternating the kick-offs.
- E) **No game will start** if the Goals are not secured to the ground.

### **Law IX - The Ball in and Out of Play (see FIFA Laws)**

### **Law X - The Method of Scoring (see FIFA Laws)**

### **Law XI - Offside**

All FIFA Laws apply except that offsides shall not be called in the U7, and U8 Leagues

## **Law XII - Fouls and Misconduct**

- A) Official cautions (yellow cards) shall be in accordance with FIFA Laws
- B) Disqualification 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. Disqualifications shall be reported to the Referee Assignor who will inform the NVSC District Commissioner. The NVSC R&D Committee may review the disqualification and may also determine if any additional action is required.
- C) Youth Players: A youth player that is sent off (red card) 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.
- D) Coaches, Parents, and Spectators: An adult player, coach, parent or spectator who is ejected must leave the vicinity of the playing fields immediately. If the person refuses to leave the field, the referee may suspend the match and a loss will be recorded for the offending team.
- E) Accumulation of two (2) yellow cards during the match is equal to one (1) red card and shall result in immediate disqualification. (See paragraph B, immediately above). The NVSC R&D Committee may review the accumulation of yellow cards throughout the season to determine if any additional action is required.
- F) Referees are instructed to deal with spectator problems. Spectators considered to be causing problems will be asked to leave the area.
- G) See Law III (B) for disqualified players and playing even strength for all NVSC House games.
- H) For U8 and younger, no cards shall be shown for misconduct.

## **Law XIII - Free Kicks (see FIFA Laws)**

All free kicks for the U7 and U8 Leagues 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 XIV - The Penalty Kick**

All FIFA Laws apply except that penalty kicks will not be taken in the U7 and U8 Leagues. Instead, a direct free kick will be awarded outside of the penalty area, either to the side or the top of the penalty area, nearest to the spot where the penalty occurred. U10 and older Leagues will follow FIFA Laws.

## **Law XV - The Throw-In**

- A) In the U7 and U8 Leagues, 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.
- B) U10 and older Leagues will follow FIFA Laws.

### **Law XVI - The Goal Kick (see FIFA Laws)**

A) For U9 and U10 – opponents shall remain at least eight (8) yards from the ball until it is in play.

B) For U8 and younger – opponents shall remain at least four (4) yards from the ball until it is in play

### **Law XVII - The Corner Kick (see FIFA Laws)**

A) For U09 and U10 – opponents shall remain at least eight (8) yards from the ball until it is in play.

B) For U8 and younger – opponents shall remain at least four (4) yards from the ball until it is in play

### **General Notes for Referees**

- U7 and U8 – Opponents shall remain at least four (4) yards from the ball until it is in play for all free kicks, kick-ins
- U9 and U10 – Opponents shall remain at least eight (8) yards from the ball until it is in play for all free kicks or corner kicks
- U12 and older – FIFA rules – 10 yards