

Vilonia Soccer Association Rules and Standards for Level 1 Program



July 27th 2010

Fields and Weather

Soccer is an all-weather sport. Games will only be cancelled for the following reasons:

- Visible lightning strikes in the area
- Poor field condition that creates an unsafe playing condition
- Play would cause extensive or irreparable damage to the field

Equipment and Uniforms

Player uniforms consist of shorts, long soccer socks, shin guards and VSA supplied T-shirt. Sweats are acceptable on cold days with the T-shirt worn over the sweats. Cleated soccer shoes (boots) are not required but highly encouraged. Baseball and Football cleats in most cases are not acceptable, due to the weight and the arrangement of the cleats. Shoes with a cleat on the toe will not be acceptable. Football and baseball shoes will be allowed at the commissioner's discretion.

Shin guards are mandatory for all games and practices, with the exception of "barefoot" practices. Due to safety requirements, children without shin guards will not be allowed to play or practice, with no exceptions.

Timekeeping and Substitutions

Games consist of 4, even quarters. Each player is required to play at least two quarters each game. There will be a 30 second period between the first and second quarter and the third and fourth quarters with halftime lasting 5 minutes. Substitutions are only allowed between quarters, in the case of injury or if a player refuses to play. The game clock is to run continually and will not be stopped for any reason. There are to be no breaks during the quarters. During the 30 second period between quarter's players may take water, but no snacks.

The coaches should have a parent designated as their time keeper and the coaches should choose just one person to keep time during the game.

Snacks, Treats and Refreshments

Snacks are only allowed at halftime and should be easily digestible and provide quick energy. Fresh fruit is highly recommended. Candy, chips, crackers and cheese are not recommended. Players on the bench should not be eating during the game. A parent-provided treat at the end of each game is acceptable as long as it is purchased at the park concessions stand. It is recommended that the after game treats be kept simple. Each player should bring their own water to each game and practice. Carbonated drinks should not be consumed before or during the games.

Basics of the Game

Kickoff

Coaches decide who will kick off at the start of the game via coin toss or mutual agreement. The ball will be placed on the center spot and the players for each team must stay on their own side of the field until the ball is kicked. The ball can only be touched by the player kicking off once before it is touched by another player from either team. The ball must travel forward and over the line. Goals can be scored on the kickoff but for younger

age groups playing without goal keepers, players should be encouraged to pass the ball forward to a player on their own team.

Throw Ins

If the ball is kicked out of bounds over the sidelines (touchline) a throw in will be given to the opposing team. The throw in has to be taken from behind the line, the ball must be held with both hands and come straight over the top of the head. Balls thrown from over the shoulder rather than over the head are not legal. In addition both feet need to be touching the ground when the ball is thrown in.

Goal Kicks

A goal kick occurs when the ball is kicked out of bounds at the end line by the offensive team. The defensive team puts the ball back into play by kicking it from the edge of the goal box. Like the kickoff, the player kicking the ball cannot touch it again until it is touched by another player on the field. Opposing players should be at least 10 yards away from the ball, but can move forward as soon as the ball is touched.

Corner Kicks

If the ball is kicked out of bounds over the end line by the defensive team, the offensive team puts the ball back into play by kicking it from the corner on the side of the goal where the ball went out. As with the kick in and goal kick, the player taking the corner kick cannot touch the ball a 2nd time until it is touched by another player.

Fouls

The coach should stop play when a foul occurs. Fouls are overly rough play, high kicks, tripping or other physical infraction. In addition, if players intentionally touch the ball with any part of their arm or hand, play should be stopped. The ball is placed at the foul site and the other team is awarded an indirect, free kick. The ball cannot be touched by the kicking player a second time and will not count as a goal unless it is touched by another player first.

Sportsmanship

Taunting, name calling and teasing will not be tolerated. Coaches should pull players aside and talk with them about their actions. If the unsportsmanlike conduct continues the player should be removed from the game.

At the conclusion of each game, the teams should line up along the center line with teams on opposite sides. The team should then walk towards each other and the players should shake or slap hands and congratulate each other on playing a good game.

U6

U6 games will be split into 4, six minute quarters. Each player is required to play at least two quarters each game. There will be a 30 second period between the first and second quarter and the third and fourth quarters. Half time will last 5 minutes. Substitutions are only allowed at the quarter on in the case of injury or if a player refuses to play. The game clock is to run continually and will not be stopped for any reason. There are to be no breaks during the quarters. During the 30 second period between quarter's players may take water, but no snacks

Number of Players: 3 versus 3 (no goalkeepers)

Field size: 60' x 70'

Ball size: Number 3

A single coach for each team will be on the field during the game. The coaches will stop the game as needed for fouls or injuries and can and should instruct the players during the game. .

On kick off's, throw ins, goal kicks and corner kicks, if the player does not put the ball back into play the proper way, the coach should give the player a "do over" and instruct them on the proper technique. To keep the game moving the player should not get more than two "do over's". If on the third try they still don't do it correctly, ignore the infraction and let the ball return to play.

U8

U8 games will be split into 4, six minute quarters. Each player is required to play at least two quarters each game. There will be a 30 second period between the first and second quarter and the third and fourth quarters. Half time will last 5 minutes. Substitutions are only allowed at the quarter on in the case of injury or if a player refuses to play. The game clock is to run continually and will not be stopped for any reason. There are to be no breaks during the quarters. During the 30 second period between quarter's players may take water, but no snacks

Number of Players: 3 versus 3 (no goalkeepers)

Field size: 60' x 70'

Ball size: Number 3

A single coach for each team will be on the field during the game. The coaches will stop the game as needed for fouls or injuries and can and should instruct the players during the game.

On kickoffs, throw ins, goal kicks and corner kicks, if the player does not put the ball back into play the proper way, the coach should give the player a "do over" and instruct them on the proper technique. "Do over's" at this level should be decreased as the season goes with no "do over's" in the final few games. To keep the game moving the player should only get one "do over"

U10

U10 games will be split into 4, twelve minute quarters. Each player is required to play at least two quarters each game. There will be a 1 minute period between the first and second quarter and the third and fourth quarters. Half time will last 10 minutes. Substitutions are only allowed at the quarter on in the case of injury or if a player refuses to play. The game clock is to run continually and will not be stopped for any reason. There are to be no breaks during the quarters. During the 1 minute period between quarter's players may take water, but no snacks

Number of Players: 6 versus 6 (including goalkeepers)

Field size: 105' x 132'

Ball size: Number 4

A single coach for each team will be on the field during the game. The coaches will stop the game as needed for fouls or injuries. Each coach should stick to a single side of the field and calls fouls equally against each team

On kickoffs, throw ins, goal kicks and corner kicks, if the player does not put the ball back into play the proper way, the team loses the ball to the other team.

On throw ins the other team will take the throw in if the initial throw in is taken incorrectly.

On corner kicks if the ball is kicked and doesn't come on to the field the other team will get a goal kick. If the ball is kick in and then touched again by the same player, the other team gets a free kick from that spot.

On a goal kick if the ball is touched a second time by the player taking the kick, the opposing team will get a free kick from that point.

Coaches should have opposing players at least 10 yards back from any kick but may decide to move the players back farther at their discretion if it will promote fair play.