



Rules and Guidelines for Youth Soccer 2023-2024

Nelson County Parks and Recreation (NCPower) promotes youth soccer to be a fun and developmental experience for all participants. Our younger groups U6 Lil Kickers and U8 is more focused on the development of fundamentals to prepare the athletes as they progress into older age groups. Our U11 league introduces participants into a more competitive environment while also focusing on fundamentals and skill/rules development. Once children move into U15 age group, they are focused on preparing the athletes for the next level and becoming more competitive in regards to game play. At all levels, NCPower strives to keep the recreational mindset for all participants promoting inclusion and an enjoyable experience for all. As basic or competitive games may become, all participants will be guaranteed playing time and the chance to make a difference on and off the field.

NCPower Expectations

1. **Sportsmanship**- NCPower expects Positive Sportsmanship from all in attendance at NCPower sponsored activities including but not limited to all practices and games. Failure to abide to general expectations may result in removal from game/practice, banning for remainder of season and potentially future seasons for all involved. These expectations are required by all players, parents, coaches and all in attendance. Determination of situation is on a case by case basis made by NCPower Staff and/or Game Officials.
2. **Game Conduct**: Any player who is ordered off the field due to receiving a Red Card cannot be replaced. A player who gets a yellow card can be replaced and must sit for at least 5 minutes out (cooling off period, longer if necessary). A player or coach receiving a red card must leave the field and will be suspended from the next game. A player or coach involved in a fight will be suspended for the remainder of the current season and will not be allowed to participate for 12 consecutive months.
3. **Playing Time**: Each player present shall play a minimum of one half of the game, barring injury or unless limited by a medical, physical problem or other unforeseen circumstances.
 - a. Playing time is subject to player commitment in attending all practices and being on time for games. NCPower reserves the right to authorize reduced playing time to coaches based on unexcused absences from practice and games and any other unforeseen circumstances.
4. **Player Apparel**: Players must wear NCPower provided jerseys during all games. Failure to do so may result it player being deemed ineligible for remainder of game.
5. **Player Equipment**: **Shin guards MUST be worn in all divisions.** Any other equipment must be approved by NCPower staff or Game Official prior to game.
6. **Footware**: Cleats or closed toed athletic shoes are required by all participants during all practices and games. Metal cleats are not permitted. Football cleats are allowable if the “toe cleat” is not present or removed.
7. **Jewelry**: All jewelery including earrings, watches, necklaces, barrettes must be removed. Small non-removable earrings may, at the referee’s discretion, be taped.
8. Following each game, ALL PLAYERS & COACHES will line up to shake hands.

Game Officials

9. All Game officials are hired and selected by NCPower Staff. It is their responsibility to call a fair and safe game. Referees are human and will make mistakes.
10. **Coaches- coach, Referees- referee, Parents- cheer.**
11. No one but players and officials should ever be on the field unless invited by the official or coach due to an injury.

12. **Referees are in charge** from the time they arrive until the time they depart the field of play. Referee decisions cannot be appealed.
13. Only the **head coach** is permitted to address the referee.
14. **Scheduled start times**: games will not begin earlier than the scheduled start time, unless both coaches agree to start earlier. In the case where an earlier game runs over, then the following game will start within 3 to 5 minutes immediately after the preceding game ends. Therefore, teams should arrive ahead of scheduled start time to warm up and be ready to play. No grace period will be allowed to wait for players or coaches to arrive after the scheduled start time.
15. Players may protect their chest and groin areas with their arms as long as their arms are in contact with the body at the time contact is made. Casts and braces are allowed if they are well padded and are not used in a dangerous manner and are only allowed at the referee's discretion.
16. Substitutions are permitted by either team after a goal is scored, on a goal kick and by the team controlling the ball on throws-ins. Substitutions are not permitted by either team on corner kicks. An injured player may be substituted for at any time. Substituted players may return to the game.

Season Structure

17. Practices will begin at a minimum of 2 weeks prior to the first scheduled game.
 - a. Each team will be allowed a minimum of 1 practice and maximum of 2 practices per week. Unless otherwise permitted by NCPR staff.
 - b. Practice times are determined by the head coach.
18. Each team will play a 6 week schedule then playoffs (Fall Only)
 - a. A minimum of 5 games will be played over the course of the 6 weeks. Excessive make ups may result in the season being lessened to the minimum 5 games.
19. Fall seasons consist of a single elimination playoff
 - a. Spring seasons WILL NOT include playoffs
20. Make Up games will be at the discretion of the NCPR Office. Dates and times will primarily be based on field availability and referee availability.

Division Specific Rules

U6 Lil Kickers & U8 (4-5 & 6-7 yr. olds -as of Sep. 30th of the current year)

Don't keep score

Size 3 ball

5 players on the field (play less and equal numbers if necessary)

10 minute quarters

No penalty kicks

Referees will explain infractions; referee Shall allow players to "re-do" throw-ins with instruction

No offside

No slide tackles or heading the ball

2 coaches allowed on the field to give verbal instruction and encourage, but should not interfere with the game

If players get "bunched up" play will stop & award one team a free kick. (Not right in front of the goal)

U11 (8-10 yr. olds - as of Sep. 30th of the current year)

10 minute quarters

Size 4 ball

11 players on field (play less and equal numbers if necessary)

Score will be kept by the Head official

Standings will be kept, 2 pts for a win, 1 pt. for a tie

No slide tackles

A second try will be given if a throw- if a foul is committed on the first try, after the 2nd attempt the possession of the ball goes to the other team at the same place.

Substitute on any game stoppage

No offside (but no "excessive offside allowed ") Unless Leading by 3 Goals then Offside will be called.

Tiebreaker: Penalty shots will determine the winner, unless it is a playoff game. Playoffs game will be two (2) five minute periods. If there is a tie after that, we will go to penalty shots.

U15 (11-14 yr. olds) (as of Sep. 30th of the current year)

30 minute halves

Size 5 ball

11 players on field (play less and equal numbers)

No slide tackles

NFHS rules apply

Substitute on any game stoppage

Tiebreaker: Penalty shots will determine the winner, unless it is a playoff game. Playoff game will be two (2) five minute periods. If there is a tie after that, we will go to penalty shots.

SOCCER RULES & TERMS

Start of play: Choice of end and possession is decided by a coin toss. Captains meet with the referee (or coaches in the younger groups)

Goalkeeper: May pick up the ball with his/her hands, within the penalty box

Must have a different color shirt or penny

Must either throw or kick the ball to his/her teammates.

Ball in & out of play:

The ball is out of play when:

It is completely over the side or end line

The referee has stopped the game

The ball is in play when:

It bounces off the goal, corner flag or the referee.

Goal: A goal scored when the ball is completely over the goal line between the goalposts.

Fouls: push, trip intentionally handling the ball to gain advantage.

Free kicks: awarded to a player after a foul. Direct kick- may be kicked into the goal.

Throw in: When the ball completely crosses the sideline, a throw-in is awarded to the team who did not touch it last. It is thrown from the point where it crossed the line. The thrower, at the moment of delivery of the ball,

1. Must face the field of play
2. Part of each foot must be on the ground either on or behind the sideline
3. Both hands must be used, the ball must be delivered from behind and over the head.
4. Play begins when the ball enters the field of play. The thrower cannot play it until it has touched by another player.
5. A goal cannot be scored from a throw in.

Goal kick: Taken by the defending team after the attacking team puts the ball over the end line. The ball is placed within the goal box. Opponents must be outside the penalty box. The ball must clear the penalty box.

Corner kick: Will be taken by the attacking team when the defenders put the ball over the end line. The ball is placed within the corner arc. A goal may be scored directly from this kick.

At kick off: The ball can now be kicked in any direction, including backwards so no team-mates allowed to stand in opponents' half.