

Vienna Recreation Improvement Association “VRIA”

Soccer

Goal is to provide an opportunity for the kids in our community to stay active, learn basic soccer skills, learn to play as a team and have fun.

VRIA Recreational Soccer Rules and Policies

Age Groups

Players are divided in to age groups based on number of signups. More advanced players are welcome to play up with the Soccer Commissioner approval. Other exceptions will be made on a case by case basis for children with disabilities or player size.

Typical age groups are

- Academy Pre-3 to Pre-K5
- Juniors: K-2nd Grade
- Elem: 3rd to 5th Grade
- Mid: 6th to 8th Grade
- High: 9th to 12th Grade

Player Registration

A youth player must register each season by completing a registration card and signature of parent or guardian on the code of conduct is required.

Registration Fee

A registration fee of \$35 is required and late fees may be applied after end of signup period. VRIA does offer scholarships. A maximum per family for soccer season is \$100.00. Maximum rule does not apply for other sports programs. Players wanting to play after rosters are released will be placed on a wait list and placed on teams as slots become available.

Refunds

A refund may be grant upon approval of the Soccer Commissioner. All refund checks will only be issued at the end of the soccer season. This is to prevent confusion with incoming registrations and to minimize work load of the volunteer treasurer.

Rosters

- A committee will assign players to teams; effort will be made to balance the teams. Every effort will be made to keep siblings together.
- Players may not play be on more than one team.
- All late signup players will be assigned at team by the coordinator. Coaches cannot add players. If coaches are aware of youth wanting to play, they must refer them to the coordinator for registration and assignment to a roster.
- Players must be on the official roster, in good standing, and played in 4 regular season games to be eligible to play in the tournament at end of season.

Uniforms and Equipment

VRIA will provide uniforms for each player. Names are not permitted on uniforms.

Player must provide shin guards and cleats. If player needs these and is unable to acquire for financial reasons, VRIA will provide. Shin guards are required equipment to play.

Coaches and Assistant Coaches

All coaches and assistant coaches must have authorized VRIA to complete a background check. VRIA will conduct the checks. Anyone disqualified, will not be permitted to coach or participate in practice or games.

Weather

It is the responsibility of the refs and coaches to determine if the weather conditions are unsafe. If one of them determines unsafe conditions, then game cancelled. Safety first!

Fields

The Soccer Commission or Vienna Park Director will evaluate the fields and have the authorization to cancel all games due to poor field conditions.

Financial Issues

VRIA will not turn away any player that does not have the ability to pay registration fee. If there is a need, VRIA can provide cleats and shin guards also. Parent or guardian need only to communicate this need to the Soccer Commissioner, VRIA board member or coach.

Rules of the Game

1. All games will be played based on WVSACC high school soccer rules except for rules noted below and contain within this VRIA document.
2. The VRIA will only recognize one team coach & one assistant coach.
3. Additional help is allowed at practice sessions but, during a game, only the coach & assistant can offer instruction.
4. Instruction during a game can only be given from an area designated by the VRIA.
5. Any instruction directed to a player from an unauthorized person may result in discontinuation of the game.
6. In the Under 6 age group, two coaches from each team are allowed on the field to instruct. They must not interfere with the play of the ball and must stay out of the goalie box. If after repeated warning, the coach in the box interferes with the play of the game, ref may elect to penalize team with a penalty kick.
7. In the Elementary age group, one coach from each team is allowed on the field to instruct. This policy will end starting with game five of the season. COACHES MAY NOT ENTER THE GOALIE BOX AREA.
8. No person is allowed on the field after a game has started. The exception would be an injury, and then only after the referee has stopped play.
9. All decisions by referees are final. No protests or appeals will be recognized.
10. Verbal or physical abuse of any referee, player, or coach will not be tolerated. Violations may be referred to the VRIA for follow up.
11. Coaches will be held accountable for the conduct of their players, team parents, and supporters at the game. Kindly refer to the VRIA Code of Conduct form posted to the VRIA Website and back of all registration cards.
12. Any complaints concerning coaches, referees, players, or parents, conduct must be made in writing to the VRIA.
13. No alcoholic beverages or smoking is allowed at practices or at the VRIA fields.
14. Unless otherwise directed by a VRIA official, all games that start late will still end at the normal scheduled time.
15. Practicing during inclement weather or extremely hot weather should be avoided.

16. All players must be notified by the coach as to what team they are assigned within 3 days after receiving roster.
17. No player is guaranteed placement on a certain team.
18. Travel players will be as evenly distributed as possible on teams within the recreational league.
19. Coaches cannot trade players, or change game times without approval of VIRIA Soccer Commissioner.
20. Coaches must give every player an equivalent of 2 quarters of playing time regardless of player's skill level. Playing time should be as fair as possible during regular season based on roster numbers.
21. Coaches must give every player an equivalent of 1 quarter of playing time regardless of player's skill level during tournament play.
22. Players may be substituted in accordance with age specific (division) guidelines.
23. A team must field 6 players to start a game. (Except when on smaller field such as Jackson, see breakdown below)
24. VIRIA Fields is a "Smoke Free" Facility.
25. Players are not permitted to play wearing casts or splints.
26. Team/players name may not be worn on the uniform shirt or shorts.
27. Jewelry or any other decorative personal item may not be worn during practice or game.
28. Borrowing players is allowed within the following guidelines:
 - *team has less than 8 players in the U6 and Elementary division and 11 players in the middle school division.
 - *borrowed players from age group below.
 - *borrowed players are registered in the rec league
 - *approval of opposing team coach obtained
 - *notification to referee borrowing occurred
 - *borrowed players are automatically substituted when regular team roster players show up
29. If teams have high number of players, coaches can agree to add one additional player on the field. Games must start with a minimum number of players. See table for player numbers.

Vienna Rec Field 4

	Players	Min Players to start game.	Max Players coaches can play but must be agreed to by opposing coach.
Juniors	8	6	9
Elementary	8	6	9
Middle	11	8	12

Jackson Field

	Players	Min Players to start game.	Max Players coaches can play but must be agreed to by opposing coach.
Juniors	8	6	9
Elementary	7	5	8
Middle	7	5	7

30. Failure of compliance of rules may result in forfeit of game.
31. Handballs: The ref will only be calling handballs if it creates a benefit for that team or if it is an intentional handball. When a child covers their face to protect, that is not a handball. When the ball bounces up from behind and touches a hand, it is not a handball. The refs will use their own judgment on this issue. Play may continue to determine if advantage is gained. Intentional handball in the box preventing goal will result in penalty kick. Other handballs will result in ball being placed at top of box and play continues.
32. Penalty kicks: Penalty kick will be placed at top of the box or on penalty line depending on how lines are placed and only goalie can defend. Both direct and indirect goals count as score. Field lines may vary from field to field and season to season but every effort will be made to be consistent on all fields, all season.

Typically the PK location on the Junior field is 2 yards outside of the box.

33. Overtime Rules:

Division	1 st Overtime	2 nd Overtime
Junior Division	5 Minute overtime. (NO GOLDEN GOAL)	PK SHOOT OUT! First 5
Elementary Division	5 Minute overtime. (NO GOLDEN GOAL)	PK SHOOT OUT! First 5
Middle School Division	10 Minute overtime. (NO GOLDEN GOAL)	PK SHOOT OUT! First 5

34. Heading the ball: (New Rule 2019) When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

For PK Shoot:

- Players must be on the field at conclusion of 1st Overtime to be eligible to do PK. After all players on field have kicked, team will then pull from the bench.
- Goalie must be a player on field at conclusion of 1st Overtime.
- Team can select which end they want to defend. Coin toss will determine which team kicks first. The kicker can't kick until ref blows the whistle.
- All other standard PK rules apply.

Junior rules and regulations

- Junior division is K-1st grade. Pre-K 5 year olds are permitted to play. Pre-K4 year olds are only permitted to play if parent is a coach or has sibling playing and approved by the coach.
- Size 3 ball
- Four quarters, eight minutes each.
- You can sub on any dead ball with referee awareness. For example: either teams throw in, goal kicks, or corner kicks.
- Play max 9 vs. 9. Before each game the 2 coaches agree as to how many you are playing that day. Can go as low as needed.

- Referee to talk to coaches if off sides is being used to an advantage. Off sides not formally being called.
- Two coaches from each team may be on the field to guide the kids and provide up close instruction. Must not physically interfere with play.
- Coaches must not enter the goalie box area during active play.
- Throw ins: referee will blow the whistle for an illegal throw in but the player gets a re do. If it is illegal a second time, ball goes to other team.
- No slide tackling.
- Goal Kicks: Players from opposing team must remain 10 yards or at midfield during goal kicks. This rule is for the safety of the players and in the spirit of good sportsmanship.

Elementary rules and regulations

- Size 4 ball
- Four quarters, ten minutes each.
- You can sub on any dead ball with referee awareness. For example: either teams throw in, goal kicks, or corner kicks.
- Play max 9 vs. 9. Before each game the 2 coaches agree as to how many you are playing that day. Can go as low as needed.
- Referee to talk to coaches if off sides is being used to an advantage. Off sides not formally being called. If problem develops and player continues to stay behind defenders, any goal scored by player will be disallowed.
- One coach from each team is allowed on the field to instruct. This policy will end starting with game five of the season. Starting with game five coaches are able to walk up and down the side lines but may not go on the field during play.
- Throw ins: referee will call illegal throw ins and the player will lose possession. Referee will have discretion during illegal throw regarding allowing a player having a re do based on skill level or knowledge of game.
- No slide tackling.
- Goal Kicks: Players from opposing team must remain 10 yards or at midfield during goal kicks. This rule is for the safety of the players and in the spirit of good sportsmanship.

MIDDLE SCHOOL RULES AND REGULATIONS

- Size 5 ball
- Two 25 minute halves

- You can only sub on your own possession. For example: your own throw ins, goal kicks, or corner kicks.
- Play 11 vs. 11 if possible. Coaches should have an “agreement” before each game to let each other know how many players they have and want to play with.
- Referee will be calling off sides.
- Coaches are to stay on the sidelines on one half of the field. They are not allowed on the opposite side of the field. All coaching goes on from one central spot.
- Throw ins: referee will call illegal throw ins and the player will lose possession.
- No slide tackling.
- Blatant fouling, cursing, or unnecessary roughness will result in 1 warning then removal from the game. This player’s team will play one player down the rest of the game. If there is a consistent problem, player make be removed from the league.

- Goal Kicks: Players from opposing team must remain outside of the 18 yard box during goal kicks. This rule is for the safety of the players and in the spirit of good sportsmanship.

Additional Heading Information:

US Youth Soccer, US Soccer, SNAP and other leagues have implemented new rules related to heading of ball. Vienna Rec as decide to adopt similar rules as US Soccer and discourage use of head for the Academy, Junior and Elementary Division.

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

This all come out of a lawsuit that was filed in CA in 2014. Since this lawsuit was finalized U.S. Soccer has issued a mandate on heading the ball in training and competitions for several age groups. The mandate applies to players 12 years of age and younger.

*According to the mandate, players 10 years old or younger cannot be taught the skill of heading and cannot intentionally head the ball in a competitive game. Players who are 11 and 12 years old can receive heading instruction in training, but training the technique is limited to 30 minutes per week. However, they are allowed to head the ball in competition. In the event a U10 or below player deliberately heads the ball on the field, the opposing team will be awarded an indirect free kick at the spot of the foul. *If the header occurs in the goal box area, the ball will be placed outside the box.*

Here is a recent rule update from the US Club Soccer Website,

- ***In adherence to these new requirements, referees have been instructed by U.S. Soccer of the following rule addition:*** When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- ***Modified substitution rules also took effect Jan. 1, 2016, as follows:*** Any player suspected of suffering a head injury may be substituted for evaluation without the substitution counting against the team's total number of allowed substitutions during the game.

George Chiampas, U.S. Soccer's chief medical officer, said, "What we're establishing is creating parameters and guidelines with regards to the amount of exposure to potential head injuries." He also added that the science on concussions is evolving, and so will U.S. soccer's policies. This will allow for a more precise implementation of future guidelines. The more we know about where the danger lies then we can adjust our approach and training methods accordingly so as to still be able to teach the technique, without the actual physical impact of heading the ball.

U.S. Soccer's initiative seeks to bring about more education for players, parents, coaches and referees, and for more uniform practices for handling youth concussions. This will prevent further cases that could prove to be potentially detrimental to the U.S. soccer landscape. The last thing any soccer governing body wants is to be accused of negligence on behalf of the all participants of the sport.