



Department of Parks and Recreation

215 Church Ave. Room 303

Roanoke, Virginia 24011

City of Roanoke Youth Outdoor Soccer League

The purpose of Youth Recreational Athletic Leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship, and to promote good will among all teams and individuals. Although sports are competitive by nature, the City of Roanoke Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

2019 BY-LAWS

The Youth Soccer leagues are governed by the "United States Soccer Federation" and these rules will apply to the **by-laws** except as modified herein.

Age Classification: Age determined as of December 31st, 2019.

*U6 Co-ed is for 5 year olds only

Participants must turn 5 by August 1st to be eligible to play this season

League	Ages	Maximum Roster Size	# Players on field during game	Length of quarters or halves	Ball Size	Field Size	Goal Size
U6 Co-ed	5	8	4	4 8's	3	30 yds.	4ft. x 6ft.
U8 Co-ed	6 & 7	8	4	4 8's	3	30 yds.	4ft. x 6ft.
U10 Girls	8 & 9	14	7	4 10's	4	47 yds.	6½ft. x 18½ft.
U10 Boys	8 & 9	14	7	4 10's	4	47 yds.	6½ft. x 18½ft.
U12 Girls	10 & 11	18	9	2 25's	4	75 yds.	6½ft. x 18½ft.

U12 Boys	10 & 11	18	9	2 25's	4	75 yds.	6½ft. x 18½ft.
U14 Girls	12 & 13	22	11	2 25's	5	110 yds.	8ft. x 24ft.
U14 Boys	12 & 13	22	11	2 25's	5	110 yds.	8ft. x 24ft.
U17 Girls	14, 15, 16	22	11	2 25's	5	110 yds.	8ft. x 24ft.
U17 Boys	14, 15, 16	22	11	2 25's	5	110 yds.	8ft. x 24ft.
U19 Girls	17, 18	18	9	2 25's	5	110 yds.	8ft. x 24ft.
U19 Boys	17, 18	18	9	2 25's	5	110 yds.	8ft. x 24ft.

Team Rosters

1. Must be completely filled in and have birth certificates attached unless one is already on file at Parks and Recreation or with appropriate recreation club. If a birth certificate for a child born overseas is not available, then a notarized letter from a parent or guardian may be substituted.
2. Players must reside in the City of Roanoke and play for the recreation club that services the region in which he or she lives.
3. If a roster is not received by the due date, then the team may not be scheduled in the league.
4. Maximum of three (3) current travel players per team for U14 and below.
5. Players may be added to the official roster until the day of the first game. An updated roster should be submitted to P & R by 4:00 p.m. of the day of the first scheduled game.
6. Commission of Fraud by a player, coach or recreation club using an assumed name, falsifying a birth certificate or roster, or giving false information to an official or the Roanoke Parks and Recreation Department may result in the following: **Suspension for the party that falsified information for up to five (5) years and disqualification of the team for one (1) full season.**
7. Transfer of players during the season is prohibited. Playing in two recreational leagues at the same time is not allowed. A player must play for the team where his name was listed first on a roster.
8. All teams must be sponsored by an established Recreation Club.
9. 18 year olds must still be attending high school.

10. For U10 and up, girls may play on boys' teams. Boys may not play on girls' teams.

Concerning Games

1. Shin guards are required and must be covered completely by socks.
2. Rubber-soled or rubber-cleated shoes only.
3. Teams must have matching jerseys with numbers. Socks for each player should be of the same color for the entire team.
4. All jewelry is prohibited.
5. All players present must play a minimum of one (1) complete half. No player can play a fourth quarter unless all other team members play three (3) quarters.
 - a. Coaches MUST exchange a completed Player Participation sheet with the opposing team to monitor the all-play rule. If a team refuses to monitor, they will forfeit their right to protest a game due to player participation.
6. Coaches must turn in a completed roster form at the BEGINNING of each game (the player participation form will now serve as the roster form).
7. If the score is tied at the end of regulation the game will be recorded as a tie.
8. Substitutions will take place at the end of the quarter for U10 and below.
9. Players or coaches ejected with two yellow cards are automatically disqualified from the team's next match. If ejected with a red card they are disqualified from the team's next two (2) matches.
10. Spectators and fans ejected from a game will not be allowed to attend the team's next game, and depending on the severity of the infraction, could be banned from the fields for the rest of the season or longer.
11. No coaches are allowed on the field or areas around the goals.
12. For all age groups U12 and under, there can be no headers. Any time a ball strikes a player in the head, play is stopped. The penalty for such will be up to the official's discretion.
13. No intentional headers will be allowed during practice for any age group.
14. Inclement weather - If it can be determined at 4 pm (Monday-Friday) that fields will be unplayable, then the hotline (853-1196) will be updated to indicate such. Decisions will be made by 7:30 am on Saturdays. Otherwise, field playability will be determined on site at game time.
15. Make-up schedules will be posted online within 3 days, and make-up games will generally be placed at the end of the league schedule. If games must be re-scheduled in a short amount of time, then the coach will receive a phone call from the athletic office.
16. For games at the Rivers Edge Sports Complex, please note there is ample parking in the Reserve Avenue parking lot or the third/fourth floors of the

hospital parking lot. The footbridge allows convenient access to the complex. Never park on the grass or sidewalk in a park.

17. Complaints regarding players, teams, coaches, field conditions, officials, etc. should be channeled through your athletic director.

18. Game scores will not be turned in with more than four (4) goals difference.

Coach, Player, Spectator Ejection

1. Any coach or player ejected from a game will not be allowed to coach/play OR attend his/her team's next game or two depending on the nature of the ejection (item #9 above)
2. Any player ejected from two (2) games in one (1) season must sit out the rest of the season.

Note: this person will **not** be permitted to attend any Roanoke Parks and Rec. youth soccer games.

3. Any coach ejected from two (2) games in one (1) season will not be allowed to coach the remainder of the season and will face a one (1) year ban from youth sports.
4. **Any player or coach that is ejected from a game must immediately leave the facility or field and is not allowed to attend games during their suspension. Failure to comply will result in suspension for the remainder of the season.**
5. **The City of Roanoke Parks and Recreation Department holds the right to alter suspensions based on the severity of the action.**
6. Any spectator that portrays negative sportsmanship or inappropriate actions will be ejected from the game. Any spectator ejected will be banned from attending any recreation games for the rest of the season.

Lightning Policy

1. Anytime lightning is visible, then all players, coaches, fans and umpires should **Take Shelter Immediately!**
2. Flash (Bang) Method – Count seconds between lightning flash and thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
3. The Umpire and Site Supervisor should instruct all players, coaches and fans that danger is present and they should seek shelter immediately. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high

mast light poles, metal bleachers, etc. AVOID water, AVOID open fields, AVOID using the telephone.

4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
6. Wait at least **30 minutes** after the last lightning flash before resuming activities.

Protests

1. Protests on a rule interpretation, not a judgment call, must be filed with your Athletic Director who will then submit the protest in writing (within 48 hours of the game) to the athletic office.
2. The \$50.00 filing fee, which will be returned if the protest is upheld by the Protest Committee, should accompany the following information: date, time and location of game, names of officials, scorers, teams, coaches, others involved and the rule interpretation being protested, along with a detailed explanation of the circumstances.

Responsibilities of Parks and Recreation

1. Partnering with Recreation Clubs to provide organized sports for the youth of Roanoke.
2. Assisting recreation clubs with advertising of sign-ups.
3. Governing the rules and regulations for league play.
4. Scheduling and rescheduling of league games.
5. Contract and payment of officials.
6. Maintenance and scheduling of Facilities.

Responsibilities of the Recreation Club

1. Conducting sign-up opportunities for the youth of our community and providing Parks and Recreation information to assist with advertising.
2. Formation of teams. Selected or hand-picked teams will not be permitted. Drafts are conducted on the honor system of each club. “Cuts” are not an option – all children should be afforded the opportunity to participate.
3. Secure and train volunteer coaches.
4. Provide safe equipment and uniforms for players.

5. Provide an athletic director for each sport to act as liaison to the Parks and Recreation Department for coordinating schedules, handling complaints, etc.

Concussion Manage – Per NFHS

1. No athlete should return to play or practice on the same day of a concussion.
2. A parent or guardian should have any athlete suspected of having a concussion evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion must have medical clearance (in writing) from an authorized and licensed health-care professional prior to resuming participation in any practice or competition.

Note: Written clearance should be turned into/filed with parks and rec. and your club's athletic director prior to returning to any practice or game.

4. After written clearance, it is suggested that the recreation club monitor the situation closely for the return of any signs or symptoms related to concussions.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org