



YOUTH SOCCER BYLAWS

For Office Use Only:

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The purpose of youth sports 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, our intentions are to place less emphasis on winning and more on promoting lifetime physical activity and health for each participant.

Overview

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

League	Ages	Roster Size	Length of Quarters	Ball Size	Field Size	Goal Size
6U Co-ed 4v4	5-6	Min of 4 Max of 9	1 st Quarter - 8 minutes 2 nd Quarter - 8 minutes Halftime - 5 minutes 3 rd Quarter - 8 minutes 4 th Quarter - 8 minutes	3	30 yards	4ft. x 6ft.
8U Co-ed 5v5	7-8	Min of 4 Max of 11	1 st Quarter - 8 minutes 2 nd Quarter - 8 minutes Halftime - 5 minutes 3 rd Quarter - 8 minutes 4 th Quarter - 8 minutes	3	30 yards	4ft. x 6ft.
10U Girls 7v7	9-10	Min of 7 Max of 15	1 st Quarter - 10 minutes 2 nd Quarter - 10 minutes Halftime - 5 minutes 3 rd Quarter - 10 minutes 4 th Quarter - 10 minutes	4	47 yards	6½ft. x 18½ft.
10U Boys 7v7	9-10	Min of 7 Max of 15	1 st Quarter - 10 minutes 2 nd Quarter - 10 minutes Halftime - 5 minutes 3 rd Quarter - 10 minutes 4 th Quarter - 10 minutes	4	47 yards	6½ft. x 18½ft.
12U Girls 9v9	11-12	Min of 9 Max of 19	1 st Half - 25 minutes Halftime - 5 minutes 2 nd Half - 25 minutes	4	75 yards	6½ft. x 18½ft.
12U Boys 9v9	11-12	Min of 9 Max of 19	1 st Half - 25 minutes Halftime - 5 minutes 2 nd Half - 25 minutes	4	75 yards	6½ft. x 18½ft.
14U Girls 11v11	13-14	Min of 11 Max of 22	1 st Half - 25 minutes Halftime - 5 minutes 2 nd Half - 25 minutes	5	110 yards	8ft. x 24ft.

14U Boys 11v11	13-14	Min of 11 Max of 22	1 st Half – 25 minutes Halftime – 5 minutes 2 nd Half – 25 minutes	5	110 yards	8ft. x 24ft.
17U Girls 11v11	15-17	Min of 11 Max of 22	1 st Half – 25 minutes Halftime – 5 minutes 2 nd Half – 25 minutes	5	110 yards	8ft. x 24ft.
17U Boys 11v11	15-17	Min of 11 Max of 22	1 st Half – 25 minutes Halftime – 5 minutes 2 nd Half – 25 minutes	5	110 yards	8ft. x 24ft.
19U Girls 11v11	18-19	Min of 9 Max of 18	1 st Half – 25 minutes Halftime – 5 minutes 2 nd Half – 25 minutes	5	110 yards	8ft. x 24ft.
19U Boys 11v11	18-19	Min of 9 Max of 18	1 st Half – 25 minutes Halftime – 5 minutes 2 nd Half – 25 minutes	5	110 yards	8ft. x 24ft.

Age Classification

Age determined on January 1 of the current season. Eighteen-year-old participants must be enrolled in a Roanoke City Public School (Patrick Henry, William Fleming, or Forest Park) or attend a home school equivalent. 6U Co-ed is for 5 year olds only. Participants must turn 5 by August 1st to be eligible to play this season.

All Play Rule

Every player present and in uniform must play a minimum number of continuous minutes per half and per game. Please see the list below for league-specific play requirements.

Coaches must abide by below requirements and are strongly encouraged to distribute any remaining playing time equally amongst all players.

1. 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.
 - 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.
2. The only players who are exempt from the All Play Rule are:
 - Players with health restrictions that do not allow them to play the minimum amount.
 - Players who become injured during the game and cannot play the minimum amount.
 - It is the responsibility of the head coach to ensure that the Parks and Recreation scorekeeper is notified, prior to each game, of any player that is restricted due to health reasons.
3. All players must check in with the scorekeeper.
4. If a player has not played his/her "all-play rule" required time, the team shall receive a yellow card for the head coach.
 - Penalty for failure to comply with the All Play Rule will result in the following:
 - 1st occurrence – yellow card for the head coach.
 - 2nd occurrence – 2nd yellow card resulting in head coach suspension.

Teams and Rosters

All team rosters must be filed in the recreation office complete with the following information:

1. Team rosters must be completely and accurately filled in (preferably typed) and signed by the athletic director to verify the information is correct.
 - Rosters may be mailed, hand delivered or emailed to Parks and Recreation. It is the responsibility of the athletic director to ensure rosters are received by Parks and Recreation.
 - If a roster is not received by the due date, then the team may not be scheduled in the league.

2. Rosters must remain within the minimum/maximum numbers allowed as listed above.
3. Players may only appear on one (1) team roster.
4. Players must reside in the City of Roanoke and play for the zone provider that services the zone in which he or she lives.
 - Athletic directors shall notify Parks and Recreation if a player has been granted a release to another zone provider due to a roster/age group being filled, lack of a team, etc.
5. Roster changes will not be accepted over the phone and will not be accepted until all the information is complete. Transfer of players during the season is prohibited. Dual participation is not allowed in any City of Roanoke or surrounding area parks and recreation department league. A player must play for the team where his or her name was first listed on a roster.
6. New players cannot be added after the first game.
7. All teams must be sponsored by a recognized zone provider.
8. A maximum of three (3) travel-team players are allowed per team for 14U and below (based on the current travel season).
9. Any player(s) found to be ineligible will be removed from the team and all games played in by the ineligible player will be forfeited.
10. Any coach listed on the roster must be cleared through the City of Roanoke Background Screening Policy.
11. For 10U and up, girls may play on boy's teams. Boys may not play on girls' teams.

Player Eligibility

1. If a child attending a Roanoke City Public School is suspended from school, he/she will not be eligible to play for or attend his/her team's game(s) until the suspension is over.
 - Explanation: Suspended children are considered trespassing if they return to any Roanoke City Public School prior to their suspension being over.
2. Every child that participates must have a copy of their original birth certificate on file with their recreation club. If a player's age is protested, the team/recreation club will have 48 hours to produce an original birth certificate.
 - Penalty: Player(s) is/are ineligible to participate until documentation has been submitted to and verified by Roanoke Parks and Recreation.
3. All participants must live/reside in the City of Roanoke and play for the region in which he/she lives.
 - Note: In an effort to ensure each child has the opportunity to play, zone providers/athletic directors may grant a seasonal release to play for another zone provider (both zone providers must agree to the release before it is final). A release may only be granted for the following reasons:
 - The zone provider does not have enough age-eligible participants in a specific age division/league to form a team.
 - All of the teams in the child's age division are full or have reached the maximum roster size.
 - The recreation club and parents/guardians of the child mutually agree it is in the best interest of the child to be granted a release.
4. Any overseas-born child must include a signed letter from a parent or guardian that is notarized when the child's birth certificate is not available.
5. 18 year olds must still be attending high school.
6. Older players of a division may play up one division with parental consent.
 - Example: In the 6U division, a 6 year old may play in the 8U division with parental consent, but a 5 year-old may not.
7. Commission of Fraud by the player, coach or zone provider using an assumed name, falsifying a birth certificate or roster, or giving false information to an official or Roanoke Parks and Recreation will result in a suspension for the party that falsified information for up to five (5) years and disqualification of the team for one (1) full season.

Dual Participation

1. Dual participation is not allowed in any City of Roanoke or surrounding area parks and recreation league.
2. Any male or female that has played or is currently playing for a Junior Varsity or Varsity team within the current season is not eligible to play for Roanoke Parks and Recreation leagues.

Coaches

1. All coaches (head and assistants) must be cleared through the City of Roanoke's Background Screening Policy and have his or her approved coaches badge on in order to sit on the bench. Coaches should show their badge to the scorekeepers prior to each game.
 - Penalty for failure to comply:
 - 1st occurrence - warning.
 - 2nd occurrence - ejection from the playing area.
2. Head coaches must be at least 21 years old.
 - If the head coach cannot be present, the team must be supervised by an approved adult at least 21 years of age if the assistant coach is not 21 years of age.
3. A maximum of three (3) coaches are permitted on the bench at any time.
4. Coaches are responsible for the actions of their fans and are obligated to control them. Coaches shown to incite fans will be subject to suspension.
 - Coaches needing assistance from site personnel or officials to control their fans must notify Parks and Recreation.
5. Only one coach may stand up on the sidelines during games and speak with/question an official's call.
 - Penalty for failure to comply:
 - 1st occurrence - official will report warning to coach and scorekeeper.
 - 2nd occurrence - yellow card to assistant/approved adult.
 - 3rd occurrence - notification will be an ejection.
 - An ejection should occur only if the same assistant has received two yellow cards.
6. Coaches must remain in the designated coach's area.
 - Penalty for failure to comply:
 - 1st occurrence - official will report warning to coach and scorekeeper.
 - 2nd occurrence - yellow card to assistant/approved adult.
 - 3rd occurrence - notification will be an ejection.

Equipment

1. Jerseys
 - Each player will be assigned matching numbered jerseys. At no time are these jerseys to be worn by another player.
 - Players will have a plain-style number of solid color contrasting the color of the shirt.
 - The number should be at least four (4) inches high.
 - Teams must have matching jerseys with the number on the back by their 2nd scheduled game of the season.
 - Players may only wear the numbered uniform that has been assigned to them. Players will be ineligible to play in a game until they have their assigned team uniform to compete in.
 - Reversible jerseys are required for girl's teams playing in the County league.
2. Shorts
 - Shorts must be worn around the waist at all times.
 - Sagging is not allowed.
 - Waistbands shall be around the waist at all times.
 - Penalty for failure to comply:
 - 1st occurrence - official will report warning to coach and scorekeeper.
 - 2nd occurrence - yellow card.
 - 3rd occurrence - 2nd yellow card resulting in ejection.
3. Shoes
 - Rubber-soled or rubber-cleated shoes only. Shoe laces must be tied.
4. Shin Guards
 - Shin guards are required and must be covered completely by socks. Socks for each player should be of the same color for the entire team.
5. Jewelry and Hair Items
 - No jewelry can be worn by any player playing in the game. This includes studs for newly pierced ears.
 - Hair adornments, such as beads, may be worn in the hair if they are secured to the head and do

not present a risk of injury to the player, teammates or opponents.

General Play

1. Game Length

- 6U Co-ed and 8U Co-ed divisions will play four, 8-minute quarters with a running clock.
- 10U Girls and Boys divisions will play four, 10-minute quarters with a running clock.
- 12U Girls and Boys, 14U Girls and Boys, 17U Girls and Boys, and 19U Girls and Boys will all play two 25-minute halves.
- A total of five (5) minutes will be allowed for halftime for all divisions.

2. Game Play

- 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).
- The starting time of the first game will be strictly enforced. A five (5) minute warm-up will be given before the start of the following games.
 - o An official may start the game early only if both coaches agree. If a coach does not agree, then the game will not start until the scheduled time.
 - Line-up sheet must be submitted in numerical order to the scorekeeper, by the coach, 10 minutes prior to the start of each game.
 - o A yellow will be given to each team that does not turn in a line-up sheet prior to the start of a game.
- Game scores will not be turned in with more than four (4) goals difference.

3. Substitutions

- Substitutions will take place at the end of the quarter for 10U and below.

4. Overtime

- In the event that a game is tied at the end of regulation, there shall be one (1) overtime period.
 - All divisions will play one 5-minute overtime period with a running clock. If the game is still tied at the end of the overtime period, it shall be declared a tie.
 - Each team in all leagues shall have one (1) timeout during the overtime period, regardless of whether or not the coach had any left from the first four quarters of play.

5. Miscellaneous Items

- Players in 11-U programs and younger shall not engage in heading, either in practices or in games.
- Limited heading in practice for players in 12-U and 13-U programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week. There are no heading restrictions in games.
- Clubs should be aware of circumstances in which individual consideration is needed. For examples:
 - A 10 year old playing at 12-U or older should not head the ball at all.
 - An 11 or 12 year old playing at 14-U or older should abide by the heading restrictions in practice.
- Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.
- No coaches are allowed on the field or areas around the goals
 - Penalty:
 - o 1st occurrence - official will report a warning to the coach and scorekeeper.
 - o 2nd occurrence - yellow card.
 - o 3rd occurrence - 2nd yellow card resulting in ejection.

Unsportsmanlike Conduct

1. No player, coach, or non-player shall act in an unsportsmanlike manner towards officials and Parks and Recreation personnel before, during, or after a contest. Examples include but not limited to:

- Baiting or taunting acts which provoke ill will.
 - Using profanity, insulting, or vulgar language or gestures.
 - Kicking the ball, other than during a legal kick.
 - Refusing to comply with an official or Parks and Recreation personnel requests.
 - Disrespectfully addressing a player, official or parks and rec. personnel.
2. Penalties: Players and Coaches
 - 1st occurrence – warning.
 - 2nd occurrence – yellow card.
 - 3rd occurrence – 2nd yellow card resulting in an ejection.
 - The disqualified person must leave the game site
 3. Penalties: Spectators, Parents, etc.
 - 1st occurrence – warning.
 - 2nd occurrence – notification will be an ejection and suspension for the remainder of the current soccer season.
 4. Any player or coach that gets a yellow card will be given a two (2) minute cool down period where this person must leave the playing area.
 - The player/coach must walk away from the playing field.
 - In the event that a yellow card is given to a coach and he has to go through the cool down period, there must be another approved coach with a badge on the sideline to serve until the cool down is over. If another approved coach is not present to fill in, the game cannot continue.
 5. 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.

Game Etiquette

1. Players waiting to play a later game are to remain clear of the playing fields until it is time for their warm-up.
2. Parks and Recreation personnel are in charge of the RCPS facilities while in use and are responsible for maintaining a safe and orderly atmosphere, as well as report any misconduct.
 - Parks and Recreation personnel have the authority to remove any and all person(s) from the building.
3. Complaints regarding players, teams, coaches, field conditions, officials, etc. should be channeled through your athletic director.

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.
2. Any coach or player ejected from a game for fighting will result in an automatic two (2) game suspension.
 - Fighting can occur before, during, or after any game and can happen during live and dead ball situations.
 - Fighting is an intentional attempt to make any contact with an opponent or teammate outside of the normal course of play. This includes but is not limited to using the fist, hands, arms, legs, and/or feet to attempt to strike, punch, kick, or push, regardless of whether contact is made.
 - Fighting is also any attempt to instigate a fight by committing an unsportsmanlike act that causes a person to retaliate by fighting.
 - If a player, coach, or spectator leaves the bench area and displays intent to interact with or start an altercation, it will be considered fighting.
 - Approved coaches (head or assistant) may leave the bench area to assist in a situation where a fight may have or already has broken out to prevent the situation from escalating. However, they must return to the bench area promptly and not violate any of the above items.
3. Any player ejected from two (2) games in one (1) season must sit out the rest of the season.
 - This person will not be permitted to attend any Roanoke Parks and Recreation youth soccer games.
4. 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 all youth sports.
5. Any player or coach that is ejected from a game must immediately leave the facility and is not allowed to attend games during their suspension. Failure to leave the facility immediately will result in officials

- forfeiting his/her team's current game and his/her suspension will be for the remainder of the season.
6. Roanoke Parks and Recreation holds the right to alter suspensions based on the severity of the action.
 7. Any spectator that portrays negative sportsmanship or inappropriate actions will be ejected from the game. Any spectator ejected will be banned from attending any Parks and Recreation games for the rest of the season.

Inclement Weather

1. In the event of rain, coaches and parents may call the Game Cancellation Hotline at (540) 853-1196 and information will be given as to the status of the games that day/night. Hotline will be updated by 4:00 p.m. on weekdays or 7:30 a.m. on weekends.
2. After 4:00 p.m., playability of the field will be determined by the umpires at the field. The decision of the umpire will be final. If the first game of the night is canceled due to weather, the second game of the night will also be canceled.
3. Make-up schedules will be posted on the athletics portion of Parks and Recreation's website (playroanoke.com) within three (3) business days of the originally scheduled games and will generally be rescheduled to the end of the league schedule.
4. **Lightning Policy**
 - Anytime lightning is visible, then all players, coaches, fans and umpires should **take shelter immediately!**
 - 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!**
 - 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.
 - 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.
 - 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.
 - Wait at least **30 minutes** after the last lightning flash before resuming activities.

Make-Up Games

1. Games will be postponed when Roanoke City Public Schools are closed. When schools are closed on Friday, games may still be played on Saturday, weather permitting.
2. Coaches should call the Game Cancellation Hot Line Number at 853-1196 for game cancellation information (in the event of inclement weather). This information will be updated daily by 4:00 p.m.
3. Make-up schedules will be emailed and posted online within three (3) business days of the original scheduled games and will generally be placed at the end of the league schedule.
 - If games must be re-scheduled in a short amount of time, the coach will receive a phone call from the Athletics Office.

Protests

Complaints regarding players, teams, coaches, field conditions, officials, etc. should be channeled through the zone provider's athletic director.

1. Protest of NFHS rules are not permitted.
2. Protest of Roanoke Parks and Recreation local rules are not permitted.
 - If rules are not being properly interpreted, please contact Parks and Recreation staff as soon as possible.
3. Protest of up to three (3) players' eligibility is permitted per protest. Eligibility includes non-rostered players, age, city residency, and/or other factors which may affect a player's eligibility.
4. How to protest:

- The athletic director shall submit a protest in writing (typed or emailed) within 48 hours of the game completion to the parks and recreation department.
 - The \$50.00 filing fee, which will be returned if the protest is upheld by the Youth Athletics Review Board, should accompany the following information:
 - Date
 - Time
 - Location
 - Names of officials, scorekeepers, teams, and coaches
 - Justification of protest (any knowledge why the child may be ineligible)
 - The zone provider being protested must provide Parks and Recreation with all necessary documents within 48 hours of being notified.
 - Birth certificates submitted to Parks and Recreation must be an original copy with a seal. Any copy other than the original will not be accepted.
5. Penalties:
- Player(s) is/are ineligible to participate until all documentation has been submitted to and verified by Parks and Recreation.
 - If a player or players are found to be ineligible, all games participated in by the illegal participant(s) will be forfeited in the official Parks and Recreation standings.

Concussion Management

1. No athlete shall 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 healthcare professional that day.
3. Any athlete with a concussion must have medical clearance (in writing) from an authorized and licensed healthcare professional prior to resuming participation in any practice or competition.
 - Written clearance should be turned into/filed with Parks and Recreation and the zone provider's athletic director prior to returning to any practice or game.
4. After written clearance, it is suggested that the zone provider 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