

# League 1/2 Summary

## I. Coaches' Responsibilities

- A. Serving as instructor and teacher
- B. Exhibiting good sportsmanship
- C. Informing team members regarding schedule changes
- D. Explaining the rules to youth and parents
- E. Ensuring equal playing opportunity for all players regardless of skill level
- F. Officiating their team's matches

## II. Player Equipment

- A. Each player is required to wear shin guards.
- B. Size 4 soccer ball; recommended
- C. Team jersey provided by VAA
- D. Molded cleats or sneakers. Metal cleats are forbidden.

## III. Team Equipment

- A. Equipment bag with two size 3 soccer balls and a dozen cones/discs
- B. Set of 12 team jerseys
- C. Set of 12 yellow pinnies (use to identify goalie and if needed in scrimmage)

## IV. Skill Development Goals

- A. Individual soccer skills - dribbling, shooting
- B. Team soccer skills - passing
- C. Role of player positions - offense/defense, left/center/right

## V. Division Format

- A. One 60-minute team practice weekly using half of standard size field; coach's choice of practice day and location
- B. The duration of a match is four 10-minute running time quarters with a three-minute intermission between quarters
- C. Coaches also serve as referees and should actively coach and ref from the field during games
- D. Each team shall consist of seven players on the field
  - 1. Preferred format is 7 v. 7 with 3 attack, 3 defense and 1 goalkeeper per team
  - 2. Optional format is 8 v 8 with 3 attack, 3 defense, 1 midfield and 1 goalkeeper with 3 assigned to offense, 3 assigned to defense, and one goalkeeper.
  - 3. A team may play 2 players short.
- E. If a team is short more than 2 players 15 minutes after the scheduled match time, the match will be forfeited.
- F. In the event of a forfeit, players shall be borrowed from the opposing team to equalize the number on each side. A "fun" match should ensue which shall be refereed in the usual manner.
- G. No midfield limit; defenders may cross the midfield line
- H. Rotate players each quarter. Coaches need to develop a rotation to ensure even and varied playing assignments. Substitutions may occur only at the breaks between quarters or in the case of injury.

- I. Two points are awarded in the league standing for a win, one for a tie, and zero points for a loss or forfeit.
- J. As a recreational league, these points and league standings are not publicized. Rather, team points are used to match teams on similar abilities for Soccer Day Games (the last games of the season).
- K. Coaches are responsible to maintain the win/loss record. Coaches should inform the League Coordinator of the season record within two days after the last regular season game (i.e. in time for Soccer Days scheduling).
- L. A coin toss shall determine the choice of ends for the start of the match. The other team will have the kick-off. The team kicking off the first quarter will also kick-off the third quarter. The opponent will kick-off the second and fourth quarters.
  - 1. Team that gets to kick-off gets a buffer to start play. The size of the buffer is the circle lined at mid-field. Players of the opposing team must clear the circle until the ball is started in play.
- M. **Suggestion** - ask a parent on the sideline to keep track of game time and call quarter end so that the coaches can concentrate on the game.
- VI. **Rule Reminders** - Players should learn about and play with throw-ins, goal/corner kicks, hand ball and penalty kicks
  - A. Goal Kicks
    - 1. Any player on the defending team can take a goal kick
    - 2. On a goal kick, the ball may be placed anywhere within the goalie crease (smaller box) and kicked from the ground (not drop-kicked)
    - 3. On a goal kick, the opposing team may not enter the penalty box until the ball leaves the box.
  - B. A hand ball results in a free kick **only** when the ball handling is intentional
  - C. Corner kicks - At this grade level, few players have the leg strength to get the ball from the corner to the closest edge of the large box around the goal. Team on offense should have at least 1-2 players close enough to corner to receive ball.
  - D. Goalkeeper can only use hands if the ball was last handled by a player from the opposing team. If ball is kicked to the goalkeeper by a teammate, the goalkeeper must handle the ball with his feet as though he were a defender.
    - 1. For goalkeeper safety, forwards should be taught that once a goalkeeper goes down to his knees (or chest) and is arm's length or less distance from the ball, they need to disengage and not kick the ball one last time.
    - 2. If the goalkeeper mishandles the ball and it pops out by more than an arm's length, the forward may re-engage the ball and attempt a shot on goal.
  - E. Offside rule is NOT enforced in League 1/2
  - F. Slide tackles are not allowed. A slide tackle is a player sliding on the ground in to a player and/or the ball feet first. A slide tackle will be treated as dangerous play and will result in an indirect free kick.
  - G. All free kicks will be indirect free kicks.
  - H. Except as noted above, the rules set forth by FIFA are followed. Please familiarize yourself with the rules of the game.