



CVU / CVRSA Recreational Soccer Rules Summary

- All players must wear either rubber-soled athletic shoes or soccer shoes with molded rubber cleats. No hard plastic or metal cleats will be allowed.
- Shin guards must be worn at all times during play and should be (shall be for U10 and above) worn on the inside of an exterior sock.
- Players may not wear jewelry items, including pierced earrings, barrettes, rings, necklaces, bracelets, and wrist watches during any game or practice (Referee may make exceptions and allow covering/bandaging beginner post earrings).
- Players may use their arms to protect their chest during play. Both arms must be crossed and in contact with chest (not extended in any way).
- Teams may play short-handed. The coach of the opposing team is strongly encouraged to demonstrate good sportsmanship and consider playing a comparable number of players or loaning players to the team that is short-handed.

Age Group	Players on Field	Game Duration	Ball Size
U-6	* 3 (No GK)	8 min. quarters (2 min. breaks)	Micro or 3
U-8	* 3 or 4 (No GK)	10 min. quarters (2 min. breaks)	Micro or 3
U-10	** 5 (includes GK)	25 min. halves (5 min. breaks)	4
U-12	8	30 min. halves (5 min. breaks)	4
U-15	***11	35 min. halves (5 min. breaks)	5

*Split squad games will be conducted for the U-6 to U-8 age groups.

** Split squad games may be used for the U-10 age group.

*** May be reduced to 9 or 7 in order to field teams.

U-6 & U-8 Age Groups

- Small-sided game format is as follows – two fields will be used to conduct games with split squads:
 - Each game should consist of a warm-up period of approximately 5 to 10 minutes where each team will play games (e.g., sharks and minnows, tunnel tag, rodeo, etc.); each team will be on a separate field for the warm-up period.
 - After the warm-up period, each coach will split his or her team up into two equally sized squads (e.g., U6A with 10 players will be split into U6A-1 with 5 players and U6A-2 with 5 players). Each squad must have a coach or an assistant coach. One squad from each team will travel to the adjacent field with an accompanying coach or assistant coach to play a squad from the opposing team (e.g., U6A-1 versus U6E-1 on Field I, and U6A-2 versus U6E-2 on Field II).
 - Games will last the duration of the remaining allotted time (i.e., one-hour minus the time of the warm-up period).



CENTRAL
VIRGINIA
UNITED

- There will be no referees provided. One coach (or assistant) from each team will be on the field providing instruction during the game and both coaches will serve as referees. A coach may not physically move any player on the field of play.
- After a goal is scored, a coach will place the ball in play immediately after the team that scored the goal retreats to the vicinity of midfield. It is not necessary to return to the “Center Line” for restart.
- Throw-ins
 - U-6: No throw-ins or goal kicks. Parents may be asked by the coaches to serve as bumpers (surround the playing area standing on the out of bounds lines) to bump the ball back into play during the game.
 - U-8: Throw-ins and goal kicks will be conducted. Parents will not serve as bumpers. A player who makes an improper throw-in will be allowed a second attempt, and the coaches should explain & encourage the proper method
- Substitutions
 - U-6: Substitutions may be made at any time during play.
 - U-8: Substitutions are allowed by either team after either team has scored a goal, in the event of a goal kick, a throw in by either team, or for an injured player. In addition, substitutions may be allowed at both coaches (on the field) discretion.
- There are no offside infractions. Coaches should discourage blatant offside & defensive positioning (Cherry Picking).
- No slide tackles are allowed.
- There are no penalty kicks or direct kicks. An indirect kick will be awarded for fouls from the spot of the infraction, but must be outside the penalty box (if one is indicated).

U-10 Age Group

- Referees may be provided, however if there is none, one coach (or assistant) from each team (rotating each half) will be allowed on the field during the game to serve as referee. A coach may not physically move any player on the field of play and coaching should only be provided from the sidelines.
- The coaches may choose to use a parent from each team to serve as line judges.
- After a goal is scored, the referee (or coach serving as referee) will place the ball in the middle of the field and play will be resumed by the team scored upon.
- Throw-ins and goal kicks will be conducted. A player who makes an improper throw-in will be allowed a second attempt; coaches should explain the proper method and the ball will be turned over if not succeeded in the second attempt.
- There are no offside infractions; however coaches should discourage blatant offside positioning (Cherry Picking).
- No slide tackles are allowed.
- There are no penalty kicks or direct kicks. An indirect kick will be awarded for fouls from the spot of the infraction, but must be outside the penalty box.



**CENTRAL
VIRGINIA
UNITED**

U-10 through U-15 Age Groups

- The referee is in charge from the time he/she arrives until the time he/she leaves (not just game time)
- Coaches and players of both teams shall be positioned on the same side of the field opposite from the parents and spectators.
- Coaches for U-12 and older must remain on the sidelines. All spectators, including the coach and substitute players, must remain a minimum of five (5) feet away from the sideline to allow the referees room to see and maneuver.
 - No one is allowed to stand directly behind endlines during play.
- Substitutions are allowed by either team after either team has scored a goal, in the event of a goal kick, or for injured player (opposing team allowed equal substitution when injured player substituted). In addition, the team in possession of a throw-in may substitute, upon approval from officials on the field.
- Only Head Coaches or Assistants may address the referees.
- Coaches are responsible for their individual conduct as well as that of their players, parents, and other spectators on the sidelines.
 - Cursing or abusive language by any player, coach, or spectator will not be tolerated.
 - As CVU promotes a healthy environment, the use of tobacco products during CVU functions and on CVU property is prohibited.
 - Use of alcoholic beverages or illegal substances at CVU functions is strictly forbidden and subject to school policies and/or area legislative ordinances.
- In cases of inclement weather, game cancellations for CVU venues will be made by the CVU Director of Coaching as far in advance as possible prior to game time (call CVU Cancellation Line at 846-6544 when in question). However when inclement weather occurs during games, coaches are expected to err on the side of safety for the players. Fields must be cleared when lightning is witnessed, and may not be reoccupied until at least twenty (20) minutes with no lightning – again err on the side of safety.