



City of Salem Parks and Recreation
Sports Office – Division
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City of Salem Youth 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 promoting good will among all teams and individuals. Although sports are competitive by nature; the City of Salem 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.

BY-LAWS

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

Age Classification: Age determined on September 30 of the current season.

League	Players on Field	Goal Size	Length of Quarters	Field Size	Ball Size
U8 League <ul style="list-style-type: none"> • 6 & 7's • No score kept • No more than 8 on roster • No officials 	4 v 4, no goalie Must have 4 on field	Cones (6 ft. apart)	4 – 4 min. qtrs. & 2 – 8 min. qtrs.	Min. 25 x Max. 55 Yards	3
U10 League <ul style="list-style-type: none"> • 8 & 9 year olds • No score kept • No more than 8 on roster • One official on field 	5 v 5 w/ goalie Must have 5 on field	Cones (6 ft. apart)	4 – 4 min. qtrs. & 2 – 8 min. qtrs.	Min. 25 x Max. 55 Yards	3
U12 League (10-11)	8 v 8, including goalie May start w/ 6	8' x 24'	4 – 8's	50 x 80 Yards	4
U14 League (12-13)	11, including goalie May start w/ 7	8' x 24'	4 – 10's	50 x 100 Yards	5
<u>Only offered in the Fall</u> U16 League (13-15)	11, including goalie May start w/ 7	8' x 24'	4 – 10's	50 x 100 Yards	5

- There will be a two (2) minute rest period between quarters and five (5) minutes between halves.

All Play Rule

- **U8 and U10 Leagues Only:** all players must play a minimum of 50% of playing time. No substitutions during a 4 minute quarter.
- **U12 Leagues and Up:** All players must play for at least one (1) entire quarter during the first half.
- The only players who are exempt from the All Play Rule are:
 - Players who have unexcused absences from practices.

- Players who are being disciplined.
- Players who, for health reasons, cannot play the time required.
- Before the start of the game the coach must report to the official scorer any player who is exempt from the All Play Rule and the coach must notify the opposing coach of the exempt player(s).

Substitutions

- U8 and U10 Leagues: No substitutions during a 4 minute quarter.
- U12 Leagues and Up: A coach can only substitute players between quarters, except if a player is hurt on the playing field, unsportsmanlike conduct, or has a medical problem which limits their playing time (official should be notified before the game).

Playing Up

- ✓ Every player must play one (1) year in each age division before they are eligible to move up to the next age division.
- ✓ Once a player chooses to move up in age divisions they must remain in that division and will not be allowed to "play down" for the remainder of that season or any season thereafter.
- ✓ No participant will be allowed to "play down" in any age division unless otherwise approved by the recreation department (i.e. medical condition, etc.).

Player Eligibility

Any player who has been a member of a High School Varsity, Junior Varsity, or Middle School team during the current season shall not participate in the leagues. Current season meaning once youth soccer practices begin.

Overtime Policy – Regular Season

If a regular season game ends in a tie, it will remain a tie.

Overtime Policy – Playoffs

When the score is tied at the end of regulation play, the following procedure will be used to determine a winner:

1. The referee will flip a coin to determine who kicks off and who defends which goal.
2. There shall be one additional sudden-death overtime quarter (U12 – 8 minutes, U14 – 10 minutes). The first team to score a goal will be declared the winner.
3. No substitutions during overtime period.
4. If no team scores in the overtime period, kicks from the penalty mark – best out of 5, will be used. Once a team is mathematically eliminated, the game is over.
5. If teams tie with kicks from the penalty mark, "golden goal" will be used.

General Rules For Play

- Games will start at the scheduled times. If both teams have all of their players and both coaches agree, games may start earlier. Teams will be given 5 minutes after the scheduled game time to produce the number of players needed to begin a game.
- One complete half will be considered an official game.
- Girls may use a cross arm block to protect their chest. Arms must be in contact with the chest when contact is made with the ball.
- No shoes with metal or plastic cleats will be worn. All purpose shoes must be worn (molded cleats).
- No player is to wear jewelry (rings, watches, earrings, barrettes, etc.) while in the game.
- Shin guards are mandatory in games and practices.
- One coach in the U8 League will be allowed on the playing field during all games.
- Coaches must stay in their team's bench area.

Equipment

Salem Parks and Recreation will supply the following equipment (other than uniforms):

- Four (4) balls per team
- Pennies
- Goalie shirts
- Mesh ball bags
- First aid kits

Injuries

If an injury time out is given, the player must leave the game if it is more than one minute and may not return in the same quarter. Coach may attend to an injured player on the field without being summoned by the official. This is not a time to talk to the officials about calls, etc.

Coach/Spectator/Player Ejection

- Any coach, spectator or player ejected from a game will be automatically suspended for the team's next two (2) games and practices during that time.
- Any player or coach ejected from 2 (two) games in one season will be suspended for the remainder of the season.
- During the suspension, which starts immediately after the altercation, the coach, player or spectator must leave the City of Salem property immediately and will not be allowed to be present at the games or the practices until the suspension has expired. If they refuse to leave or attempt to come back before the suspension is over they will be suspended for the remainder of the season. This includes any altercation before or after a game.
- Additional penalties may be added at the discretion of the City of Salem Department of Parks and Recreation.
- Any player ejected, may not be replaced for the remainder of the quarter.
- All decisions made by the Parks and Recreation Department are final.

Standings

Standings will be based on the following point system:

Win = 3 points Tie = 1 point Loss = 0 points

Factors for League Playoff Seedings

1. If two teams finish with the same number of points, the team with the most number of wins takes the higher seeding position.
2. Which team won the final regular season game played between the two teams that are tied.
3. Coin toss.

Draft Procedure

1. Once sign-ups are complete, each booster club should determine how many teams they will have per age division.
2. Participants should be divided equally among the total number of teams in that age division.
3. The only players protected in the draft are the Head Coach's son or daughter and they must be selected in the first three rounds.
4. A coach's draw will determine who drafts first.

Coaches Background Screenings

Each team's head coach and one assistant coach must complete the **Volunteer In Youth Sports Consent Form** and be approved according to the guidelines listed therein. Teams shall have at least one (1) approved coach at all practices and games. Any coach who willfully fails to comply with this background screening policy shall be automatically disqualified. **This is mandatory in order to Coach!**

Rained-Out Games Policy

Any weekday that school is cancelled because of bad weather, practices and games will be called off for that night. You may also call the Youth Sports Office Cancellation Line (375-4094 x. 6) for updated cancellation information.

Game Schedules, League Standings and Rescheduled Games

Game schedules, league standings, rescheduled games and other information will be available by logging onto the City of Salem website, www.ci.salem.va.us, click on "Departments", "Parks and Recreation" and finally "Youth Sports." Coaches will be responsible to for checking the status of postponed games through this website on a daily basis. We will not mail out any reschedules.

Update 5/28/09