

**RICHMOND**  
**Cross Association**  
**RECREATIONAL**  
**COACHES**

**AND**

**REFEREE**

**GUIDE**

**FALL 2011 SEASON**

Cross Association Contacts:

Tom Tuch – Commissioner  
[crossassociationva@lycos.com](mailto:crossassociationva@lycos.com)

Cross Association Schedule Link:

<http://www.leaguelineup.com/welcome.asp?url=crossassociation>

**Adverse Weather Hotlines  
for area clubs:**

<b>Chesterfield United</b>	271-7771 <a href="mailto:recreation@chesterfieldunited.com">recreation@chesterfieldunited.com</a>
<b>FC Richmond</b>	897-5200 <a href="mailto:recreation@fcrichmond.com">recreation@fcrichmond.com</a>
<b>Goochland</b>	556-2900 <a href="mailto:president@gusasoccer.com">president@gusasoccer.com</a>
<b>Hopewell</b>	314-4805 <a href="mailto:Sutton19962000@yahoo.com">Sutton19962000@yahoo.com</a> <a href="mailto:jerrysutton@quantumsilicones.com">jerrysutton@quantumsilicones.com</a>
<b>Pocoshock</b>	379-9324 <a href="mailto:kvolman@hotlail.com">kvolman@hotlail.com</a>
<b>Richmond Kickers-Midlothian</b>	744-8505, <a href="mailto:hangel@richmondkickers.com">hangel@richmondkickers.com</a> Option #1
<b>Richmond Kickers- Providence/ Ukrop Park/Union Theological</b>	644-5425, option #2 <a href="mailto:JMoyer@richmondkickers.com">JMoyer@richmondkickers.com</a>
<b>Powhatan</b>	<a href="mailto:crossassociationcoordinator@powhatansoccer.org">crossassociationcoordinator@powhatansoccer.org</a>

## Code of Conduct for Coaches

1. **All coaches should carry with them at all times an up to date roster to confirm rostered players (this is especially important at the older age levels – cross association – U14 – U19). An adult serving as a Coach must be on the player sides at all games.**
2. Coaches must set an example of good sportsmanship and fair play at **ALL TIMES**. Coaches must show courtesy and respect to their players, opponents, parents, spectators, referees and each other at all times. Coaches must treat all of their players fairly and favoritism toward any player must be avoided.
3. Because coaches must manage their teams and supervise their players from the highest level of ethical behavior, they should ensure that their players and parents are familiar with the rules of the games and that all matches are played within the limits of those rules. *Coaches also need to insure that parents do not enter the field of play during games without specific authorization from either the referee or by the coach. Entering the field of play without permission from the referee is a direct red card offense.*
4. Coaches are responsible for the actions of their players on and off the field at ALL locations because their players and teams represent their league.
5. Coaches should not use offensive or inappropriate language in the presence of their players during practice or games. **Coaches are directly responsible for the behavior of their parents and spectators.** Coaches must require that their players, parents and spectators refrain from using offensive, unsporting or inappropriate language during practice or games.
6. **The use of alcohol should have no presence around youth sports and it is also prohibited on all county facilities and on our privately owned fields.**
7. **All coaches are asked to refrain from the use of tobacco and tobacco products during practices and games. Parent should be reminded to refrain from smoking around players and other spectators.**
8. Coaches shall not threaten or attempt to intimidate a player, spectator or referee and shall not permit their players to threaten or attempt to intimidate another player, spectator or referee. Coaches shall not make derogatory or

critical comments about opposing players, coaches or spectators and shall discourage their players and parents from making such remarks.

9. Coaches must look out for the safety of their players at all times and bring to the attention of the referee any situations that could jeopardize the safety of their players. They also must be alert to potentially dangerous situations arising because of actions by their own players. Coaches should not hesitate to substitute for a player whose actions could lead to injuries or altercations among players.

**Violations shall be reported to the Cross Association Commissioner in writing within 72 hours of any incident for investigation and recommendation of appropriate action.**

**Additional Notes:**

1. **No more than one Head Coach and one Assistant Coach from each team will be allowed on the same side as the players. All other coaches/spectators should be on the opposite side of the playing field. NO EXCEPTIONS.**

**Head Coaches: please do not allow additional Assistant Coaches to coach from the parent sideline or from behind the goal area. The other parents don't appreciate it, it is very distracting for the players and other teams and it isn't helping the children with everyone yelling coaching directions at them. No one should be standing behind the goal or taking photographs nor coaching from behind the goal.**

2. **If on any given game day, either or both teams are short of players, both teams should share players so that those players that are present are able to play the game as scheduled. No players from other teams should be used as guest players.**
3. **Abuse of referees WILL NOT be tolerated.**
4. **No player is allowed to be rostered to more than 1 league roster during any given season. The only exception is playing for your school league and your league. Travel players CANNOT be rostered to a travel roster and also play for a league or play for one recreational league and also another recreational league during the same season. Travel players are not allowed to be used as guest players at any time.**

## GENERAL NOTE:

All recreational teams are required to wear their league issued uniforms at ALL games. No alternate socks or jerseys are permitted, even when playing at alternate locations. All uniforms must have numbers on the backs of the jerseys. If duplicate numbers on any given team on game day are present, please use duct tape to alter the number so that referees can determine who players are.

**YOUR TIME AND EFFORTS ARE MAKING A DIFFERENCE!**

**US Soccer Recreational Rules  
Summary of the Laws of the Game as modified for  
Richmond Cross Association and In House Recreational  
\*\*Please note that the following guidelines follow  
US Youth Soccer Recommendations\*\***

### LAW I THE FIELD

U05/U06	20	X	30 yards (4x6 goals-or Pug goals)
U08	25-30	X	35-40 yards (4 x 6 or 6x12 goals)
U10	40	X	60 yards (7x21 goals)
U12	50-60	X	75-90 yards (7x21 goals)
U14-U19 Coed/Girls	50-65	X	100-115yards(8x24 goals)

**These follow US Youth Soccer recommended guidelines.**

The team/coach area for each team will run from the halfway line toward the penalty area line (18 yard line) perpendicular.

**No more than one Head coach and one Assistant coach from each team will be allowed on the same side as the players. All other coaches/spectators/parents should be on the opposite side of the playing field.**

**\*\*The area behind the goal box will be free of spectators, players, parents, coaches and assistant coaches.**

All Age Groups: Players, Coaches, and Assistant Coaches from both teams will occupy the same side of the playing field with parents and spectators occupying the opposite side of the playing field.

## LAW II THE BALL

U05/U06	Size 3
U08	Size 3
U10-U12	Size 4
U13-U19	Size 5

## LAW III NUMBER OF PLAYERS ON FIELD

(Forfeiture, Substitutions)

Age Groups	# of players on field	Forfeiture of match if fewer than
U05	** 3	3 players (no goalkeeper)
U06	** 3	3 players (no goalkeeper)
U08	* 4	4 players (no goalkeeper)
U10	* 6	6 players (w/goalkeeper)
U12	* 8	7 players
U14-U19	* 11	7 players

\*\* Substitute quickly when the ball goes out of bounds. Permission to substitute is unnecessary. Substitute at quarters and half-time; substitute during quarters if coach feels it is necessary; i.e.: player shows up late.

\*Unlimited substitutions – At the discretion of and with the permission of the referee, a coach may substitute for any player when: there is a throw-in to be taken by the team having possession of the ball; there is goal-kick to be taken by either team; a goal has been scored by either team; for an injured player (opposing team may substitute the same number of players); for a cautioned player (yellow card) with the opposing team allowed to substitute the same number of players. Referee must be notified specifically if the substitution involves the goalkeeper. \*\*In addition for U8 and U10 age groups since there is no offside played, either team is allowed to substitute players in during a throw in to allow for continual flow of moving players in and out of the game.

## LAW IV EQUIPMENT

- League issued jerseys, shorts & socks issued by each league must be worn at all games and when playing at alternate locations. League issued uniforms should be worn at any tournaments that the team also attends whether they are hosted by the home league or not and when using the league name and when cards and a tournament roster have to be requested from the home League. Indoor leagues are the exception. However, if the home league name is used in your team name, league uniforms should be worn.
- Goalkeeper must wear different color from all other players and referees.
- Shin guards must be worn at all games and practices under socks.
- Shin guards must be covered entirely by socks at all times.
- Shoes must be sneaker or soccer cleats; no football, baseball, softball or metal cleats.
- Pierced earrings must be removed; **taping over earrings is NOT permitted, earrings must be removed.**
- Any jewelry of any kind is not allowed. Medical alert jewelry is to be allowed so long as it is taped securely to the player. Any religious jewelry is allowed so long as noted to the referee and secured in a safe manner to the referee's satisfaction.
- **No wire-rimmed glasses are allowed;** plastic frames are acceptable even if they have a wire "within" the plastic - a strap should be worn to secure glasses.
- Anything judged not dangerous by the referee will be allowed.
- Hard casts are allowed as long as they are covered sufficiently to prevent damage to the player or other players; covering casts with foam or other substances is allowed. The referee will determine the safety of the cast and at any time during the match can send off a player deemed unsafe or playing in an unsafe manner. If a player decides to play wearing a hard or soft cast, a Dr's note must be available at all times to be reviewed by the league to confirm that the Dr. has approved for the player to participate and will not further damage the injury.

\*See separate handout on specific policies concerning player equipment, jewelry etc. for the Central Virginia area. Each league should have available to all coaches a complete listing of items **NOT** acceptable on the Pitch.

## **LAW V THE REFEREE**

- All decisions are final.
- Keeps official time and score.
- Controls all aspects of game.
- Protects players from natural hazards and violations of the Laws of the Game.
- Ensures that no team or player takes advantage of another.
- U05/U06; one coach per team on the field; person serves as coach/referee.
- U08-U10 - one referee; U12-U19-3 referees.

## **LAW VI THE ASSISTANT REFEREE**

- U05/U06; no referees
- U08-U10; no assistant referee
- U12-U19; two assistant referees

## **LAW VII DURATION OF THE GAME**

(Cancellation, breaks)

U05	4 seven (7) minute quarters
U06	4 eight (8) minute quarters
U08	4 twelve (12) minute quarters
U10	2 twenty-five (25) minute halves
U12	2 thirty (30) minute halves
U14	2 thirty-five (35) minute halves
U16	2 forty (40) minute halves
U19	2 forty (40) minute halves

1. Cancellation of game due to weather or other natural disasters - since no rain dates are built into the schedule, it would be up to each individual league to decide if any makeup attempts will be made within their league.
2. Breaks:

U05-U08	two minute quarter break; five minute half time; starts each quarter or half with a kickoff.
U10-U&19	five minute half-time; change ends at half-time

### **LAW VIII STARTING PLAY**

- Kickoff
- Beginning each quarter (half)
- After a goal is scored
- Drop ball

### **LAW IX BALL OUT OF PLAY**

- When ball has wholly crossed touch (side) line
- When ball has wholly crossed goal line
- When play has been stopped by the referee

### **LAW X METHOD OF SCORING**

-A goal is scored when the whole of the ball passes over the goal line between the goal posts and under the crossbar provided no infringement of the game has occurred.

-The team with the greatest number of goals at the end of the match is declared the winner.

-Matches ending in a tie will be complete and end tied.

### **LAW XI OFFSIDE**

- **No offside for U05 – U10**
- A player is in an offside position if he is:
  - o nearer to his opponent's goal-line than the ball and
  - o in his opponent's half of the field, and nearer to the goal line than at least two of his opponents
- It is not an offense merely to be in an offside position.
- A player shall be penalized for being offside if, at the moment the ball is touched or is played by one of his teammates he is in an offside position and, in the opinion of the referee, involved in active play by:
  - o interfering with play, or
  - o interfering with an opponent, or
  - o gaining an advantage by being in that position

**NOTE: Where it is indicated, he refers to both genders on the Pitch.**

## **LAW XII FOULS AND MISCONDUCT**

A direct free kick shall be awarded to the team opposing a player who intentionally:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Spits at an opponent
- Holds an opponent
- Pushes an opponent
- Handles the ball deliberately with hand or arm except for a goalkeeper in his own penalty area.

When tackling, an opponent makes contact with the opponent before contact is made with the ball.

A penalty kick shall be awarded for any of the above fouls committed by the defending team in its own penalty area.

An indirect free kick shall be awarded to the team opposing a player who:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands

If the goalkeeper in his own penalty area:

- Takes more than 6 seconds, while controlling the ball with his hands, before releasing it from his possession
- Touches the ball again with his hands after it has been released from his possession and has not touched another player
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
- Wastes time

A player shall be cautioned (yellow card) if he:

- Is guilty of unsporting behavior
- Enters or reenters the field of play without the referee's permission
- Persistently infringes the Laws of the Game
- Shows dissent by word or action
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick
- Deliberately leaves the field of play without the referee's permission

A player shall be sent off (red card) if he:

- Is guilty of violent conduct
- Is guilty of serious foul play
- Uses offensive, insulting or abusive language
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of the goalkeeper in his own penalty area)
- Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Receives a second caution (yellow card) in the same game

**Players sent off WILL NOT be replaced. Players (or coaches) sent off WILL NOT attend the next game played AND WILL NOT be visible from the field of their team game. Any send offs should be reported in writing immediately to Cross Association Commissioner and/or the League by the Referee for that game and the Coach of the sent off player.**

## **LAW XIII FREE KICK**

Direct

- All opponents must be ten yards away from the ball
- The ball must move to be in play
- A goal may be scored directly

Indirect

- All opponents must be ten yards away from the ball
- The ball must move to be in play
- A goal may be scored only if the ball has touched another player before it crosses the goal line

**\*For U5-U8, since there is no goalkeeper, treat all fouls within the penalty area as Indirect kick fouls. Thus, the defending team may line up ten yards from the placement of the ball, or on the goal line if less than ten yards.**

**\*\*For U5-U8, since there is no goalkeeper, NO ONE player should act as a goalkeeper or be positioned as a goalkeeper.\*\***

### **LAW XIV PENALTY KICK**

From within penalty area, two-thirds (2/3) of the distance from the goal line to penalty area line, centered; this is generally 12 yards from the goal line.

Only the goalkeeper and kicker may be in the penalty area.

Goalkeeper's heels must touch goal line and he may move laterally but not forward.

**No Penalty Kicks for U5, U6, or U8 age groups.**

Only the keeper can be less than 12 yards from the goal line.

**\*See note above as it applies to appropriate age groups in Law XIV.**

### **LAW XV THROW-INS**

U05-U06	No throw-ins – use indirect kick for restart
U08	Two (2) attempts – then possession change
U10-U19	One (1) attempt – then possession change

At the moment of delivering the ball, the thrower:

- Must face playing field;
- Has part of each foot either on the touch line or on the ground outside the touch line;
- Throw-from behind and over the head;
- Uses both hands;

### **LAW XVI GOAL KICK**

- When offensive team propels ball over goal line outside the goal
- Ball is placed anywhere in the goal area and kicked into play
- Ball must clear penalty area to be in play
- Opposing team may not have a player in the penalty area at the time of the goal kick.
- A goal can be scored directly from a Goal Kick.

For a goal kick the ball must leave the penalty box area, (go past the 18 yard line) before it can be touched by another player on either team. You retake the kick as many times as

needed until the ball goes past the 18 yard line and/or if another player on either team touches the ball before it goes out of the box.

**\*U6 and younger – no goal kicks or corner kicks**

**\*U8 and older – there are goal kicks and corner kicks**

### **LAW XVII CORNER KICK**

-When defensive team propels ball over goal line outside the goal

-Ball is placed in and kicked from the arc at the corner of the field on the same side as it was played out of bounds.

-All opponents must be ten (10) yards away from the ball

-A goal may be scored directly from a Corner Kick.

**\*U6 and younger - no corner kicks or goal kicks**

**\*U8 and older – there are corner kicks and goal kicks**

### **NOTE**

In all cases where no specific reference is made concerning any aspect of the Laws of the Game herein; current FIFA laws and rulings will apply together with current modifications of those Laws as set out by the United States Youth Soccer Association.

Revised 05/11

**Additional Notes:**

**Inclement Weather/Lightning Guidelines**

In the event of inclement weather during the course of a game day or practice, delay or cancellation of activities at locations may be altered by league officials and members notified. Each League will update their Adverse Weather hotline as soon as they are able to make a determination as to the safety of the players and the field conditions.

When lightning/thunderstorms have occurred, activity should be halted immediately and not restarted until at least 30 minutes has lapsed from the last lightning/thunder. If league officials are present, members will be notified. If league officials are not present, it is the coach's responsibility to urge everyone to get safely off the Pitch and into safe shelter immediately. Play/activity can be cancelled entirely due to continuing weather conditions.

Coaches should terminate any practice at the time of flash or unsafe weather conditions. Coaches do NOT have the ability to cancel games in advance of game day – all games must be played as scheduled. **If games are cancelled without the approval of the league or the teams scheduled do not produce enough players by game time and the game is declared forfeited, the league team forfeiting the game will be responsible for the cost of the referee expense for that game.** Letting the league know that you do not want to play does **NOT** qualify as approval from the league. The league will take into consideration all concerns. Coaches are expected to hold practices as scheduled so that in the event of weather, teams are getting in their practice time. If emergencies happen and practices are cancelled because of weather or the coaches availability, the league will be glad to work with individual coaches in finding space to make up lost practice time. The coach has made a commitment to the entire team and is expected to hold weekly practices as scheduled.

It is each Leagues goal to hold practice/games whenever conditions are safe for everyone. Each League will make every attempt to keep the fields open and hold games as scheduled. The league will make decisions as to the safety of the fields and all games should be played as scheduled.

