



Lake View Athletics – Soccer Division

LAKE VIEW ATHLETICS FALL SOCCER
RULES OF PLAY rev. 2023





Lake View Athletics – Soccer Division

The Board of Directors of Lake View Athletics - Soccer, and the leaders of the affiliated Leagues are concerned about the conduct of all coaches and referees during games at all levels. We want to ensure that games are fair, honest, positive, and enjoyable experiences for all the children and adults involved. A soccer game should be friendly and unifying - a spirited social and athletic occasion for players, coaches, referees, and spectators.

To clarify expectations of coach conduct, we jointly expect all coaches to conform to this code of conduct as it applies to every division:

1. Before, during and after the game, be an example of dignity, patience and positive spirit.
2. Each coach should attempt to ensure equal game time for all players.
3. Coaches are expected to encourage player rotation and position experimentation.
4. Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long-term development, and if you support the referee, your players and their parents will notice and will emulate that behavior.
5. If you encourage (or allow) your players to play outside the rules, if you're overly concerned about results, and if you criticize the referee harshly, your players and their parents will also notice.
6. Positive sportsmanship is expected from everyone throughout the entire season.
7. During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game at least long enough for them to calm down.
8. During the game, you are also responsible for the conduct of the parents of your players. It is imperative to explain acceptable player and parent behavior in a preseason meeting. Encourage them to applaud and cheer for good plays by either team.
9. Parents must remain on the spectator side of the field when watching a match. NO



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SPECTATORS are to be behind the goalkeepers' nets or on the team side of the field. Please work collaboratively with the Director on Duty to keep parents and any spectators on the opposite side of field from player benches

10. During the game, **DO NOT** address the referee at all. If you have a small issue, discuss it with the referee calmly and patiently after the game.
11. If you have a major complaint, or if you think the referee was unfair, biased, unfit or incompetent, report your opinion to your League. Your reactions will be taken seriously if they are presented objectively and formally. The Director of Officials will review and handling these complaints, and their decision(s) regarding how to handle these matters will be final.
12. After the game, coaches may thank the referee, and if they so choose, may ask their players to do the same.
- 13 We stress two points:
 - a. **Referees** - especially young and inexperienced ones - are like your players and yourself, in that they need time to develop. You can play an important role in helping them to improve by letting them concentrate on the game. You can help by encouraging them, by accepting their inevitable, occasional mistakes and by offering constructive post game comments.
 - b. On the other hand, you could discourage and demoralize the referees by criticizing their decisions, by verbally abusing them and inciting - or even accepting - your own players' overly aggressive behavior.
14. Officials will submit the full match report to Lake View Athletics using the designated reporting system.
15. Think about what you're doing during a game! Uphold the Spirit of the Game! If you follow the expectations described above, the spirit of the game will be alive and well and will grow, along with the enjoyment of all.
16. The Code of Conduct – signed at registration and available on our website, is expected to be followed by coaches, players, and spectators.
17. All rules and penalties stay the same from regular season to play-offs.
18. A League Director or designated official may suspend play in the event of inclement weather. No game can be rescheduled or cancelled without the approval of the Division Director AND the



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league scheduler. Games will only be rescheduled in extreme circumstances.

19. All coaches must complete on-line concussion protocol training and submit their certificate to the division director.

20. Coaches who don't follow the expectations described above will be disciplined or removed. Coaches are expected to encourage player rotation and position experimentation.

Miscellaneous

1. Before the beginning of each match, teams shall line up and conduct a pre-match handshake to wish each other good luck. Post-match handshakes will no longer take place.

2. When the colors of two competing teams are similar, one team may wear "pinnies" of a different color that allow the number on the player's jersey to show through.

3. Goalkeepers must wear colors that distinguish them from the other players.

4. Every effort is made to balance team strength and gender to ensure that every game is competitive.

5. Coaches are expected and encouraged to maintain the integrity of the game by not allowing a blow out to occur and making efforts to keep the score within 4 goals. In the event that one team has a 4-goal lead, the following efforts should be encouraged:

- a. 5 passes between players on the same team before a shot on goal.
- b. Encourage your team to try to get players who have not scored yet during the season, a chance.
- c. Move stronger offensive players to defense.
- d. Experiment with goalkeepers.

6. Malicious Blowout - the act of running up a score without regard for sportsmanship or rules of conduct. This action may include verbal abuse to the losing team by direct remark or coach joking or jesting with winning players regarding other team or directing players to play very aggressively and in an intimidating manner. Malicious Blowout is primarily observed by the winning coach taking no sportsmanlike actions to improve the game condition by creating a more equally competitive game environment. This will be reviewed on a case-by-case basis, and



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if multiple instances of this occur, a meeting between the coach in question, Division Director and the Director of Coaching may be necessary.

7. In the event that a match is not staffed with at least one referee, the match shall be played under the control of a LVA Soccer Board Member who IS NOT affiliated with that age division, OR the match shall be played with one coach from each team assuming an officiating role. All other rules of play shall be followed with regards to conducting the match. The official score of the match shall be reported to the LVA Soccer Board upon the conclusion of the match.

8. No one is to address the referee during the game except as allowed below:
 - a. Coaches and Managers
 - i. During the Game:
 1. May respond to a referee initiating a communication
 2. May ask for substitutions
 3. May point out emergencies or safety issues, such as an injured player the referee may not have noticed and acknowledged.
 - ii. At halftime or at the end of the game:
 1. May ask a referee to explain a rule(s) in a polite and constructive way
 2. Absolutely no sarcasm, harassment or intimidation is allowed in any conversation with the referee



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Instructional & Squirt Divisions Amendments to the Laws of the Game

GAME LENGTH:

The first 30 minutes will be spent on the introduction and teaching of skills. The remaining 30 minutes will consist of six 5-minute mini-sessions with a break after each mini session (enough to change a line-up & get a drink). Mini sessions will be shortened to allow for the match to be played in sunlight when necessary.

FIELD SIZE

The field size shall be approximately 25 yards long by 20 yards wide. Teams will be assigned to the appropriately sized fields by the LVA Soccer Scheduler.

PLAYERS FIELDED

Each team will have 5 field players and a goalkeeper to play a game.

BALL SIZE

Games will be played with a properly inflated size 3 ball.

SUBSTITUTIONS

All players on the bench MUST BE SUBSTITUTED AT THE SAME TIME unless a player is sick or injured, at which point that player will not be forced onto the field of play.

GOALKEEPER

No goalkeeper should play more than half of the mini-sessions.

HEADING

There is no deliberate heading of the ball at any time during practice or a game.

THROW-INS

It is important that we teach throw-ins, don't just move the ball back into play.

RETREAT LINE

All offensive players must retreat to their defensive half of the field on goal kicks.



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Players shall remain there until the kick is taken and the ball clears the penalty area boundary.

SLIDE TACKLING

Slide tackling in any form will not be permitted. Repetitive infringements must result in the offending player's coach(es) removing the player from the match and counseling them on the behavior before returning them to play. Every effort should be made to encourage the player to stay on their feet during the match when challenging for the ball.

COACHES

Coaches from each team will be permitted to give instruction from the sideline or from within the field of play.



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Rookie Division Amendments to the Laws of the Game

GAME LENGTH:

Quarters: Four (4) 12-minute quarters with a 2-minute break after the 1st and 3rd quarters (enough to change a line-up and get a drink).

Half-time: 5-minute half time.

Extra time in between quarters can be approved by the assigned official during periods of extreme weather.

Quarters will be shortened to allow for the match to be played in sunlight when necessary.

HEADING

There is no deliberate heading of the ball at any time during practice or a game.

FIELD SIZE

The field size shall be approximately 60 yards long by 40 yards wide. Teams will be assigned to the appropriately sized fields by the LVA Soccer Scheduler.

PLAYERS FIELDED

Each team will have 6 field players and a goalkeeper to play a game.

The **minimum** number of players a team must have for a game to commence is 6 (4 field players, 1 goalkeeper, and 1 substitute).

Opposing Coaches *MAY* give players from their team to equalize teams at their discretion. Otherwise, teams **MUST** level down to the number of players fielded by the opposing team. If there are not enough players for the above to happen, a 'pick-up game' can be played. We want to all that we can to ensure a game happens, but it is safe and fair.

MINIMUM PLAYING TIME

There is a "Minimum Playing Time Rule" of six (6) minutes per player per quarter for all players unless a player is sick or injured. **This will be strictly enforced.**

- If any coach is found to be in violation of the "Minimum Playing Time Rule", the referee shall report the coach to the Board through use of the game report.
- If the Board finds the coach has been in violation of the rule on three or more occasions, future games will require the 6-Minute Rule.



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▪ 6-Minute Rule

- The referee will stop play every 6 minutes to force a substitution to take place. The coach must follow the substitution procedure regardless of the imposed rule. Players must be ready to enter every 6-minutes.
- If coaches are still found to not be following Minimum Playing Time rules, the coach will be required to meet with the Division Director and Director of Coaching to develop a strategy to ensure compliance.

BALL SIZE

Games will be played with a properly inflated size 4 ball.

SUBSTITUTIONS

All players on the bench **MUST BE SUBSTITUTED AT THE SAME TIME** unless a player is sick or injured, at which point that player will not be forced onto the field of play.

**A substitution *may* (not “will”) take place at ANY stoppage in play provided the substitution procedures are strictly adhered to AND the referee verbally and audibly acknowledged that he is permitting the team to substitute. Referees will permit substitutions at *their discretion*, not at the coach’s immediate will and desire! It is a right to sub, but a privilege of when to do so.

GOALKEEPER

No goalkeeper should play MORE THAN two (2) quarters. Each goalkeeper must play the entire quarter in the goal. If an injury occurs, another goalkeeper **MUST** be used. That goalkeeper will not be allowed to return to net for the remainder of the game.

THROW-INS

During the month of August, players are allowed one retake of a throw-in. This is to allow players to learn how to do them correctly.

From September through the end of the season, retakes will no longer be permitted, and the possession of the ball will change.

KICKS

All free kicks awarded will be indirect free kicks, **INCLUDING THE KICKOFF**.

RETREAT LINE

All offensive players must retreat to their defensive half of the field on goal or free kick. Players shall remain there until the kick is taken and, if inside the



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penalty area, the ball clears the penalty area boundary.

If an offensive player commits an infraction, an indirect free kick will be awarded to the defending team at the halfway line. The ball shall be placed anywhere on the halfway line that is within the perpendicular boundaries of the goal area (i.e. if you were to continue the lines forming the width of the goal area to the halfway line, the ball is to be placed anywhere on the halfway line between those two lines).

FOULS

If a foul is committed inside the Penalty Area, the ball will be moved to the nearest spot outside the Penalty Area (not placed on the penalty area line, but just behind the plane of the line) and an indirect free kick will be awarded to the opposing team.

SLIDE TACKLING

Slide tackling will NOT be permitted. Repetitive infringements will result in the offending player being cautioned and temporarily removed from the match. The player may re-enter the match at the next possible substitution opportunity AFTER being counseled on the behavior by their coach(es). This coaching should include reminding the player that slide tackles to get the ball are not allowed encouraging them to remain on their feet when challenging for the ball while other players are around trying to play it.

Sliding to get the ball is allowed if there are no other players in the immediate vicinity of play that would be at risk of a collision with the sliding player.

Final decisions regarding plays in question will be made by the referee.

CARDS

Any coach or any player that receives multiple Yellow cards or a Red card during the season may be subject to a suspension or expulsion from Lake View Athletics Soccer. This will be pending a review by the designated Board of Directors at the board's earliest convenience, but no later than 72 hours after infraction takes place.

Suspending the rule of equal play, under Yellow and Red cards, players will sit on the bench until the next opportunity to return to play.

For player's receiving a Red card or 'Red card equivalent', (multiple Yellows), the offending player and the player's parent(s), the player's coach shall attend the meeting to discuss the infraction. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

Coach's that are required to attend the meeting to discuss the infraction, can have their assistant(s)/co-coach's attend. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.



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COACHES

Coaches from each team will be permitted to give instruction from the sideline.

There will be a maximum of two (2) coaches permitted to coach a team during a match.

Coaches are not to enter the field of play. The **ONLY** exception will be to attend to an injured player.

One coach from each team will be permitted to give instruction from the side **diagonally** opposite their respective technical area. This coach **MUST** stay on the half of the field diagonally across from their respective technical area/bench regardless of team side changes after halves. Coaches do not have to do this and may remain by their bench and coach from the coach's side if they so choose.

COACH EJECTIONS

If a coach receives a Red card, they will be subject to immediate expulsion from the game/field/facility. They will be allowed to remain in their car while they wait for the game to finish if their child is still playing.

If only one coach is in attendance, a parent will be permitted to step-in to coach the remainder of the game.

If a parent is unable/unwilling to coach, should a director be present and willing to coach, the director may coach for the remainder of the game. Lake View Athletics does not desire to punish players for coaches' actions.

NOTE: 2 coach ejections from the same team during the same game, will result in the game being FORFEITED.

MISCELLANEOUS

There are no "call-ups" from other divisions permitted.



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Midget Division Amendments to the Laws of the Game

GAME LENGTH:

Halves: Two (2) 30-minute halves.

Half-time: 5-minute half time.

Extra time in between halves can be approved by the assigned official during periods of extreme weather.

Halves will be shortened to allow for the match to be played in sunlight when necessary.

HEADING

There is no deliberate heading of the ball at any time during practice or a game.

FIELD SIZE

The field size shall be approximately 60 yards long by 40 yards wide. Teams will be assigned to the appropriately sized fields by the LVA Soccer Scheduler.

PLAYERS FIELDED

Each team will have 6 field players and a goalkeeper to play a game.

The **minimum** number of players a team must have for a game to commence is 6 (4 field players, 1 goalkeeper, and 1 substitute).

Opposing Coaches *MAY* give players from their team to equalize teams at their discretion. Otherwise, teams **MUST** level down to the number of players fielded by the opposing team. If there are not enough players for the above to happen, a 'pick-up game' can be played. We want to all that we can to ensure a game happens, but it is safe and fair.

MINIMUM PLAYING TIME

There is a "Minimum Playing Time Rule" of fifteen (15) minutes per player per half for all players unless a player is sick or injured. **This will be strictly enforced.**

- If any coach is found to be in violation of the "Minimum Playing Time Rule", the referee shall report the coach to the board through use of the game report.
- If the board finds the coach has been in violation of the rule on three or more occasions, future games will require the 5-Minute Rule.
 - **5-Minute Rule**
 - The referee will stop play every 5 minutes to force a substitution to take



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place. The coach must follow the substitution procedure regardless of the imposed rule. Players must be ready to enter every 5-minutes.

- If coaches are still found to not be following Minimum Playing Time rules, the coach will be required to meet with the Division Director and Director of Coaching to develop a strategy to ensure compliance.

BALL SIZE

Games will be played with a properly inflated size 4 ball.

SUBSTITUTIONS

All players on the bench **MUST BE SUBSTITUTED AT THE SAME TIME** unless a player is sick or injured, at which point that player will not be forced onto the field of play.

**A substitution *may* (not “will”) take place at ANY stoppage in play provided the substitution procedures are strictly adhered to AND the referee verbally and audibly acknowledged that he is permitting the team to substitute. Referees will permit substitutions at *their discretion*, not at the coach’s immediate will and desire! It is a right to sub, but a privilege of when to do so.

GOALKEEPER

No one goalkeeper may play MORE THAN one (1) entire half. Multiple goalkeepers may be used during a match, and even during a half, so long as the changing of a goalkeeper is not at a frequency meant to delay the match / kill the clock (for example, a new goalkeeper every 3-5 minutes). There is no limit on the number of goalkeepers, but the minimum is still at least two with neither individual playing more than one half or 30 cumulative minutes. If an injury occurs, another goalkeeper **MUST** be used.

THROW-INS

During the month of August, players are allowed one retake of a throw-in. This is to allow players to learn how to do them correctly.

From September through the end of the season, retakes will no longer be permitted, and the possession of the ball will change

KICKS

All free kicks awarded will be indirect free kicks, **INCLUDING THE KICKOFF**.

RETREAT LINE



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All offensive players must retreat to their defensive half of the field on goal or free kick. Players shall remain there until the kick is taken and, if inside the penalty area, the ball clears the penalty area boundary.

If an offensive player commits an infraction, an indirect free kick will be awarded to the defending team at the halfway line. The ball shall be placed anywhere on the halfway line that is within the perpendicular boundaries of the goal area (i.e. if you were to continue the lines forming the width of the goal area to the halfway line, the ball is to be placed anywhere on the halfway line between those two lines).

FOULS

If a foul is committed inside the Penalty Area, the ball will be moved to the nearest spot outside the Penalty Area (not placed on the penalty area line, but just behind the plane of the line) and an indirect free kick will be awarded to the opposing team.

SLIDE TACKLING

Slide tackling will NOT be permitted. Repetitive infringements will result in the offending player being cautioned and temporarily removed from the match. The player may re-enter the match at the next possible substitution opportunity AFTER being counseled on the behavior by their coach(es). This coaching should include reminding the player that slide tackles to get the ball are not allowed encouraging them to remain on their feet when challenging for the ball while other players are around trying to play it..

Sliding to get the ball is allowed if there are no other players in the immediate vicinity of play that would be at risk of a collision with the sliding player.

Final decisions regarding plays in question will be made by the referee.

CARDS

Any coach or any player that receives multiple Yellow cards or a Red card during the season may be subject to a suspension or expulsion from Lake View Athletics. This will be pending

a review by the designated Board of Directors at the board's earliest convenience, but no later than 72 hours after infraction takes place.

Suspending the rule of equal play, under Yellow and Red cards, players will sit on the bench until the next opportunity to return to play.

For player's receiving a Red card or 'Red card equivalent', (multiple Yellows), the offending player and the player's parent(s), the player's coach shall attend the meeting to discuss the infraction. After reviewing the incident, the Board will meet



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alone to warrant a decision. The Board's decision will be final.

Coach's that are required to attend the meeting to discuss the infraction, can have their assistant(s)/co-coach's attend. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

COACHES

Coaches from each team will be permitted to give instruction from the sideline.

There will be a maximum of two (2) coaches permitted to coach a team during a match.

Coaches are not to enter the field of play. The **ONLY** exception will be to attend to an injured player.

One coach from each team will be permitted to give instruction from the side **diagonally** opposite their respective technical area. This coach **MUST** stay on the half of the field diagonally across from their respective technical area/bench regardless of team side changes after halves. Coaches do not have to do this and may remain by their bench and coach from the coach's side if they so choose.

COACH EJECTIONS

If a coach receives a Red card, they will be subject to immediate expulsion from the game/field/facility. They will be allowed to remain in their car while they wait for the game to finish if their child is still playing.

If only one coach is in attendance, a parent will be permitted to step-in to coach the remainder of the game.

If a parent is unable/unwilling to coach, should a director be present and willing to coach, the director may coach for the remainder of the game. Lake View Athletics does not desire to punish players for coaches' actions.

NOTE: 2 coach ejections from the same team during the same game, will result in the game being FORFEITED.

MISCELLANEOUS

There are no "call-ups" from other divisions permitted.



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Minor Division

Amendments to the Laws of the Game

GAME LENGTH:

Halves: Two (2) 30-minute halves.

Half-time: 5-minute half time.

Extra time in between halves can be approved by the assigned official during periods of extreme weather.

Halves will be shortened to allow for the match to be played in sunlight when necessary.

HEADING

There is no deliberate heading of the ball at any time during practice or a game.

FIELD SIZE

The field size shall be approximately 80 yards long by 50 yards wide. Teams will be assigned to the appropriately sized fields by the LVA Soccer Scheduler.

PLAYERS FIELDED

Each team will have 8 field players and a goalkeeper to play a game.

The **minimum** number of players a team must have for a game to commence is 8 (6 field players, 1 goalkeeper, and 1 substitute).

Opposing Coaches *MAY* give players from their team to equalize teams at their discretion. Otherwise, teams **MUST** level down to the number of players fielded by the opposing team. If there are not enough players for the above to happen, a 'pick-up game' can be played. We want to all that we can to ensure a game happens, but it is safe and fair.

MINIMUM PLAYING TIME

There is a "Minimum Playing Time Rule" of ten (15) minutes per player per half for all players unless a player is sick or injured. **This will be strictly enforced.**

If any coach is found to be in violation of the "Minimum Playing Time Rule", the referee shall report the coach to the board through use of the game report.

If the board finds the coach has been in violation of the rule on three or more occasions, the coach will be required to meet with the Division Director and Director of Coaching before the team's next game to develop a strategy to ensure compliance. If the behavior continues after this meeting, the team will



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be placed under the 15-minute Rule.

15-Minute Rule

• The referee will stop play every 15 minutes to force a substitution to take place for those players who have not met the minimum playing time requirement. The coach must follow the substitution procedure regardless of the imposed rule. Players must be ready to enter at the 15-minute mark. This will be enforced until the Lake View Athletics Board and the Division Director deem it no longer necessary.

BALL SIZE

Games will be played with a properly inflated size 4 ball.

SUBSTITUTIONS

Coaches may substitute players at their discretion as long as they follow established protocol by the league.

**A substitution *may* (not “will”) take place at ANY stoppage in play provided the substitution procedures are strictly adhered to AND the referee verbally and audibly acknowledged that he is permitting the team to substitute. Referees will permit

substitutions at *their discretion*, not at the coach’s immediate will and desire! It is a right to sub, but a privilege of when to do so.

GOALKEEPER

No goalkeeper should play the entire match in goal. Multiple goalkeepers may be used during a match, and even during a half, so long as the changing of a goalkeeper is not at a frequency meant to delay the match / kill the clock (for example, a new goalkeeper every 3-5 minutes). There is no limit on the number of goalkeepers, but the minimum is still at least two with neither individual playing more than one half or 30 cumulative minutes. If an injury occurs, another goalkeeper **MUST** be used.

KICKS

All kicks will adhere to established IFAB Laws of the Game.

FOULS

All fouls will be dealt with according to established IFAB Laws of the Game and



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League modified rules. League modified rules will supersede all other rules.

SLIDE TACKLING

Slide tackling will NOT be permitted. Repetitive infringements will result in the offending player being cautioned and temporarily removed from the match. The player may re-enter the match at the next possible substitution opportunity AFTER being counseled on the behavior by their coach(es). This coaching should include reminding the player that slide tackles to get the ball are not allowed encouraging them to remain on their feet when challenging for the ball while other players are around trying to play it..

Sliding to get the ball is allowed if there are no other players in the immediate vicinity of play that would be at risk of a collision with the sliding player.

Final decisions regarding plays in question will be made by the referee.

CARDS

Any coach or any player that receives multiple Yellow cards or a Red card during the season may be subject to a suspension or expulsion from Lake View Athletics. This will be pending a review by the designated Board of Directors at the board's earliest convenience, but no later than 72 hours after infraction takes place.

Suspending the rule of equal play, under Yellow and Red cards, players will sit on the bench until the next opportunity to return to play.

For player's receiving a Red card or 'Red card equivalent', (multiple Yellows), the offending player and the player's parent(s), the player's coach shall attend the meeting to discuss the infraction. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

Coach's that are required to attend the meeting to discuss the infraction, can have their assistant(s)/co-coach's attend. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

COACHES

Coaches from each team will be permitted to give instruction from the sideline.

There will be a maximum of two (2) coaches permitted to coach a team during a match.

Coaches are not to enter the field of play. The ONLY exception will be to attend to an injured player.



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COACH EJECTIONS

If a coach receives a Red card, they will be subject to immediate expulsion from the game/field/facility. They will be allowed to remain in their car while they wait for the game to finish if their child is still playing.

If only one coach is in attendance, a parent will be permitted to step-in to coach the remainder of the game.

If a parent is unable/unwilling to coach, should a director be present and willing to coach, the director may coach for the remainder of the game. Lake View Athletics does not desire to punish players for coaches' actions.

NOTE: 2 coach ejections from the same team during the same game, will result in the game being FORFEITED.

MISCELLANEOUS

There are no “call-ups” from other divisions permitted.



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Major Division Amendments to the Laws of the Game

GAME LENGTH:

Halves: Two (2) 30-minute halves.

Half-time: 5-minute half time.

Extra time in between halves can be approved by the assigned official during periods of extreme weather.

Halves will be shortened to allow for the match to be played in sunlight when necessary.

HEADING

Heading of the ball is allowed in this age division.

FIELD SIZE

The field size shall be approximately 100-120 yards long by 80-100 yards wide. The field shall be longer than it is wide within these dimensions. Teams will be assigned to the appropriately sized fields by the LVA Soccer Scheduler

PLAYERS FIELDED

Each team will have 10 field players and a goalkeeper to play a game.

The **minimum** number of players a team must have for a game to commence is 8 (6 field players, 1 goalkeeper, and 1 substitute).

Opposing Coaches *MAY* give players from their team to equalize teams at their discretion. Otherwise, teams **MUST** level down to the number of players fielded by the opposing team. (i.e., 8v8, 7v7, etc....)

If there are not enough players for the above to happen, a 'pick-up game' can be played. We want to all that we can to ensure a game happens, but it is safe and fair.

MINIMUM PLAYING TIME

There is a "Minimum Playing Time Rule" of ten (15) minutes per player per half for all players unless a player is sick or injured. **This will be strictly enforced.**

If any coach is found to be in violation of the "Minimum Playing Time Rule", the



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referee shall report the coach to the board through use of the game report. If the board finds the coach has been in violation of the rule on three or more occasions, the coach will be required to meet with the Division Director and Director of Coaching before the team's next game to develop a strategy to ensure compliance. If the behavior continues after this meeting, the team will be placed under the 15-minute Rule.

15-Minute Rule

• The referee will stop play every 15 minutes to force a substitution to take place for those players who have not met the minimum playing time requirement. The coach must follow the substitution procedure regardless of the imposed rule. Players must be ready to enter at the 15-minute mark. This will be enforced until the Lake View Athletics Board and the Division Director deem it no longer necessary.

BALL SIZE

Games will be played with a properly inflated size 5 ball.

SUBSTITUTIONS

Coaches may substitute players at their discretion as long as they follow established protocol by the league.

A substitution **may (not “will”) take place at ANY stoppage in play provided the substitution procedures are strictly adhered to AND the referee verbally and audibly acknowledged that he is permitting the team to substitute. Referees will permit

substitutions at *their discretion*, not at the coach's immediate will and desire! It is a right to sub, but a privilege of when to do so.

GOALKEEPER

At this level, goalkeepers are allowed to play the full game in net without a mandatory substitution. LVA Soccer still strongly encourages player rotation between positions, including with the goalkeeper.

KICKS

All kicks will adhere to established IFAB Laws of the Game.

FOULS

All fouls will be dealt with according to established IFAB Laws of the Game and



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League modified rules. League modified rules will supersede all other rules.

SLIDE TACKLING

Slide tackling will NOT be permitted. Repetitive infringements will result in the offending player being cautioned and temporarily removed from the match. The player may re-enter the match at the next possible substitution opportunity AFTER being counseled on the behavior by their coach(es). This coaching should include reminding the player that slide tackles to get the ball are not allowed encouraging them to remain on their feet when challenging for the ball while other players are around trying to play it..

Sliding to get the ball is allowed if there are no other players in the immediate vicinity of play that would be at risk of a collision with the sliding player.

Final decisions regarding plays in question will be made by the referee.

CARDS

Any coach or any player that receives multiple Yellow cards or a Red card during the season may be subject to a suspension or expulsion from Lake View Athletics. This will be pending a review by the designated Board of Directors at the board's earliest convenience, but no later than 72 hours after infraction takes place.

Suspending the rule of equal play, under Yellow and Red cards, players will sit on the bench until the next opportunity to return to play.

For player's receiving a Red card or 'Red card equivalent', (multiple Yellows), the offending player and the player's parent(s), the player's coach shall attend the meeting to discuss the infraction. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

Coach's that are required to attend the meeting to discuss the infraction, can have their assistant(s)/co-coach's attend. After reviewing the incident, the Board will meet alone to warrant a decision. The Board's decision will be final.

COACHES

Coaches from each team will be permitted to give instruction from the sideline.

There will be a maximum of two (2) coaches permitted to coach a team during a match.

Coaches are not to enter the field of play. The ONLY exception will be to attend to an injured player.



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COACH EJECTIONS

If a coach receives a Red card, they will be subject to immediate expulsion from the game/field/facility. They will be allowed to remain in their car while they wait for the game to finish if their child is still playing.

If only one coach is in attendance, a parent will be permitted to step-in to coach the remainder of the game.

If a parent is unable/unwilling to coach, should a director be present and willing to coach, the director may coach for the remainder of the game. Lake View Athletics does not desire to punish players for coaches' actions.

NOTE: 2 coach ejections from the same team during the same game, will result in the game being FORFEITED.

MISCELLANEOUS

There are no “call-ups” from other divisions permitted.



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Appendix A – Determining the Outcome of a Match

REGULAR MATCH PLAY

During regular season play, the team scoring the greatest number of goals is the winner. If both teams score no goals or an equal number of goals, the match is drawn (a tie).

PLAYOFF COMPETITION RULES

During the playoff competition, **all rules of play in effect for the regular season remain in effect for the playoffs**. The team scoring the greatest number of goals is the winner. **However**, if both teams score no goals or an equal number of goals, the match is drawn (a tie), and the tie **MUST** be broken using Penalties (Penalty shoot-out). The procedure outlined below shall be the official procedure during this process. *Coaches and Referees are encouraged to reference this book and this section during Penalties (Penalty Shoot-Out) to ensure it is being executed correctly.*

Penalties (Penalty Shoot-Out)

Penalties (penalty shoot-out) are taken after the match has ended and unless otherwise stated, the relevant Laws of the Game apply. A player who has been sent off during the match is not permitted to take part; warnings and cautions issued during the match are not carried forward into penalties (penalty shoot-out).

PROCEDURE

Before Penalties (penalty shoot-out) start:

- Unless there are other considerations (e.g. ground conditions, safety etc.), the referee decides which net will be one side of the coin (e.g. heads) and which net will be the other side of the coin (e.g. tails). The referee then tosses a coin to determine the goal at which the kicks will be taken, which may only be changed for safety reasons or if the goal or playing surface becomes unusable
- The referee identifies the captain of the visiting team, informs them to call the coin when it is tossed, and then tosses a coin again. The team that wins the toss decides whether to take the first or second kick
- With the exception of a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment etc.) at the end of the match are eligible to take kicks.



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- NOTE: Goalkeepers who have “TIMED OUT” (exceeded their allowable time in net per the rules of play) may be substituted onto the field as a field player toward the end of the match. That player may then change places with the ending goalkeeper, if so desired. The “Max Time in Net” clock re-sets for this procedure, and that player may be the identified goalkeeper so long as the ending goalkeeper becomes a field player who will take kicks if needed / wanted.
- Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee is not informed of the order
- If at the end of the match and before or during the kicks one team has a greater number of players than its opponents, it must reduce its numbers to the same number as its opponents and the referee must be informed of the name and number of each player excluded. Any excluded player is not eligible to take part in the kicks (except as outlined below)
- A goalkeeper who is unable to continue before or during the kicks may be replaced by a player excluded to equalize the number of players or, if their team has not used its maximum permitted number of substitutes, a named substitute, but the replaced goalkeeper takes no further part and may not take a kick
- If the goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks

DURING PENALTIES (PENALTY SHOOT-OUT)

- Only eligible players and match officials are permitted to remain on the field of play
- All eligible players, except the player taking the kick and the two goalkeepers, must remain within the centre circle
- The goalkeeper of the kicker must remain on the field of play, outside the penalty area, on the goal line where it meets the penalty area boundary line
- An eligible player may change places with the goalkeeper
- The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence; the kicker may not play the ball a second time
- The referee keeps a record of the kicks
- If the goalkeeper commits an offence and, as a result, the kick is retaken, the goalkeeper is warned for the first offence and cautioned for any subsequent offence(s)
- If the kicker is penalised for an offence committed after the referee has signaled for the kick to be taken, that kick is recorded as missed and the kicker is cautioned
- If both the goalkeeper and the kicker commit an offence at the same time, the kick is recorded as missed and the kicker is cautioned.



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Subject to the conditions explained below, both teams take five kicks

- The kicks are taken alternately by the teams
- Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
- If, after both teams have taken five kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks
- The above principle continues for any subsequent sequence of kicks but a team may change the order of kickers
- Penalties (penalty shoot-out) must not be delayed for a player who leaves the field of play. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick

SUBSTITUTIONS AND SENDINGS-OFF DURING PENALTIES (PENALTY SHOOT-OUT)

- A player, substitute, substituted player or team official may be cautioned or sent off
- A goalkeeper who is sent off must be replaced by an eligible player
- A player other than the goalkeeper who is unable to continue may not be replaced
- The referee must not abandon the match if a team is reduced to fewer than seven players



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Appendix B – Inclement Weather

RAIN / SLEET / SNOW

Matches will only be cancelled due to precipitation if the LVA Board of Directors feels the volume of precipitation will cause the fields to become either unplayable due to flooding or line obstruction, or if the field will be or will become hazardous to player safety during regular gameplay. Unless otherwise directed, teams should report for their scheduled matches in these weather conditions.

THUNDER / LIGHTNING: BEFORE MATCHES BEGIN

In the event of thunder and / or lightning **PRIOR** to matches beginning, the LVA Board of Directors will review Advanced Weather Technology available through NOAA to determine the size and speed of the storm cell, as well as how long the storm cell will affect the facilities used for matches. If the LVA Board of Directors can make an adverse determination and cancel matches prior to team arrivals at the facilities, that communication will be handled using all available league communication software. This includes social media pages and team software packages. If the decision cannot be made prior to team arrivals at the playing facilities, the ultimate decision to play the matches will reside with the director on duty, the referees, and the coaches following the Thunder / Lightning Timing Procedure.

THUNDER / LIGHTNING: AFTER TEAM ARRIVAL / AFTER MATCHES BEGIN

In the event of thunder and / or lightning **AFTER** teams arrive at the playing facilities OR **AFTER** matches begin, LVA Soccer will utilize the universally accepted Thunder / Lightning Timing Procedure outlined below:

THUNDER / LIGHTNING TIMING PROCEDURE:

- Upon hearing thunder or seeing lightning, ALL PERSONS shall clear the playing fields and move to a safe location. The exterior patios of field house structures and outdoor, open-air picnic shelters are NOT considered safe locations.
 - Examples of safe locations include interiors of well-build, grounded buildings and the interior of vehicles with all doors closed.
- The REFEREE shall hold the official timing for the event and will start a stopwatch to time 30 minutes from the last heard rumble of thunder or last seen lightning strike.
 - Lightning strikes include air-to-air lightning (cloud lightning) and air-to-ground lightning. If the sky lights up and flickers as if lightning has occurred, it counts!
- The referee will re-start the stopwatch for 30 minutes upon witnessing each subsequent rumble of thunder and / or lightning strike.
- Should any given 30-minute waiting period reach a point of expiry where there would be no



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daylight remaining to continue the matches, the matches shall be abandoned. The referee will file a report as to the score of the match at the time of abandonment and how much of the match was played up to that point.

- o The LVA Board of Directors and / or Division Directors will determine if a match is to be considered played in full or not played to completion. They will then decide if matches not played to completion are to be rescheduled. Their decision is final.

EXCESSIVE HEAT

In the event of the local temperate EXCEEDING a Wet Bulb Globe Temperature of 86.9 degrees Fahrenheit / 30.5 degrees Celsius, OR if the relative humidity exceeds 90% for any temperature, matches will stop for a four-minute hydration break halfway between each period of play. Teams playing 30-minute halves may play 15-minute quarters on these days if they so choose as long as the referee is informed before the start of the match. The official reading shall be taken at the Burke Road Athletic Complex by a director on duty or senior referee utilizing the league-owned psychrometer. The results of the reading will be communicated to the Lake View Athletics Board of Directors and all teams playing that day before matches begin.



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Appendix C – Concussion Protocol

Lake View Athletics has adopted the official position of US Youth Soccer for player safety after a head injury. The steps that will be taken have been adopted from the US Youth Soccer document “Concussion Procedure and Protocol for US Youth Soccer Events”

Concussion: a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.

CONCUSSION SIGNS, SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1: Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

- (1) Dazed look or confusion about what happened.
- (2) Memory difficulties.
- (3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
- (4) Short attention span. Can't keep focused.
- (5) Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- (6) Abnormal physical and/or mental behavior.
- (7) Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2: Is emergency treatment needed?

This would include the following scenarios:

- (1) Spine or neck injury or pain.
- (2) Behavior patterns change, unable to recognize people/places, less responsive than usual.



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- (3) Loss of consciousness.
- (4) Headaches that worsen
- (5) Seizures
- (6) Very drowsy, can't be awakened
- (7) Repeated vomiting
- (8) Increasing confusion or irritability
- (9) Weakness, numbness in arms and legs

Step 3: If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

- (1) Balance, movement.
- (2) Speech.
- (3) Memory, instructions, and responses.
- (4) Attention on topics, details, confusion, ability to concentrate.
- (5) State of consciousness
- (6) Mood, behavior, and personality
- (7) Headache or “pressure” in head
- (8) Nausea or vomiting
- (9) Sensitivity to light and noise

Step 4: A player diagnosed with a possible concussion may return to play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management. If a Referee observes a player who suffers a head injury and begins to exhibit any of the above signs and symptoms of a concussion, the Referee WILL NOT permit the player to return to play. The Referee has the final say in this matter and shall include the details of the incident in their report.



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Step 5: If there is a possibility of a concussion, do the following:

- (1) The game report and supplemental report is to be filled out by the referee detailing the players name, age, and team they play for.
- (2) The LVA Board of Directors and / or Division Director will reach out to the family to get the status of the player's health and diagnosis.
- (3) The Division Director will inform the team coach when the player is eligible to return to play.
- (4) The Director of Officials will inform the referees when the player is eligible to return to play.

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf. April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. <http://www.nfhs.org>. April 21, 2011