

VSA Playing Guidelines

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Age Group	# of Players	Match Duration	Goalkeepers	Coaches on Field	Offside	Ball Size	Penalty Kicks	Slide Tackling
U5	4v4	4- 9 min quarters	no	1 per team	no	3	see below	no
U6	4v4	4- 9 min quarters	no	1 per team	no	3	see below	no
U8	4v4	4- 9 min quarters	no	no	no	3	see below	no
U10	7v7	24 min halves	yes	no	yes	4	yes	yes
U12	9v9	30 min halves	yes	no	yes	4	yes	yes
U14, U16, U18	11v11	35 or 40 min halves	yes	no	yes	5	yes	yes

During all recreation games, teams will be placed on the same sideline with all parents on the opposite sideline. Only players and coaches will be permitted on the team sideline. Parents will only be permitted on the team sideline in the event of an emergency. No exceptions.

Duration of matches may be shortened at the discretion of the Recreation Director. Matches should be played with the SAME number of players from each team.

VSA policy is that every child who shows up for a match will play at least 1/2 of the match. If you must alter this for disciplinary reasons, please use good judgment. If the problem persists beyond this, contact the Recreation Director to discuss further steps.

U5-U6

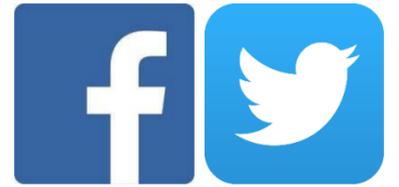
One coach from each team is allowed on the field to assist the players in positioning. While the ball is in play, no coach is allowed in the penalty area.

U5-U8

1. On all goal kicks, opposing team must retreat to their defensive half until ball is played. Referees will enforce this. Goal kick will be retaken in the event of a violation.
2. No throw-ins. Restarts will be kick-ins and dribble-ins when ball goes out of play.



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3. All free kicks will be taken at point of infraction.

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U10 Teams

1. All U10 games will have a Build out line (Imaginary line half way between the top of the 18 yard box and midfield) on Goals Kicks and when the keeper has the ball. The Keeper may not punt or drop kick the ball. Please see the video below for more information

Build Out Lines Video

Substitutions

Coaches may substitute during any stoppage in play.

Yellow and Red Carded Players

Yellow-carded players may be substituted for, at the coach's request. If a player must leave for injury, the referee should offer the opposing coach the chance for one substitution as well. Players who are red carded must leave the match and not return. Red carded players cannot be substituted for, the team will be short one player for the duration of the match.



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